

Cronecle

Newsletter of the Lower Hutt Women's Centre

Vol.25 | No. 2 | Pipiri 2017



Viewpoint

By Stephanie Brockman, Women's Centre Manager

Instead of writing an opinion piece I've opted to use the cartoon below.

We have so much choice in what we buy, and how cheap it all is, but what we don't see is what goes on so we can have a great choice of cheap clothes, tramping gear, shoes, furniture, whiteware, cars, etc.

The cartoon's creator, Payam Boromand, is based in Tehran, where he graduated with a painting degree from the Islamic Azad University in 2007. He has worked ever since as a cartoonist in Iranian newspapers and weekly magazines, including *Etemad* and *Peyvast*, and has participated in both national and international exhibitions.

Look at the labels of all the items that you are wearing or using (such as backpacks) right now, right at this very moment. What is the brand of each item? Where was it made? Who made it?

The issue of ethical manufacturing recently came once again to the media forefront when journalists reported that workers at a Chinese factory where designer clothes were manufactured, including items for



Ivanka Trump's fashion line, were paid \$62 U.S. dollars a week.

If you want to know the source and ethics of clothing available in New Zealand, Tearfund New Zealand



Credit: Payam Boromand. Published in the New Internationalist: <https://digital.newint.com.au/issues/113/articles/2850>

maintains a helpful "Ethical Fashion Guide," available at: <https://www.tearfund.org.nz/ethicalfashionguide>.

In other news, please check out our new website constructed by CREATIVA Studio Design, located in Stokes Valley. The LHWC newsletter also reflects elements of the new design. Maribel from CREATIVA Studio Design completed

the design work. She is fantastic to work with! Anyone who wants a great website should contact her.

Visit the redesigned LHWC website: <http://lhwc.org.nz/>

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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

Poem

10 honest thoughts on being loved by a skinny boy

1. I say, "I am fat." He says, "No, you are beautiful." I wonder why I cannot be both. He kisses me hard.
2. My college theatre professor once told me that despite my talent I would never be cast as a romantic lead. We put on shows that involve flying children and singing animals but apparently no one has enough willing suspension of disbelief to buy anyone loving a fat girl.
3. On the mornings I do not feel pretty while he is still asleep I sit on the floor and check the pockets of his skinny jeans for motive, for a punchline, for other girls phone numbers.
4. When we hold hands in public I wonder if he notices the stares, like he is handling a parade balloon down a crowded sidewalk. I wonder if he notices how my hands are made of rope.
5. Dear Cosmo Fuck you!
6. I will not take your sex tips on how to please a man that you do not think my body will ever be worthy of six. He tells me he loves me with the lights on.
7. I can cup his hip bones in the cup of my hands, feel his ribs without pressing very hard at all, sip wine from his collar bones. He doesn't believe me when I tell him he is beautiful. Sometimes I fear the day he does is the day he leaves.
8. The cute hipster girl at the coffee shop assumes we are just friends and flirts across the counter. I spend the next two weeks replacing my face with hers in all of our photographs. When I finally admit this we spend the whole night taking new pictures. He will not let me delete a single one.
9. The phrase "Big girls need love too," can go die in a fire – loving me does not require an asterisk – loving me is not a fetish – finding me beautiful is not a novelty. I am not a novelty.
10. I say I am fat, he says, No, you are so much more, and he kisses me – hard.

See this poem performed on Youtube: <https://www.youtube.com/watch?v=tRFOTqTicvY>

Dear Friends of the Lower Hutt Women's Centre

Since 1 October 2016, we have been operating with \$60,000 less than anticipated. One impact of the lost funding is that the LHWC is now temporarily closed two days a week. The opening hours are now Wednesday and Thursday, 10am–5pm and Friday 9am–3pm.

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.

Lower Hutt Women's Centre Board of Trustees



Community Events

JULY

>SATURDAY, 1 JULY-SUNDAY, 13 AUGUST

Zealandia By Night Tour

Explore Zealandia by torchlight as your guide leads you in search of some of the more distinctive sights and sounds of New Zealand's native forest. Experience many of the rare and endangered species and see those who only come out at night.

