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Newsletter of the Lower Hutt Women's Centre

Hakihea 2011 Vol.19 No 4



Denise Besinga / Isis International-Manila

Happy Summer and Best wishes for enjoyable holidays.

Thank you to all the women that filled in survey forms, either via the online survey or the paper forms. We do very much appreciate your efforts in completing the survey, and have been so impressed with the detailed and well thought out answers to the questions. The summary will be included in next newsletter. We will use the survey for funding and organisation accountability.

The Lower Hutt Women's Centre will be closing on the 23rd December at 5pm and re-opening Tuesday the 24th January 2012.

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Women's Centre Opening Hours

Monday to Thursday 10am – 5pm

Friday 9am – 5pm

Ph: 04 569 2711 Fax: 04 570 2820

Email: info@lhwc.org.nz

186 Knights Road, Central Hutt

Lower Hutt 5011



Thanks to all the women that helped put the newsletter together, and to the women that donate the graphics to Isis International Manilla.

Website: www.lhwc.org.nz email: info@lhwc.org.nz

WOMEN'S SUPPORT GROUP

The Women's Support Group is for support or if you are having a hard time coping with stress, day to day hassles, depression or oppression. Do you want to unload, are you getting stressed out? If you are feeling out of touch with yourself and other people around, or feeling isolated .. then the group is a time to get support in a caring environment while you work on looking at yourself, your feelings and how you are in life.

The group is open to all women and you can join the group by turning up to the Women's Centre on Wednesdays at 1pm. The group goes from 1pm to 2.30pm. **Facilitator:** Julie Smart



Friendship Group

We are a facilitated group who meet weekly for discussions and occasionally an outing.

Our focus is on learning about friendship, maintaining, developing and exploring the ideas.

Friendships are a vital source of emotional sustenance. As well as providing the pleasure of companionship, your friendship network offers you a sense of support and belonging.

This group is open to all women and you can join the group by turning up to the Women's Centre on Thursdays from 10am to 12noon.

Our ability to make and sustain friendships is influenced by our ability to develop and maintain a nurturing relationships with ourselves.

Facilitator: Yvonne Broadley

If you are interested please phone or come along.

All welcome.
For more information 5692711

FREE COMPUTER LESSONS AND FREE ACCESS COMPUTER

The Women's Centre has a free public access computer available for all women to use during our opening hours. We have programmes such as Microsoft Word, Excel, Access, Mavis Beacon Typing Tutor, Publisher and Power Point; Internet and Email access.

We are without a computer tutor at the moment but hopefully in 2012 we will have another tutor offering lessons.

Anger as a Strength

Anger is a misunderstood emotion and energy. This training is skill based on providing opportunities and techniques to express anger using tools of assertiveness. Anger is necessary for survival, but through the ways many women have learned to express anger or not express anger issues have been created. This course will be an opportunity to explore the use and mis-use of anger.

Dates: 6 Weeks beginning Wednesday 15th February 2012

Venue: Women's Centre, 186 Knights Road, Waterloo. Lower Hutt

Enrol: Only by payment or deposit

Cost: Waged \$40

Time: 7-9pm

Facilitator: Ally Andersun

Enrol for this course through

WEA 5692272

www.huttcitywea.co.nz/

Sleep Well for Women

In a world where "time is money", just about everything in life can seem more important than sleep.

Yet, our sleep and health are very closely linked. Parenting demands, caring for an elderly parent, or a restless partner can interrupt our sleep. Pain, worries, fears or our fluctuating hormones may keep us awake. Whilst sleeping problems are as widespread as they are diverse, this course aims to help participants to understand basic facts and to discover practical and workable solutions toward improved sleep and well-being. and your self in everyday situations.

Dates: 6 Weeks beginning Thursday 1st March 2012.

