



Viewpoint

By Teresa Heinz Housel, LHWC Newsletter Editor

November and December 2016 were supposed to be big months.

After months of planning, I left my full-time job in September as I moved toward re-entering academia after a short time away with my move to Wellington. With ideas for two new book proposals in mind, I excitedly spent October mapping out my new life and looked forward to a productive rest of the year.

That is, until the American presidential election on 8 November. As an ex-pat American, I closely followed the election coverage for months. The progressive-oriented media outlets that I regularly read were fairly certain that Hillary Clinton would win. After all, the polls said so.

I'm a long-time *New York Times* reader. The newspaper tended to cover Trump's misogyny, xenophobia, and general all-out bigotry with an incredulous tone. Surely, many reporters quietly asserted, no one would take him seriously.

On 9 November New Zealand time, I switched between RNZ,



Australia's ABC, and America's National Public Radio as I listened to the election results. I slowly shifted from drinking water to brandy as key states reported Trump wins.

On RNZ's "Checkpoint," John Campbell predicted that Trump would take the election. Even though Campbell predicted his win hours before American or Australian media outlets, I knew in my heart that he was right.

Blind with shock, I never got back to my book proposals in 2016.

A numb reaction

It's impossible to describe my reactions to the election:

anger, disbelief, numbness, and fear immediately come to mind. After years of regressive policies under Republican governments, it was a relief to see America join the progress made in many other countries as it legalised same-sex marriage,

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Photo Credit: Women's March on Washington – New Zealand Facebook Page
The marchers gathered in front of Parliament in Wellington before marching to Civic Square on Saturday, 21 January.

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Women's Centre opening hours

Wednesday to Thursday 10am–5pm

Friday 9am–3pm

Contact us

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Lower Hutt 5011

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Email: info@lhwc.org.nz

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Global Women's Marches voice protest

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passed climate change protections, expanded rights for transgendered people, and many other legislations under President Obama.

I recently read an essay in the *Sun* magazine that mirrored my recent political experiences. The writer described her university town with many politically like-minded friends. Lulled into complacency during the Obama years, they believed the country was following a sure progressive trajectory. On election night, they bought wine to toast Clinton's win. The toast never happened.

As I reflect on the election, I realise that I, too, had fooled myself about public attitudes in recent years in the United States. It's easy to avoid different viewpoints when we self-select our media and socialise with similar people. I've been stunned by the outpouring of open bigotry, as well as name-calling from all sides of the political spectrum.

The empowerment of activism

The Women's March in Wellington on Saturday, 21 January was a bright spot in an otherwise bleak month. Similar to myself, the *Sun* writer felt a surge of empowerment when she participated in one of the Women's Marches around the world in late January.

My protest sign's message, "Hate divides/Love unites," expressed my simultaneous outrage and desire for healing. As I chose the pink cardboard for my sign and sprinkled glitter over the painted letters, I felt optimism and joy. Those life-giving emotions continued as I marched and listened to the speeches in front of Parliament and at Wellington's Civic Square.

The marches were a brief reprieve and powerful reminder that there's much work to be done. However, doing activism for the long haul requires emotional, physical, and mental labour. If you are wondering how you can sustain activism while practicing self-care, I urge you to read the article, "How to Stay Outraged Without Losing Your Mind," on page 17 of this newsletter. This article, which went viral online after the election, offers excellent tips from seasoned activists about how to avoid burning out.

In my own case, I recently deleted Facebook from all my devices. I agreed with most of my contacts' political postings, but their constant reinforcement created a negative echo chamber as I spent days anxious and angry. Since taking what may be a permanent holiday from Facebook, I've felt much calmer, and able to focus on the political work I must do.

As this still-new year begins, I wish you well in finding your own ways, too, to respond to a world that is sometimes unrecognisable. I'm so thankful for the mission, activism, and services of the Lower Hutt Women's Centre at such a turbulent time in many places around the world.

Poem

Be nobody's darling;
Be an outcast.
Take the contradictions
Of your life
And wrap around
You like a shawl,
To parry stones
To keep you warm.
Watch the people succumb
To madness
With ample cheer;
Let them look askance at you
And you askance reply.
Be an outcast;
Be pleased to walk alone
(Uncool)
Or line the crowded
River beds
With other impetuous
Fools.

Make a merry gathering
On the bank
Where thousands perished
For brave hurt words
They said.

But be nobody's darling;
Be an outcast.
Qualified to live
Among your dead.

Alice Walker

The Equal Pay Act was passed in New Zealand in 1972. It's now 2017. The act has never been enforced.