- The tour runs for 2.5 hours; this includes at least 2 hours of gentle walking.
- Tours depart approximately 30 minutes before sunset. You'll see your tour's start time upon booking.
- The minimum age for this tour is 12 years old.
- There is a maximum of 12 people per tour. For larger groups please contact Zealandia directly to arrange a private night tour (for 2-36 people).
- All tours go ahead rain or shine, so please dress to the conditions. Wear sturdy footwear, plenty of layers and bring a waterproof jacket.
- Tours follow sealed and unsealed paths, and may include steps and gentle slopes. Please contact Zealandia in advance if you have mobility issues.
- Torches are provided. They have a red filter so they won't disturb wildlife or affect your night vision.
- No flash photography allowed.



Where: Zealandia Eco-Sanctuary, Waiapu Road, Karori

When: Saturday, 1 July-Sunday, 13 August, 5-7:30pm

Restrictions: All Ages

Ticket Information:

Zealandia By Night Tour - Adult ticket (age 18+): \$85.00

Zealandia By Night Tour - Child ticket (age 12-17 years): \$40.00

Buy Tickets: (04) 920 9213

Additional fees may apply

Website: <https://www.visitzealandia.com/tours>

>SATURDAYS, 1 JULY-SATURDAY, 25 NOVEMBER

Wellington Underground Market

Settled in a cosy underground carpark on the Wellington waterfront you will find the Underground Market. Browse and buy the NZ made art, jewelry, clothing, homewares, candles, and more! Once you have built an appetite from all that shopping, have a seat and choose from a massive selection of delicious street food!

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

When: Saturdays, 1 July through 25 November, 10am-4pm

Restrictions: All Ages

Admission: Free

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

>MONDAY, 10 JULY-WEDNESDAY, 19 JULY

Kupu Tupu Māori Word Game

Kupu Tupu is a Māori language word game being developed in Taita. Come along and have a go. The game is a little like Scrabble, but with some extra helpful hints and tricks. Kupu Tupu is part of Beyond the Page, a literary festival for children and youth on from 8-23 July.

Where: Taita Community Library, 24 Taine Street, Taita

When: Monday, 10 July through Wednesday, 19 July, 10am-noon

Restrictions: All Ages,

Admission: Free

Website: <https://www.facebook.com/beyond-thepagenz/>

>THURSDAY, 13 JULY

Law for Lunch - Will I? Won't I?

Do you need a will, and what happens if you die without one? Learn the basics of dealing with the legal systems when loved ones pass on. Bring your lunch and questions to this free session run by Community Law Wellington and Hutt Valley.

Where: Stokes Valley Community Library, 162 Stokes Valley Road, Lower Hutt

When: Thursday, 13 July, 12:30-1:30pm

Restrictions: All Ages

Admission: Free

Website:

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

>FRIDAY, 14 JULY-SUNDAY, 23 JULY

Hutt Winter Festival

This inaugural Hutt Winter Festival is a new arts festival championing the creativity of local Hutt-based artists and groups. The programme of nine events, three workshops, and one exhibition over 10 days creates an epic eruption of colourful art activity to brighten up all corners of the Hutt City area. Most events are free/koha.

Full details on the programme are available now at the new website. Hutt Winter Festival Hub, Centre City Plaza, 49 Queens Parade is open 12-6pm daily during the festival.

Where: Centre City Plaza, 132 High Street, Lower Hutt

When: Friday 14 July-Sunday, 23 July, noon-12am

Restrictions: All Ages; **Admission:** Free

Website: www.huttwinterfestival.co.nz

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>SATURDAY, 15 JULY

Rainbow Storytime

Celebrate diversity and rainbow families with stories read in the library by Wellington's Kings and Queens including LaQuisha St Redfern! This is a fun event for children, their families and anyone who likes stories. Rainbow Storytime is part of Beyond the Page. LaQuisha is a well-loved entertainment personality and has collaborated with many groups as MC and featured Drag Queen.