Venue: Women's Centre, 186 Knights Road, Waterloo. Lower Hutt

Enrol: Only by payment or deposit

Cost: Waged \$30/\$15

Time: 7-9pm

Facilitator: Veronika Gabel

Enrol for this course through deposit or payment

Phone 5692711

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

Dates: 6 Weeks beginning Wednesday 28th March 2012

Venue: Women's Centre, 186 Knights Road, Waterloo. Lower Hutt

Enrol: Only by payment or deposit

Cost: Waged \$40

Time: 7-9pm

Facilitator: Ally Andersun

Enrol for this course through

WEA 5692272

www.huttcitywea.co.nz/

Self Esteem for Teens

A workshop for girls to learn about themselves, to have fun, to learn self respect and to be more confident and to accept yourself and others.

We are all different, who we are, what we like and don't like. Our cultures, and our backgrounds.

There is no one else quite like you.

This course is based around discussion and the sharing of ideas and experiences .

Dates: 10 Weeks beginning Tuesday 6th March 2012 (2 weeks off for school holidays)

Venue: Women's Centre, 186 Knights Road, Waterloo. Lower Hutt

Enrol: Only by payment or deposit

Cost: Waged \$40

Time: 7-9pm

Facilitators: Johanna Pibal and Clare Caffery
Enrol for this course through deposit or payment 5692711 Phone for a pamphlet to be posted to you.

Women Who Love Too Much Part One

(Codependency/Addiction/Losing yourself in Relationships)

Part one is an educational weekend. This weekend will give participants an opportunity to explore their own issues around co-dependency and process addiction, the origins of your behaviour and ways of changing and developing in yourself. Women Who Love Too Much , co-dependency, relationship addiction; all names which reflect different aspects of this issue that some women have in relationships. 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

Weekend Course

Dates: Frid 9th Saturday 10th and Sunday 11th March 2012

Time: Frid: 7-9.30pm 10-5pm Saturday and 10-4.30pm Sunday

Venue: Women's Centre

Enrol: Only by payment or deposit

Cost: Waged \$40 /Low or Unwaged \$20

Facilitator: Ally Andersun

6 Minimum and 10 Maximum for course to commence
Participants are expected to attend the full course.

Participants are expected to attend the full course

Self Development Using the Psychodramatic Method

This weekend will give participants opportunity to explore personal issues using the psychodramatic method. This workshop will be useful for women wanting to expand and develop their experience of life and the issues that hold them back. Women new to the psychodramatic method are welcome.

Participants are expected to attend the full course

Weekend Course

Dates: Frid 27th, Saturday 28th and Sunday 29th April 2012

Time: Frid: 7-9.30pm 10-5pm Saturday and 10-4.30pm Sunday

Venue: Women's Centre

Enrol: Only by payment or deposit

Cost: Waged \$40 /Low or Unwaged \$20

Facilitator: Ally Andersun

6 Minimum and 7 Maximum for course to commence
Participants are expected to attend the full course.

Menopause for Women

If you are starting menopause, experiencing full on symptoms, post menopausal or just curious about what lies ahead this course is for you. We will look at different aspects of menopause, physical, emotional, spiritual, social and psychological. We will have guest speakers and discussion.

What is Menopause?

Menopause literally means cessation of menstruation or last period. It marks the end of a woman's fertile years when the ovaries produce lower levels of the reproductive hormones oestrogen and progesterone.

The average age for menopause in New Zealand is 51.5 years. 'Perimenopause' is the official term used

to describe the average of five or so years up to the last period.

When periods have stopped for a year it can be assumed that a woman is post-menopause. After menopause the body achieves a new hormonal balance by producing hormones from the adrenal glands, the brain, muscles, and hair follicles as well as continuing to produce lesser amounts of hormones from the ovaries.

Dates: 6 Weeks beginning 9th May 2012

Time: Wednesday evenings 7-9pm.

Venue: Women's Centre

Enrol: Only by payment or deposit

Cost: Waged \$40

Facilitator: Ally Andersun

Enrol for this course through

WEA 5692272

www.huttcitywea.co.nz/

My Mother My Self

The workshop will look at the issues of guilt including; mother guilt, our mother's guilt – how much did we inherit from her, and how we are controlled through guilt.

Other issues include; looking at concepts of what stops us from living our own authentic lives, our relationship with our mother, how our relationship with our mother influences how we are today.