It's time to pay the sisters the same as the misters!

Based on current figures, it's going to take 45 years before women will be paid equally. And that's not on.

The current gender pay imbalance is 13 percent. **Equal pay affects everyone:** The recent uni grad just starting her first job, the mum who is taking a couple of years out of paid work to raise her children, or the rest home worker who gets paid less than a male doing a comparable job.

Treat Her Right is about all of us. We need your voice, and as many voices as possible, so we can turn up the volume on this issue.

It's time for New Zealand to be a fair place, a place where the sisters are treated the same as the misters.

Will you join with us to make this right?



Community Events

EVENTS FOR MARCH

>THROUGHOUT MARCH

WTF! Women's Theatre Festival

Circa Theatre is proud to curate and host WTF! Women's Theatre Festival, celebrating women's voices and following on from 2016's hugely successful Women in Theatre Hui. This month-long event runs from 25 February–26 March. It showcases Caryl Churchill's *Escaped Alone*, *Hens' Teeth*, and *Miss Jean Batten*. Circa will present a smorgasbord of performances, play readings, monologues, talks, forums, and workshops that celebrate the achievement of women and promote theatrical equality in Aotearoa.

BATS is also presenting *Writes for Women*, short series of play readings from leading New Zealand women playwrights. The readings include "Fix" by Jess Sayer, "Esther" by Angie Farrow, and "Rēwena" by Whiti Hereaka on 14–16 March at 6:30pm. Please join us in our celebrations. Various times and charges apply. Visit the website for the latest updates.

Where: Circa Theatre, 1 Taranaki Street, Wellington

Tickets: Buy tickets (04) 801 7992 (Additional fees may apply)

Restrictions: All ages

Website: <http://www.circa.co.nz/wtf-womens-theatre-festival-2017/>

>MONDAYS, 6 MARCH–10 APRIL

Fun French Lessons for Primary Children

Learn while having fun, focusing on speaking skills. Children will speak French from the very first lesson as they engage in activities they really enjoy. Activities include fun group games, music and songs, art activities, and craft. Groups are small, no larger than 10 children.

When: Mondays, 3:20pm–4:20pm (through 10 April)

Where: Waterloo School, Hardy Street, Waterloo, Lower Hutt

Tickets: (021) 178 2099 (Additional fees may apply)

Restrictions: All Ages

Website: <https://lcfclubs.co.nz/>

>THURSDAYS, 9 March–THURSDAY, 13 APRIL



Yoga In the Conservatory

Surround yourself in nature and give yoga a go in the beautiful Gibbes Watson Conservatory. Experience yoga in a serene venue! Pay on the day; cash only. Spaces in the class are limited. There's a limited number of mats to use at no cost. You're welcome to bring your own mat. Suitable for all ages/levels of experience.

When: Thursdays, 6–7pm, 9 March–13 April

Where: Gibbes Watson Conservatory, 2 Myrtle Street, Lower Hutt

General Admission: \$5 (door sales only)

For more information: (04) 560 0305

Website: <http://www.4inspiredmovement.co.nz/>

>SATURDAY, 18 MARCH AND SATURDAY, 8 APRIL

Burlesque Baby Pride Edition

Burlesque Baby showcases some of the greatest new talents that Wellington has to offer. This month is the Pride Edition. A fun and entertaining evening are full of a fantastic variety of burlesque and variety performers. Doors open at 7:30pm. See our other events for future dates in 2017.

When: Saturday, 18 March, 7:30pm–9:00pm

Saturday, 8 April, 7:30pm–9:00pm (check to see if it's the same event)

Where: The Fringe Bar, 26 Allen Street, Wellington

Tickets: 0800 BUY TIX (289 849) and Ticket Outlets
Front Row Admission: \$25; General Admission: \$15; Table of 4: \$100

Restrictions: R18

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

>SATURDAY, 18 MARCH

The Whale Rider

Made famous by Niki Caro's award-winning 2002 film, "The Whale Rider" tells the story of Kahu, a young Māori girl destined to become the leader of her tribe. No matter how hard she tries to show her worth, her grandfather won't

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accept that a girl can take over his role as chief. However, things change when Kahu rescues the ancient whale beached in the Whangara Harbour.

Based on the children's picture book, this production of "The Whale Rider" uses puppets to tell Kahu's story. Written by Witi Ihimaera and adapted for the stage by Tim Bray, "The Whale Rider" is part of the Capital E National Arts Festival 2017.