Where: Lower Hutt War Memorial Library, Cnr Queens Drive and Woburn Road, Lower Hutt

When: Saturday, 15 July, 2-2:30pm

Restrictions: All Ages

Admission: Free

For more information: <https://beyondthepage.nz/>

>FRIDAY, 21 JULY-SATURDAY, 22 JULY

Ngati

A drama of Māori and Pākehā families, Ngati shows how people in a Māori community cope with personal and public crises which threaten to disrupt their lives and traditional ways. Ngati is set in the tiny Maori community of Kapua on the East Cape in 1948.

Where: Nga Taonga Sound & Vision, 84 Taranaki Street, Te Aro, Wellington

When: Friday, 21 July, 7-8:25pm; Saturday, 22 July, 7-8:25pm

Restrictions: All Ages

Ticket Information:

General Admission: \$10

Concession Admission: \$8

Additional fees may apply.

Phone Sales: 0800 BUY TIX (289 849)

Website: <http://www.ngataonga.org.nz/>

>FRIDAY, 28 JULY

Introduction to Cohousing - Flourish-ing Sustainable Neighbourhoods

This evening talk will introduce the cohousing model and show many examples of how this has been applied globally in urban, suburban and rural situations. Presented by Robin Allison, Expert in Eco-Architecture and Initiator

Pipiri June 2017

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

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

Source: The Māori Oracle

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

of Auckland's award-winning Earthsong EcoNeighbourhood.

Spaces limited, RSVP to book your spot! RSVP: cohousingworkshop@gmail.com. There will also be a Full-day workshop (limited to 20 spaces) on Saturday. Check details on Facebook.

Where: Wellington Central Library, 65 Victoria Street

When: Friday, 28 July, 5:45-7:45pm

Restrictions: All Ages

Ticket Information:

General Admission: \$20

Unwaged: \$12

To buy tickets: <https://www.eventfinda.co.nz/2017/introduction-to-cohousing/wellington>

Additional fees may apply

Facebook page: <https://www.facebook.com/events/755640201271314>

>SATURDAY, 29 JULY

Lower Hutt Mid-Winter Mums Market

The Mums Market is a great way for local mums to come together. The market

is also an opportunity for ladies to sell their pre-loved goods to other mums and make some extra money. From organic baby ware to toys, books, and clothes to shoes, this market has it all – and it's not just things for the kids, but also some fabulous items for sale for the mums!

Where: Hutt Intermediate School, 7 Kauri Street, Waterloo, Lower Hutt

When: Saturday, 29 July, 9:30-11:30am

Restrictions: All Ages

Admission: Free

TUESDAY, 1 AUGUST-TUESDAY, 19 SEPTEMBER

Course - Parenting of Teenagers

Improve the relationships with your teens. The following topics will be covered in this course:

- How 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

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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.

Depending on participants' needs and the time we have available in this eight-week programme, we can also add other topics including:

- Understanding discipline and limit-setting
- The importance of sleep and nutrition for the teen
- The impact of high use of online gaming and social media and management of this
- Drug and alcohol impacts and our role as parents
- Sexuality, dating and supporting teens appropriately.

The course runs on Tuesdays 7-9pm for eight consecutive weeks beginning on Tuesday, 1 August. The course is for parents of teenagers. Spaces are limited and registrations are essential.

Where: Moera Community House, 107 Randwick Crescent, Lower Hutt

When: Begins Tuesday, 1 August, 7-9pm; Tuesdays through 19 September

Restrictions: All Ages

Ticket Information:

1 person: \$95.00

1 couple: \$150.00

Buy Tickets: (04) 8025767. Additional fees may apply

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

For more information: Please email parenthelp@xtra.co.nz, call us on 04 802 5767 or check our website.

FRIDAY, 4 AUGUST-SATURDAY, 2 SEPTEMBER

A Doll's House

Nora Helmer has it all: a successful and attractive husband, a big house, and two charming children. But as Christmas festivities get underway, events from the past return to wreak havoc in paradise. Nora's life begins to fracture, leaving her trapped inside a web of secrets and lies.