- "Understanding what we have with our Mothers is the beginning of understanding ourselves."
- "Our mothers had not raised us to feel comfortable with autonomy, sexuality, a life different from theirs"

Both quotes from **Nancy Friday** in **My Mother My Self**.

This is an experiential workshop and participants need to have a commitment to their own development and to attend all parts of the weekend including Friday evening

Participants are expected to attend the full course

Weekend Course

Dates: Frid 18th , Saturday 19th and Sunday 29th May 2012

Time: Frid: 7-9.30pm 10-5pm Saturday and 10-4.30pm Sunday

Venue: Women's Centre

Enrol: Only by payment or deposit

Cost: Waged \$40 /Low or Unwaged \$20

Facilitator: Ally Andersun

6 Minimum and 10 Maximum for course to commence
Participants are expected to attend the full course.

Inner Child Workshop

Through the use of action and art learning 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.

Participants are expected to attend the full course

All participants need to be interviewed by Ally Andersun before registration.

Phone and put your name down to register and be contacted for an interview.

Weekend Course

Dates: Friday 22nd, Saturday 23rd and Sunday 24th June 2012

Time: Friday: 7-9.30pm 10-5pm Saturday and 10-4.30pm Sunday

Venue: Women's Centre

Enrol: Only by payment or deposit

Cost: Waged \$40 /Low or Unwaged \$20

Facilitator: Ally Andersun

6 Minimum and 10 Maximum for course to commence

Participants are expected to attend the full course.



Self Esteem Workshops For Women

Lower Hutt Women's Centre
186 Knights Road
Lower Hutt
5692 711

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

Self Esteem Workshops on a Friday morning and a Tuesday Evening.

Each workshop is separate. You may attend one or as many as you like. 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 have one creche worker. The workshop is for women only so try to avoid planning on taking your children into the workshop.

Time: Friday morning 9.45 - 12noon and Tuesday evening 6.30pm to 8.30pm.

The workshop starts right on time at 10am and 6.30pm and late comers can't go into the morning workshop.

If you have children you need to arrive about 20 minutes early to settle them in.

Cost: Friday \$2.00 and Tuesday \$5.00

All women welcome.

You don't need to enrol, just turn up.

Facilitators:

Friday Morning Stephanie Brockman

Tuesday Evening Julie Smart



Friday Morning

2012

- Jan 27 Striving for pure motives
- Feb 3 Putting Yourself in Neutral
- Feb 10 Having the Courage to be Imperfect
- Feb 17 Developing Courage
- Feb 24 Willpower
- March 2 Anger as a Strength
- March 9 Developing Self Knowledge
- March 16 Self Love
- March 23 Acknowledging Self
- March 30 Enhancing self in terms of awareness
- April 13 Acceptance and use of strengths
- April 20 Positive thought and talk
- April 27 Messages about self
- May 4 Accepting responsibility about self
- May 11 Coming to grips with feelings
- May 18 Talking About Ourselves
- May 25 Beliefs About Self
- June 1 Expressing Pride in Self
- June 8 Letting Go of the Past
- June 15 Respecting Self and Others

Tuesday Evening

2012

- Jan 24 Positive thought and talk
- Jan 31 Messages about Self
- Feb 7 Accepting responsibility for self
- Feb 14 Coming to grips with feelings
- Feb 21 Talking About Ourselves
- Feb 28 Beliefs About Self
- March 6 Expressing Pride in Self
- March 13 Letting Go of the Past
- March 20 Respecting Self and Others
- March 27 Striving for Pure Motives
- April 3 Putting Yourself in Neutral
- April 10 Having the Courage to be Imperfect
- April 17 Developing Courage
- April 24 Willpower
- May 1 Anger as a Strength
- May 8 Developing Self Knowledge
- May 15 Self Love
- May 22 Acknowledging Self
- May 29 Enhancing self in terms of awareness
- June 5 Acceptance and use of strengths

Opportunity for Healing from Sexual Abuse or Rape

These weekend workshops are designed for women that have in their life experienced sexual abuse or rape and are ready to use group work process to assist with this healing.