When: Saturday, 18 March, 2–2:50pm

Where: Te Papa, 55 Cable Street, Wellington

Restrictions: All Ages

Ticket Information: Free

Website: <https://www.capitale.org.nz/national-arts-festival-2017/>

APRIL

>WEDNESDAY, 5 APRIL and FRIDAY, 7 APRIL

Ovarian Pyscos + Mama Agatha

"Ovarian Pyscos" features a fierce and unapologetic crowd of cycling women who have become a force for change in the violent neighbourhoods of Eastside Los Angeles.

Screens with the short film "Mama Agatha" (Fadi Hindash, Netherlands, 2015, 16 min). Once a week, a group of migrant and refugee women in Amsterdam learn how to ride a bicycle.

When: Wednesday, 5 April, 7–8:30pm;
Friday, 7 April, 5–6:30pm

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

Tickets: General Admission: \$10.00; Concession: \$8; 0800 BUY TIX (289 849) (Additional fees may apply)

Restrictions: All ages

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

Poutu-te-Rangi March 2017

Also known as Putoki-nui-o-tau, Te Ngahuru (Ngai Tahu), Ngahuru kai paenga, Putoki nui o tau (Ngati Kahungunu)

Southern Hemisphere: March to April, Equinox around 21st of March. Northern Hemisphere: September to October, Equinox around 21st of September.

Poutū te Rangi is named for the star, Altair, that heralds the beginning of the maturing of the crops. Not long after this star rises above the horizon will the first Kumara harvests begin. In the south, preparations for the harvesting of the Tītī (Muttonbirds) begin.

Source: The Māori Oracle

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

>SATURDAYS, 22 and 29 APRIL

Field Punishment No 1

This remarkable film is the story of New Zealand's first conscientious objectors. Archibald Baxter, Mark Briggs, and hundreds of other men refused to be conscripted into the First World War, refused to believe that ordinary working men like themselves were "the enemy," and refused to renounce their personal beliefs despite the unrelenting efforts of the Allied military machine.

We follow the journey of 14 of these pacifists who were arrested for their stance against the war and secretly shipped off to Europe. They endured two years in prisons, punishment camps, and ultimately at the Western Front.

When: Saturday, 22 April and 29 April (both days at 4:30–6pm)

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

Restrictions: All Ages

Tickets: General Admission: \$10; Concession Admission: \$8

Phone: 0800 BUY TIX (289 849) and Ticket Outlets

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

>SUNDAY, 30 APRIL

NZ Harp Duo

Wellington-based harpists Michelle Velvin and Jennifer Newth are on a mission to showcase the versatility and exciting presence of two harps in concert. Experience a unique mix of sounds with contemporary and classical harp music. This concert series has an "Around the World" theme with many different colours and flavours.

When: Sunday, 30 April, 2:30pm–4:30pm

Where: The Anglican Parish of Lower Hutt - St James, 71 Woburn Road, Lower Hutt

Tickets: General Admission: \$25

Senior Admission: \$20

Student Admission: \$15

Child Admission: \$5

Additional fees may apply

0800 BUY TIX (289 849) and Ticket Outlets

Restrictions: All Ages

Website: <http://nzharppduo.com/>

> WEDNESDAY 10 MAY

Women In Tech Leadership Breakfast

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Join us to be inspired by a group of outstanding women leading the way in tech. We want to explore the case for diversity and inclusion, and why it's important to have women in tech leadership. Our group of executives, entrepreneurs and communicators will talk about their career journeys, inspirations, highlights, and challenges at this networking breakfast.

When: Wednesday, 10 May, 7–8:30am

Where: The Dowse Art Museum, 45 Laings Road, Lower Hutt

Restrictions: All Ages

Registration Types:

Breakfast Admission: \$0.00

Website: <http://www.huttstemm.nz/>

>FRIDAY, 12 May–SUNDAY, 21 MAY

LUX Light Festival

LUX Light Festival is a free public light festival that turns Wellington's waterfront and laneways into a captivating celebration of light, art, technology, and design.

Unique on the world stage will be the all-new Te Aō Marama precinct featuring a programme of New Zealand's leading contemporary Māori light artists and performers. The Playground and Circus precincts will delight the child in everyone, while a feast of street art and fine art will highlight the Urban Edge and Gallery precincts.

When: Friday, 12 May through Sunday, 21 May (all times 6pm–11pm)

Where: Wellington Waterfront

Restrictions: All Ages

Admission: Free

Website: <https://lux.org.nz/>

>SUNDAY, 14 May

Jennian Homes Mother's Day Fun Run/Walk

The nationwide Jennian Homes Mother's Day Fun Run/Walk returns

this year. Heart disease is the single biggest killer of Kiwi women, claiming the lives of over 3,000 women each year.