In the original play, Ibsen controversially exposed the power and gender dynamics of a marriage. This modern take, by celebrated New Zealand writer Emily Perkins, picks up Ibsen's gauntlet and drops it into present-day New Zealand. Sophie

Hambleton (Katydid, TV's Westside) commands the stage as Nora. Directed by award-winning Katherine McRae (Cherish, The Enemy of the People), this



Dissent and the First World War Conference

A conscientious objector, Thomas Moynihan, undergoing forced drill at Wanganui Detention Barracks. Allegations of serious abuses at the Barracks were raised in 1918.

Image Source: [AAYS 8638 738] Archives New Zealand The Department of Internal Affairs Te Tari Taiwhenua.

production will shock and move you. Proudly sponsored by Chapman Tripp

Where: Circa Theatre, 1 Taranaki Street, Wellington

When: From Friday 4, August through Saturday, 2 September, all shows 8-10pm

Restrictions: All Ages

Ticket Information:

Adult: \$52

Concession: \$42

Friends: \$38.00; Unders 25s: \$25

Buy Tickets: (04) 801 7992

Additional fees may apply

Website: <http://www.circa.co.nz/package/a-dolls-house/>

>FRIDAY, 8 SEPTEMBER-SUNDAY, 10 SEPTEMBER

Riders Against Teenage Suicide Wellington Rally - 2017

Riders Against Teenage Suicide - Wellington (RATS Wgton) was formed as part of a Collective Approach to tackle the issue of Suicide in Our Families, Our Whanau, Our Aiga, Our Communities, Our Regions, and Our Nation.

We believe that the more people we have involved in the Kaupapa, together we can collectively empower ourselves with knowledge, tools, and strategies and in turn empower others along our journey about the effects and impacts of Suicide.

RATS Wgtons' approach raises the volume specifically in regards to our Youth, Tamariki and Rangatahi - our future gen-

erations and Leaders of tomorrow. Our volume lets all know we are here and willing to do what it takes to reduce the effects and impacts Suicide has on us all collectively.

Where: Wainuiomata Marae, Parkway Extension & Wellington Road, Lower Hutt

When: Friday, 8 September, 4-10pm; Saturday, 9 September, 10am-10pm; Sunday, 10 September, 8-10am

Restrictions: All Ages

Admission: Free

To register: <https://www.eventfinda.co.nz/2017/riders-against-teenage-suicide-wgton-rally-2017/wellington-region>

> THURSDAY 31 AUGUST - SATURDAY 2 SEPTEMBER

Dissent and the First World War Conference

Hosted by the Stout Research Centre for New Zealand Studies and the Labour History Project, with support from The Ministry for Culture and Heritage, and The Archives and Records Association of NZ (ARANZ), this two-day conference will cover a range of topics on dissent, and how the First World War divided New Zealand society in many ways.

This conference addresses the attention that has been paid to the perceptions and actions of those who opposed the war during the First World War century.

Where: Rutherford House, 23 Lambton Quay

When: Thursday, 31 August, 5pm; Friday, 1 September, 8:30-5pm; Saturday, 2 September, 9am-4pm

Part of WW100: Remembering WW1 - 100 Years On

Restrictions: All Ages

Website: <http://www.victoria.ac.nz/stout-centre/about/events/dissent-and-the-first-world-war-conference>

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

Whakatauki

He kai kei aku ringa.

There is food at the end of my hands.

Ehara taku toa, he takitahi, he toa takitini.

My success should not be bestowed onto me alone, as it was not individual success but success of a collective.

Ta te tamariki tana mahi wawahi tahā.

It is the job of the children to smash the calabash.

Ki te kahore he whakakitenga ka ngaro te iwi.

Without foresight or vision the people will be lost.

Ahakoā iti, he pounamu.

Although it is small, it is of greenstone.

Ka mate kāinga tahi ka ora kāinga rua.

When one home fails, have another to go to. Have two strings to your bow.

He aha te kai ō te rangatira? He Kōrero, he kōrero, he kōrero.

What is the food of the leader. It is knowledge. It is communication.

Jenny's (computing) tips and tricks (7)


And here's my next tip, the seventh, for those who are thinking about getting rid of their residential internet connection, and the costs associated with this, and have an Android smart phone and tablet (eg Samsung, Huawei, Sony, Vodafone etc).

You have the choice of using your phone as a mobile hotspot, and your tablet Wi-Fi to connect to your smart phone's 3G or 4G internet connection. This will use your phone's data, so you will first need to make sure your phone is on a pre-pay \$19 plan, with carry-over minutes and data.


If you find you run through your data allowance before the end of the month, just upgrade to a \$29 prepay plan, still much cheaper than internet down the phone-line or cable. And, with free calls to any phone in NZ and Australia, you may find you don't need a landline either – another significant saving 😊.

#7 Use your phone to connect your tablet to the internet

1. Set up your (android) phone

- Turn it on
- On your home screen, swipe down from the top to show your notifications panel
- Check that **Mobile data** is switched on
 - ▶ Tap it to turn it on if it's off
- Turn on your **Mobile hotspot**
 - ▶ Tap  on top right of your notification panel
 - ▶ Tap **Mobile hotspot** to turn on the internet to your tablet
- Return to your home screen

2. Set up your (android) tablet

- Turn it on, put your password in (if required), open to home screen
- Check whether you are connected already
 - ▶ Check the **wireless icon**  top right of your home screen, or click on **Settings** and tap **Wi-Fi** (top left)
- If you are connected, proceed to Step 3 below
- If not, tap the Wi-Fi button on the top right to turn it on
- Check the list of available Wi-Fi connections below, and tap on **ANDROID AP** to select it
- Enter password if requested (in your phone notifications, will look something like hgif9102)
- Tap on **CONNECT** and you're in!

3. Go surfing!

- Don't forget to update your anti-virus (if you use one) and scan your tablet.

4. To exit

- **Phone:** turn off **Mobile data** (same as Step 1 above, but tap to turn off)
- **Tablet:** return to your home screen and turn it off by pressing the on/off button.

You can also use the same process to connect your laptop to your smart phone's internet connection - click on the Wi-Fi symbol bottom-right of the screen, select your phone, and enter the password (as above) from your phone if requested. 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.

Tuesday

6:30 – 8:30pm	Self Esteem
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Wednesday

9:30am–3:30pm	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 2017

July 4	Coming to grips with feelings
July 11	Talking about ourselves
July 18	Beliefs about self
July 25	Expressing pride in self
Aug. 1	Letting go of the past
Aug. 8	Respecting ourselves and others
Aug. 15	Striving for pure motives
Aug. 22	Putting yourself in neutral
Aug. 29	Having the courage to be imperfect
Sept. 5	Developing courage
Sept. 12	Willpower
Sept. 19	Anger as a strength
Sept. 26	Developing self-knowledge
Oct. 3	Self love
Oct. 10	Acknowledging self
Oct. 17	Enhancing self in terms of awareness
Oct. 24	Acceptance and use of strengths
Oct. 31	Positive thought and talk
Nov. 7	Messages about self
Nov. 14	Accepting responsibility for self
Nov. 21	Coming to grips with feelings
Nov. 28	Talking about ourselves
Dec. 5	Beliefs about self
Dec. 12	Expressing pride in self
Dec. 19	Letting go of the past

Friday mornings in 2017

July 7	Putting yourself in neutral
July 14	Having the courage to be imperfect
July 21	Developing courage
July 28	Willpower
Aug. 4	Anger as a strength
Aug. 11	Developing self knowledge
Aug. 18	Self love
Aug. 25	Acknowledging self
Sept. 1	Enhancing self in terms of awareness
Sept. 8	Acceptance and use of strengths
Sept. 15	Positive thought and talk
Sept. 22	Messages about self
Sept. 29	Accepting responsibility for self
Oct. 6	Coming to grips with feelings
Oct. 13	Talking about ourselves
Oct. 20	Beliefs about self
Oct. 27	Expressing pride in self
Nov. 3	Letting go of the past
Nov. 10	Beliefs about self
Nov. 17	Expressing pride in self
Nov. 24	Letting go of the past
Dec. 1	Respective self and others
Dec. 8	Striving for pure motives
Dec. 15	Putting yourself in neutral
Dec. 22	Having the courage to be imperfect

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

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:

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

Workshop topics for July – December 2017

Painting	p 11
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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 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

Please bring a contribution for shared lunch

Self Defence for Women

Learn how to defend yourself with physical and mental skills. This workshop will include a mix of action, discussion, and practice.