Join us for a 5km run, walk or leisurely stroll this Mother's Day. All participants will receive a Dick Frizzell designed event t-shirt. Register before 31 March, 2017 to receive early bird pricing.

When: Sunday, 14 May, 8:30–11am

Where: Waitangi Park, 107 Cable Street, Wellington

Restrictions: All Ages

Ticket Information:

Early Bird Tickets (Until 31 March): \$15

General Admission: \$20

Mother & Child Combo: \$15

Group of 10+: \$14

Buy Tickets: (Additional fees may apply)

Website: <http://www.jennianmothersday.com/>

>SUNDAY, 21 May

Waste Free Parenting Workshop - With Kate Meads

This event is full of tips and ideas for ways you can minimise waste at home. You get a free \$100 goodie bag with each ticket, bursting with waste minimisation products.

There are limited spaces and goodie bags available at each event.

You do not need to print off your tickets, we have the ability to scan your ticket off of your smartphone/device as you arrive at the workshop. Please arrive 15 minutes before the workshop starts.

Bringing your baby to a daytime workshop is fine, but please be mindful that if they get upset you may need to pop out and settle them.

When: Sunday 21 May, 1–3:30pm

Where: Southern Cross Garden Bar Restaurant, 39 Abel Smith Street, Te Aro

Restrictions: All Ages

Ticket Information:

Individual Ticket: \$25

Couples Ticket: \$25

Additional fees may apply

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

Websites:

• <https://www.facebook.com/thenappyladynz/>

• <http://www.thenappylady.co.nz/>

>SUNDAY, 21 May

Supertonic – Vanishing Voices

Vanishing Voices explores threatened and extinct indigenous languages from around the world, including the stories and poetry of Australian Aboriginal languages and New Zealand's own threatened language, Te Reo Māori, will be the centrepiece for this concert.

Supertonic has collaborated with Vincent Olsen-Reeder, a young Māori academic, musician, and poet, to create a new cycle of songs that will premiere in this concert series.

When: Sunday, 21 May, 6:30–8pm

Where: Te Papa, 55 Cable Street, Wellington

Restrictions: All Ages

Ticket Information:

Waged: \$19 (Available 3 April, 8am)

Unwaged: \$14 (Available 3 April, 8am)

Additional fees may apply

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

Websites: <http://www.supertonic.org.nz/>



Supertonic Choir

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

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. Another impact of the cuts is that we won't be running some courses over the coming months.

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.

Whakatauki

Whāia te mātauranga hei orange mō koutou

Seek after learning for the sake of your wellbeing

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 hgjf9102)
- 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.

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

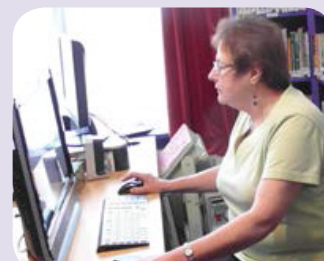
The Women's Centre has two public access computers available for all women to use during our opening hours.

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 2017

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 2017

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 strengthss
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:

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 April-June 2017

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Self Esteem for Teens	p 13
Anger as a Strength	p 13
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Inner Child	p 14



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 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

Bring a contribution for shared lunch

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, 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

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?

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

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.

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

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

Whakatauki

**Hurihia to aroaro kit e ratukuna
to atarangi kia takaki muri ia koe.**

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

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 26th 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

Inner Child



Through the use of action and art, learn the techniques to develop a deeper understanding of yourself and your processes.

It is said that the child holds the key to our own healing and recovery, and this is an individual journey for each person.

This workshop is for women that have done previous self-development workshops or groups.

Dates: 16th, 17th and 18th June 2017

Time:s: Friday 7-9.30pm, Sat 10-5pm, Sun 10-4.30pm

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

Enrolment:
Register to Women's Centre and enrolment confirmed on payment.

Facilitator: Ally Andersun

Note: Participants are expected to attend all sessions.



It's not our differences that divide us.
It is our inability to recognize, accept
and celebrate those differences.

Audre Lorde

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>.

Living the life you want or ready for a change?

If you're a mother with a child between 0-5 years old, then you could take part in **Move Up – Small Steps for Significant Change**, an exciting self-discovery and self-development programme by Women of Worth.

What you'll gain from 'Move Up':

- Knowing your top strengths and how to use them for yourself and your family
- Building a nurturing and safe home environment for your children to thrive in
- Planning and setting achievable goals
- Budgeting your personal finance to manage your money effectively...and much more!

Lower Hutt (the sessions are all no-cost):

When: Tuesdays; starting 14 March 2017

Where: Hutt Art Centre, 9-11 Myrtle Street

Time: 9:30am–2:15pm. Runs for 14 weeks, excluding school holidays. Sorry, the programme is unable to cater for childcare, and will need to be arranged separately.

For further enquiries, contact: theteam@wow.org.nz or 027 359 1558 | www.wow.org.nz



Mothers Network (WGTM) NZ: Term 2 Group in Lower Hutt

Kia ora from Te Aka Haumi Ūkaipō Mothers Network Wellington

Hari tau hou! Here is a brief update from us about our term 2 group:

We are looking to run an evening (weekday) group for Lower Hutt mums and a South Wellington daytime group (day TBC). Please tell the people you support about our upcoming groups, or please share with a mum who might be interested in meeting other mums in a safe space.

For more information, please visit the Mothers Network's online channels:

Website: <http://us4.campaign-archive2.com/?u=9d94c1047ee468805cbb15a18&id=420a213362>

Facebook: <https://www.facebook.com/mothersnetworkwellington/>

Twitter: https://twitter.com/mothers_network/media



MOTHERS NETWORK
TE AKA HAUMI ŪKAIPŌ
BY MUMS, FOR MUMS, ABOUT MUMS

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.

New book examines “Unfortunate Experiment” at National Women’s Hospital

Earlier this year, the Royal Australian and New Zealand College of Obstetricians and Gynaecologists (RANZCOG) publicly apologised for what became known as the “Unfortunate Experiment” at National Women’s Hospital.

Herbert Green, a doctor at the hospital, began a study in 1966 that followed women with major cervical abnormalities without definitively treating them, and without their knowledge or consent. According to a Radio New Zealand report on 17 February 2017, about 70 of the women in the study developed cancer and more than half died.

Professor Ronald Jones, who was a junior doctor at the hospital during the study, helped expose the experiment in the 1980s. When Jones joined the hospital in 1973, the experiment had been in progress for seven years.

New book discusses experiment

Jones discusses the experiment in his new book, *Doctors in denial – The forgotten women in the ‘unfortunate experiment’*, published by Otago University Press. Jones launched the book early this year with a public event at the Auckland University of Technology.

Dr. Ian Page, New Zealand RANZCOG committee chair, made the public apology at the book launch.

Said Page, “The New Zealand

committee of the Royal Australian and New Zealand College of Obstetricians and Gynaecologists deeply regrets the events referred to by Professor Jones.” He added that the College’s members were sorry for the harm suffered by the women and the effects on their families.

A long-needed apology

In 1984, Jones and senior colleagues Dr. Bill McIndoe and Dr. Jock McLean published a scientific paper that exposed the truth, and the disastrous outcome of Green’s experiment.

Judge Sylvia Cartwright’s inquiry into the case in 1987 concluded that the hospital failed to adequately treat cervical cancer in some patients. Known as the “Cartwright Inquiry,” this case also identified systemic failures in the ethical approval and surveillance procedures for conducting research and new treatments.

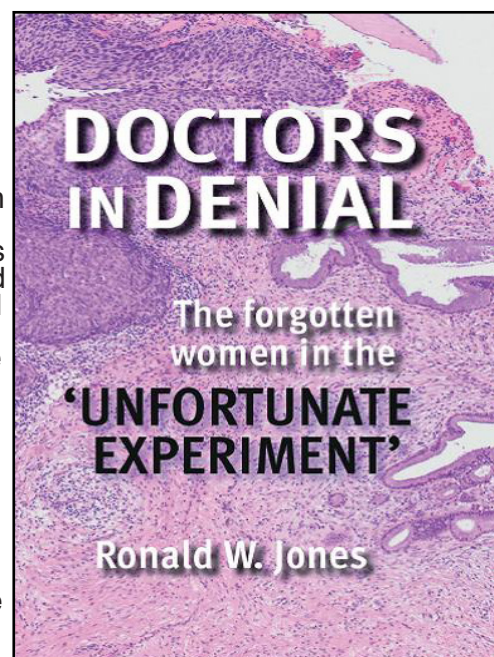
Clare Matheson helped prompt the inquiry after she was cited, under a pseudonym, in the *Metro* magazine article, “An unfortunate experiment at National Women’s.”

Matheson attended the book launch and said she spoke to Dr. Page. “I just wanted him to know that after all these years, to have that official recognition was one of the most moving moments of my life,” she said.