10 participants maximum.

Saturday, 15 July 2017

Time: 10am-3pm with a shared lunch

Cost: \$15 enrollment confirmed on payment

Enrolment:

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

Facilitator: Lydia Mabbett

Information and Resources: Adult Sexual Abuse

The NZ Police website now has information on adult sexual assault that covers issues around safety, consent, how to get help, and victims' rights. You can visit the website at: <http://www.police.govt.nz/advice/sexual-assault>.

The website also includes a survey for adult victims of sexual assault to give feedback on how the police handled the investigation and the quality of the support and communication provided.

Here's the direct link to the survey: <https://forms.police.govt.nz/adult-sexual-assault-victims-survey>.

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.

Assertiveness is considered a balanced response, being neither passive nor aggressive. An assertive person responds as an equal to others and aims to be open in expressing their wishes, thoughts, and feelings.

Adequately expressing feelings and desires requires important personal and interpersonal skills. In our interactions with other people, whether at home, at work, or with clients or colleagues, assertiveness can help us express ourselves clearly, openly, and reasonably, with no need to disregard others in the process.

Dates: Six weeks beginning Wednesday, 26 July 2017

Times: 7-9 pm

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

Enrolment:

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

Facilitator: Stephanie Brockman

Meditation for Women



Using meditation and mindfulness 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, 3 August 2017

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

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

Day: Second Monday of each month

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.

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, 3 August 2017 (eight-week course)

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

Resilience: The Identification and Use of Resilience in Everyday Life



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

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

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

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

Dates: Six weeks beginning Wednesday, 6 September 2017

Times: 7–9 pm

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

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

Facilitator: Ally Andersun

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



Part One and Two Workshops Available

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

Facilitator: Ally Andersun

Course Duration: Two-day weekend course – Friday, 7-9.30pm, Saturday, 10am-5pm and Sunday, 10am-4.30pm

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

Part One: Friday, 18 August; Saturday, 19 August; and Sunday, 20 August 2017

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

Part One is a weekend workshop that will give participants the an opportunity to explore their own issues around co-dependency and process addiction. It will give the opportunity to explore the origins of your behaviour and have a look at ways of changing and developing in yourself.

Women who love too much, co-dependency or relationship addiction. All names which reflect different aspects of this issue that some women have in relationships. Co-dependency can be seen as a pattern of behavior in which you find yourself dependent on approval from someone else for your self-worth and identity. And often shown by when your sense of purpose in life wraps around making satisfying the other person's needs and your needs and purpose become lost.

The relationships could be partners, children, parents or friends. This workshop may help you in understanding how to look at your behaviour in the relationship and where that behaviour originates.

This workshop will help women that want to look at the damaging or dysfunctional relationships they have been or are in.

Part Two: Friday, 17 November; Saturday, 18 November; and Sunday, 19 November 2017

You need to have attended part one at some stage to participate in this course. This weekend will be an opportunity to explore; relationships from the past, your primary relationships, and how they are acting out in your relationships today.

This 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.

Six minimum and 10 maximum for course to commence.

Note: Participants must be prepared to attend all sessions of the workshop. Enrol for each workshop separately.

Self Development for Women



Facilitators: Ally Andersun

Course Duration: Friday evening, Saturday, and Sunday.

Dates: Friday, 22 September; Saturday, 23 September; and Sunday, 24 September 2017

Time: Frid 7-9.30pm, Sat 10-5pm and Sun 10-4.30pm

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

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.

Five minimum for course to commence and 7 maximum enrolments.

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

Register for Workshops Online with Redesigned LHWC Website

Now, you can register for workshops online using the LHWC website. To register for a workshop through the website, first go to the LHWC's homepage: <http://lhwc.org.nz/>.