Matheson added, “A genuine apology is a very meaningful thing and it can allay certain grievous

emotions and things, so it must do good. But I refuse to use the word ‘closure.’ There’s no such thing. We learn to live with stuff, that’s all.”

The Auckland District Health Board was not officially represented at the book launch, but emailed a statement of



sympathy from its chief medical officer, Margaret Wilsher. It planned to organise a ceremony this May to remember the events’ impact.

The book’s publication marks recent news coverage on the experiment. In the March issue of “North and South,” Chris Barton covers the experiment in his article, *Doctors in denial. An insider’s view of the unfortunate experiment at National Women’s*.

TV One also recently aired a programme, which featured interviews with Jones and Matheson, as well as archival footage of the Cartwright Inquiry. The programme is available on demand: <http://tvnz.co.nz/sunday-news/first-do-no-harm-video-6514793>.

Finally, Radio NZ aired an interview with Jones on “Nine to Noon” on 17 February. Listen to the radio story here: <http://www.radionz.co.nz/national/programmes/ninetoon/audio/201832951/the-unfortunate-experiment,-doctors-in-denial>.

Note: Information for this LHWC newsletter article was taken from a Radio NZ news story: <http://www.radionz.co.nz/news/national/324436/doctors-college-apologises-over-unfortunate-experiment>.

You can learn more about Jones’ book here: <http://www.otago.ac.nz/press/otago629032.pdf>. Please encourage your local bookseller to stock the book if it’s not available.



Photo credit: Radio New Zealand
Clare Matheson and Ron Jones at the book launch at AUT in February.

Doing activism for the long haul: How to stay outraged without losing your mind

By Mirah Curzer

Note from newsletter editor:
This article went viral online shortly after the American presidential election last November. Although the article responds to the election, the writer's tips are helpful for all activism work, which requires emotional, physical, and mental labour.

Since the American election, many people not previously involved in activism have jumped in with both feet. The election of Donald Trump was a wake-up call for many people.

The Trump years are going to be emotionally exhausting and traumatic for all of us, but particularly to those dedicated to protecting the vulnerable and preserving democracy.

Professional organizers and veteran activists have strategies for staying sane during a long fight. I'd like to share these strategies for avoiding activist burn-out.

1. Don't Get Used to Trump — Get Away From Him

The last few months have been a relentless onslaught of awful news. Sadness and anxiety settles over my entire day. I can't live like this long term, and neither can you.

So when it gets to be too much, it's okay to unplug for a bit. Go a week or even an hour without talking/reading/writing about the news. You can cope by shutting it out for a while — playing with your dog, going to yoga.

If you don't do that, your brain, to protect you, will turn down the volume on the outrage and adapt. Trump will become the new normal. And that is the worst thing that could happen, because democracies fall when their people stop resisting.

You can't live in a state of anxiety and anger all the time. It's

like taking a vacation from your job, which research has shown dramatically boosts productivity. Take a good long break, then come back refreshed and ready to work.

2. Focus One or Two Issues

Pick an issue or two that matter most to you and fight for them. If lots of people focus on lots of different issues, all the important stuff gets covered.

Don't allow yourself

different emphasis. Pick one and commit to following it. It will help combat that helpless, hopeless feeling. Plus, by doing something every day (even if it's small) you will actually accomplish a lot.

Play to your strengths. If you're a writer, write articles shedding light on important issues, convincing the other side or rallying your allies to action. Lawyers can volunteer at free legal clinics, do pro bono work. Like to argue? Be the one who calls out the sexist comment at a dinner party when everyone else doesn't know how to react. Love to bake? Bring cookies to activist meetings. Use your passion for good and have a great time doing it.

4. Take Care of the Basics

Don't forget ordinary, everyday self-care. You need a strong foundation from which to fight.

- *Go to therapy.* Even if your mental health is generally good. You'll thank yourself when the resistance is in full swing and you have someone to talk to.
- *Get enough sleep.* If you do only one self-care thing, do this.
- *Go to the doctor.* And the dentist.
- *Exercise.* You don't have to run a marathon, but do some yoga or at least take a long walk.
- *Spend time with friends.*
- *Get some me-time.* Read a book, watch a movie, whatever. Just be in your own company for a while.
- *Eat well.* Healthy is good, but I also mean delicious. Cook (or order) food that makes you happy.
- *Get outside.* If nothing else, just stroll around your neighborhood and breathe some fresh air.
- *Make your bed.* It takes two minutes and makes such a difference.
- And *call your mother*, if you can.

About this author:

Mirah Curzer is a lawyer, feminist, and photographer.

Article source: <https://medium.com/the-coffeelicious/how-to-stayoutraged-without-losing-your-mind-fc0c41aa68f3#.bhtisgnnv>.



to be
shamed for
being new to the game.
YOU ARE HERE NOW AND
THAT'S WHAT MATTERS. Do not
engage in activist one-upmanship.
Sure, retweet and share on
Facebook about your peripheral
issues, but focus your real energy
on the things you care about most.
I will do the same. That's how the
work gets done.

3. Make Activism Fun

Do things that are good for the world, but do them in ways that you personally enjoy. Yes, call your representatives, but maybe make a contest of it with your friends, like you might challenge each other to achieve workout goals. Laugh, sing, chat, and flirt while you're voting with your feet. Don't let anyone tell you that humor has no place in the movement, or that it's unseemly to have fun while you're doing serious work.

Make activism fun by making it easy. Do something small every day. There are many "daily action" lists going around, each with

Women's Health

The price you pay for incontinence

By Brenda Stickley

Mary* came to me for help. Now in her seventies, she had been living with urinary incontinence for most of her life.

It came about after childbirth. Over the years, she had undergone two surgeries to correct the problem, but the surgeries made no difference. At her fifth individual session with me, Mary shared that she was no longer needing pads. The leaking had stopped. She couldn't quite believe it herself.

As much as I shared Mary's joy, there was a part of me that felt saddened. I wondered how her life could have been different had she received this help as a younger woman. What different choices would she have made if incontinence hadn't been a major factor to have to consider?

Unfortunately, there are many women living with urinary incontinence. A 2009 New Zealand study found that 25 percent women in the 20–55 age group and 34 percent in the 55+ age group experience this problem, be it mild or severe [1]. Thousands of otherwise active and healthy women live life with this secret. Yet no one talks about incontinence.

The burden of incontinence

The burden of hiding the problem is huge both in terms of worry, and financially. Mary said at her final visit, "You have no idea how this changes my life." I had an inkling.

Incontinence can have a deeply personal impact on women's life. The uncertainty of living with the ever-present possibility of having an episode of incontinence can be disabling. Not knowing when the next episode will happen means constant vigilance. Padding up, choosing clothes to wear that will disguise what feels too obvious, needing to know where the toilet is and that it is easily accessible.

Self-consciousness around personal hygiene and odours, fear of being incontinent in front of others, not being comfortable in a sexual relationship, not exercising actively and avoiding laughing, sneezing, or coughing (as if you can!).

The worry can be exhausting. It is understandable why some might find it easier to stay at home, but then the risk of isolation and depression become real.

Then there's the financial burden. Protective undergarments and absorbency products are big business. A quick look at an online shopping site shows 58 different products that are pads, 31 that are panty liners, and some adult "super pants" that are worn as normal underwear.

There are also specialty websites that sell "continence" products. A packet of eight adult pull-up pants

costs \$16.14. If you wear four a day for a year, it will set you back \$3,000. If you wear four Libra Invisible Super pads a day at 50 cents each, you'll spend \$730 in a year.

Unfortunately, the cost doesn't stop unless the problem stops and typically, the problem worsens with aging.

Seeking treatment

Like Mary, those who seek help often haven't gotten the results they wanted. Those experiences reinforce feelings of helplessness,

and put women at risk of losing hope.

There are three important things to know: (1) You are not alone. Many people have this condition. (2) You do not have to just "live with it." (3) You can find help.

It takes courage to seek help and to talk about it. Mary was willing to trust someone, and I'm glad that was me. Just as important, she came with an open mind and a willingness to learn more about herself and how her body functioned, and she was motivated to practice what I taught her.

As a team, working together, we regained healthy function of Mary's pelvic floor. As happy as I am about that, what made me happiest was to replace her feelings of helplessness with a sense of empowerment and the sense of freedom that being in control again can bring. And all the money she will save? A well-earned bonus.

In the end it hadn't taken much to fix. All it took was a phone call.