Next, click on the "Workshops/Groups" tab at the top of the page.

You can then register in one of two ways:

1. When you click on the "Workshops/Groups" tab, a small drop-down menu will appear. Click on "Enrolment Form" to be taken to an online form where you will complete your contact details and select workshops. Then, click the "Enrol Me!" button at the bottom of the enrolment form to submit your request.
2. You can also enrol through each individual workshop page. When you click on the "Workshops/Groups" tab, select "Workshops" from the small drop-down menu. A page listing upcoming workshops will appear. When you find a workshop you'd like to attend, click on the purple "Enrol Now" button on the lower left-hand side of each workshop listing. That will take you to the enrolment form. Remember to click the "Enrol Me!" button at the bottom of the enrolment form to submit your request.



Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.

Audre Lorde

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, 5 October 2017

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

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, 18 October 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

Wellington Pride's Youth Ball A Success

About 200 young people “danced their rainbow socks off” at Wellington Pride’s first youth ball on Saturday night this past 18 March.

Volunteers transformed the Chaffers Function Centre, next to Waitangi Park where the Out in the Park fair was held earlier in the day, into a ‘Fantasy Forest’ with themed decorations and lighting.

For ages 13 to 18 years, the ball included four hours of dance music with some ball-goers coming from as far as Otaki and the Wairarapa.

An empowered space

The event didn’t have a strict dress theme, but rather attendees were encouraged to dress however they felt most comfortable. A queue of ball-goers in spectacular costumes including rainbow flagcapes, unicorn headpieces, and flowers, formed at the venue door promptly at 6pm.

Organiser of the support group of adults, Jac Lynch, said it was fantastic to see so many young people “dance their rainbow socks off” in a supportive environment. “It’s hard for some young people to enjoy their own school balls because of discrimination and ignorance. Tonight, they’ve been visible in how they want to be,” Lynch said.

A group of drag artists helped welcome the ball-goers and warm up the dance floor.

A youth-led initiative

Planning for the ball was initiated by Wellington youth leader Bella Simpson six months ago, and organised by a team of young people.

Simpson said it was important that the ball be safe, fun and inclusive. “It’s so important for young people to know their identity is valid and recognised. Hosting events like this shows them they have a space in our community to be whoever they want to with out judgement and prejudice.”

The more than 20 volunteer supporters included youth workers, school counsellors, teachers, and paramedics. Volunteers covered security and safety roles outside the venue. Volunteers gave young people lifts home where needed.

Parents who came to collect ball-goers were heard to congratulate the organisers, with one remarking: “you don’t know how important it is for my transgender child to come to this event.” A mother who helped at the ball thanked the organisers for helping “forge the way” for the next generation.

The ball was heavily promoted in the last month through social media, posters, and youth and school networks such as InsideOut. More than half the tickets sold in the last week.

A photo booth, vegan treats, and soft drinks were included in the \$14 ticket price as well as a professional DJ featuring a playlist chosen by the youth organisers.

There were also gender-neutral bathrooms on site so attendees could change when they arrived. Volunteers made popcorn and candy floss, and provided face painting. Jo Phillips from Random Acts of Cakeness

donated two themed cakes; one, a 20 kilogram chocolate fudge ‘old wise tree’ adorned with unicorns. One unicorn was spotted going home with a ball-goer to “rescue” it from being eaten.

Grassroots efforts

A Givealittle fund raised \$2,800 in December, with the Out Wellington committee helping secure other funding through

grants. Community members answered an invitation to donate the price of some tickets.

The police diversity liaison officers and Wellington City Council local host team were notified of the event with a request to keep an eye out for any ball-goers needing help in the city.

Article Source: #wgtnpride



Photo credit: Jac Lynch

Drag artists who helped welcome the ball-goers with organisers Bella Simpson, Tabby Besley, and Vee.

Treaty of Waitangi: Questions and Answers

Are Te Tiriti o Waitangi and the Crown's English-language version the same?