References (article and sidebar):

* Name changed to protect client confidentiality

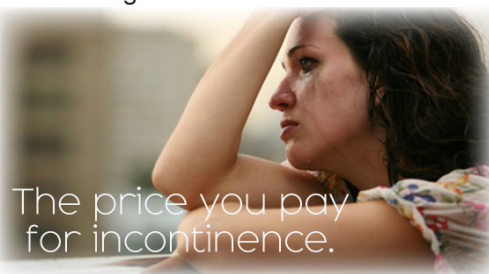
[1] http://www.continence.org.nz/user_files/Continence_Services_in_New_Zealand_FINAL_Oct_2009.pdf p11

[2] http://www.continence.org.nz/user_files/Continence_Services_in_New_Zealand_FINAL_Oct_2009.pdf p10

About this author:

Brenda Stickley is a Certified Feldenkrais Practitioner who works with women of all ages to help them improve their pelvic floor function. She teaches individual sessions and teaches Pelvic Floor Restore workshops for women in the greater Wellington area.

Check out her website www.getmovingwithbrenda.co.nz for details, or contact her directly getmoving.co.nz@xtra.co.nz or phone 232 9364.



Incontinence – what are the symptoms?

There are two main types of incontinence [2]:

Stress incontinence refers to leakage when coughing, laughing, or sneezing or with exertion. Usually just a small jet of urine escapes, and it becomes bothersome when it happens frequently. Stress incontinence mainly affects females.

Urge incontinence refers to the leakage that occurs after a strong urge to void and which the person is unable to defer, requiring a rush to the toilet. Other symptoms include a feeling that the bladder is not completely empty, poor urine flow, and straining to empty

the bladder.

Frequent urinary tract infections can occur; wetting the bed, or getting up to urinate twice or more at night.

Urge incontinence is often more bothersome than other forms of incontinence and the amount leaked is often larger. Urge incontinence affects both males and females.

A mixed pattern of incontinence with features of both stress and urge symptoms can also occur.

Early treatment and behavioural change can mean longer-term prevention of ongoing or more significant issues.

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.



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

The Treaty consists of a Preamble and four Articles; the fourth Article was added at Waitangi on 6 February 1840. The significant differences between Te Tiriti and the Crown's English-language version are evident in Articles 1 and 2.

Preamble

The Preamble is an introductory statement, expressing the Queen's goodwill to the Rangatira and Hapū of New Zealand, asking them to allow a place for the Queen's governor, and committing to a peaceful future.

Article I

Te Tiriti o Waitangi says that the rangatira and hapū agree to the Queen's governor exercising kawanatanga (a transliteration of the word governorship). In fact, the oral discussion at Waitangi was about allowing the presence of a governor, and this was what was in the mind of the rangatira who signed Te Tiriti o Waitangi. This did not mean that the governor was to have authority over Māori, but over the British subjects "living here outside the law."

The Crown's English version says that the Rangatira would cede their sovereignty to the Queen, meaning the Crown would have complete power and authority over everything and everybody throughout the land.

Article II

Te Tiriti o Waitangi says that the Crown recognises and upholds the paramount authority (tino rangatiratanga) of the hapū over their lands, villages, and all that is precious to them (taonga). This directly contradicts the cession of sovereignty referred

to in Article 1 of the Crown's English version.

The Crown's English version guarantees to Māori only "the full, exclusive and undisturbed possession of their lands and estates, forest, sheries, and other properties" as long as they wish. Many of the cases brought to the Waitangi Tribunal have

succeeded because it has been shown that, following the Treaty, the Crown took actions that forced land and other properties out of Māori hands.

The word taonga in te Tiriti is not limited to property and possessions, as stated in the Crown's English-language version. Understood within their cultural context, taonga as part of the natural world are recognised as living with inherent value, and also include all things held precious: for example, language, culture, and health.

Article II also talks about transactions with regard to land, giving the Crown priority over others in land dealings with hapū.

Article III

Article III accords to Māori the rights of British people, additional to the rights they already enjoyed in their own society.

Article IV

At the first Treaty signing, William Colenso (Anglican) recorded a discussion on religious freedom between Bishop Pompallier (Catholic) and Captain Hobson. In answer to a direct question from Pompallier, Hobson and the rangatira agreed to the following statement which was read in te reo to the meeting before anyone signed:

The Governor says the several faiths (beliefs) of England, of the Wesleyans, of Rome, and also Māori custom and religion shall alike be protected by him. In looking at te Tiriti, the word ritenga is used. Ritenga, within a Māori worldview, refers to beliefs and practices of the spiritual relationship between humans and the rest of the natural world.

In summary, the Treaty confirms Māori authority and sovereignty, guaranteeing to Māori the full control and authority over their lands, settlements and all that is of value to them – including their social, political and economic relationships, and institutions. It allows a place for a governor to exercise control over the Queen's people. The Treaty provides a framework of understanding between Māori and the Crown, to ensure peace and good order into the future.

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 June.

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!