No. Te Tiriti o Waitangi confirms Māori authority and sovereignty, while the Crown's English language version states that Māori gave their sovereignty to the Queen – this is a direct contradiction.

The different texts also reflect different world views, and therefore different economic, cultural, and political understandings and priorities.

Which Treaty is the right one?

Te Tiriti o Waitangi is the only authentic text of the Treaty. It is the Treaty signed at Waitangi by Hobson and the rangatira. Hobson himself always saw the Waitangi signing as the most significant.

The majority of the 534 rangatira who signed the Treaty around the country signed the Te Tiriti o Waitangi text. A small number of rangatira signed an English-language text, but their agreement would have been to what was discussed in Māori. All the discussions at the signings were in the Māori language and in Māori law the words spoken are crucial. Indeed, the late Sir James

Henare said that the key to the Treaty's meaning and mana lay in the Māori text – “ko te mana te kupu, ko te kupu te mana.”

Furthermore, in both domestic and international contract law, when the intent or meaning of a legally binding contract is not clear the principle of contra proferentem applies. This means the interpretation of any ambiguous provision

will be against the interests of the party that put forward (proffered) the wording - in this case, the British (which later became the New Zealand) Crown - and in favour of the other party or parties to the contract.

In addition, international law upholds the text with “significant signature”, i.e., the one with more signatures, and also gives weight to the oral context, i.e., what was said or promised at the time.

Moreover, in 1840, the population was something like 200,000 Māori and about 2,000 Pākehā. It is absurd to suggest that those rangatira who signed Te Tiriti would have voluntarily given up their power to a foreign entity, especially after having declared their national sovereignty and independence just five years previously. In fact, it



was legally and culturally impossible for rangatira to give away the mana (sovereignty) of their hapū (B Korewha, M Jackson, Ngāpuhi Speaks, pp. 175–176).

The evidence given at the hearing of the Ngāpuhi Nui Tonu initial claim to the Waitangi Tribunal (2010–2011) made it clear that Te Tiriti o Waitangi is the

authentic Treaty (Ngāpuhi Speaks, pp. 221–222, and the Tribunal's report).

It is an unfortunate legacy that legislation drawn up in 1975, without the benefit of Māori evidence and scholarship, required the Waitangi Tribunal to give equal weight to both texts – Te Tiriti o Waitangi and the English-language version promulgated by the Crown. 15

Why are there differences between Te Tiriti o Waitangi and the Crown's English-language version?

The differences occurred in the “translation” of the original draft into Māori. The translator, Henry Williams, would have known that if he had used the words rangatiratanga or mana in Article I (which are closest to the meaning of sovereignty)

to signal what was being allowed to the Crown, the rangatira would never have agreed to the Treaty. They could not have given up their rangatiratanga or mana. In fact, the reason many agreed to sign was that their rangatiratanga was specifically confirmed in Article II.

Williams certainly wanted the Treaty to be signed, and there have been many opinions about why he used kawanatanga instead.

The 1846 and 1852 Constitutions provided for Native Districts, and in 1840 it might well have been assumed by Williams that the vast majority of the country would continue to be governed by Māori while English law applied only to the few Pākehā settlements at Kororāreka, Port Nicholson (Wellington) and Auckland.

This fits with the frequently reiterated views of rangatira in later years and at the Tribunal hearings, that the Treaty allowed for English law for settlers while endorsing Māori tikanga (jurisprudence, law). Also, many missionaries, including Williams, had a vested interest in land.

After the Treaty Williams had confirmed legal title to 9,000 acres of valuable land. Missionary interests generally depended on working with rangatira of the people among whom they lived. Hence Busby and Williams would have seen the importance of rangatiratanga being given recognition by the Crown.

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



Members of the voluntary independent panel at the Waitangi Tribunal hearings of the Ngāpuhi claim, and authors of Ngāpuhi Speaks, 2012: Takawai Murphy, Ngāti Manawa, left; Susan Healy, Pākehā; Ingrid Hughens, Pākehā; and panel Kaitiaki Hori Moanaroa Parata, Tauranga Moana.

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 September 2017.

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!