There are three weekend workshops. You may attend one, two or three. You need to register for each separately.

Interviews with the facilitator will be necessary before enrolment.

Workshop One

Dates: Friday evening, Sat and Sun. 1st, 2nd and 3rd April 2012

Time: Frid 7-9.30pm, Saturday 10-5pm and Sunday 10-4.30pm

Cost: \$40/\$20 Waged/Unwaged/Low Waged

Workshop Two

Dates: Friday evening, Sat and Sun. 8th, 9th and 10th June 2012

Time: Frid 7-9.30pm, Saturday 10-5pm and Sunday 10-4.30pm

Cost: \$40/\$20 Waged/Unwaged/Low Waged

Workshop Three

Dates: Friday evening, Sat and Sun. 24th, 25th and 26th August 2012.

Time: Frid 7-9.30pm, Saturday 10-5pm and Sunday 10-4.30pm

Cost: \$40/\$20 Waged/Unwaged/Low Waged

Facilitator: Ally Andersun Phone to register your interest, leave a message for Ally Andersun and she will phone you back. 5692711

Mosaics

If you want to learn how to mosaics and meet other women doing the same come along anytime from 10am to 2.00pm every Tuesday and Clare and/or Stephanie can show you what to do. We normally start with a paver, after you have made a paving stone you can progress on to a variety of projects. We do charge for materials - it does cost \$5 for a completed paver. If you want to work on your own projects you need to pay for materials.

***This is an open workshop and costs are for materials used only.
All Women Welcome***

Stone and Stream

A 6 week Meditation Course with Ruth Pink



Meditation is an ancient art with many possibilities for modern application. Using simple techniques of watching and being with the breath, it is designed to help people to calm the mind and to live well. In this respect it is one of the cheapest, most portable kinds of healthcare and self help around. Meditation can be used to manage stress, pain, anxiety and depression. It is also a way to connect more deeply with the richness and beauty that we are.

Taking inspiration from the qualities of stone and stream and the natural world, Ruth will tailor the course to the needs and aspirations of the women who attend. During the six weeks we 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 people who are new to meditation and those who are looking to revitalise their practice.

Date: Thursday evenings beginning 12th April 2011

Time: 7-9pm

Cost: \$30 Waged/\$15 Unwaged Please wear warm loose clothing.

Ruth Pink is a writer, poet, counsellor and celebrant. She has been meditating and studying meditation for more than 17 years. A stressful job brought her to meditation and a serious illness helped her really practice it. Ruth is connected to the Wangapeka Study and Retreat Centre in Nelson, and has studied with the Venerable Tarchin Hearn, the Venerable Namgyal Rinpoche, Leander Kane and many other teachers whose wisdom has enriched her life. Ruth weaves together teachings from the Buddha and other spiritual traditions with art, science, ecology and poetry. While seeking to inspire others to change their lives and change their minds, she is also open-hearted, and down to earth.

Therapeutic Massage & Relaxation Massage

Massage has many wide-ranging benefits that affect both our bodies and our minds.

When muscles are overworked, waste products such as lactic acid can accumulate in the muscle, causing soreness, stiffness, and even muscle spasm.

Massage improves circulation, which increases blood flow, bringing fresh oxygen and nutrients to body tissues. This can assist the lymphatic system in the elimination of waste products, speed healing after injury, and enhance recovery from disease. It eases tense and knotted muscles and stiff joints, improving mobility and flexibility.

Therapeutic massage can be used to promote general well-being and enhance self-esteem, while boosting the circulatory and immune systems to benefit blood pressure, circulation, muscle tone, digestion, and skin tone.

And it feels great!

Book a session at The Women's Centre with Rachel on: 04-5653119 or 0226988090 or email: therapeuticmassage@gmx.com

I am working at the Women's Centre on a Monday from 2012.

Price: 1 hour session for only \$30

I also treat clients at Aurora Medical Centre in 39 Pretoria Street, Lower Hutt which I charge professional rates. As a Women's Centre member you will get a 15% Discount and 5% of the total cost will be donated back to the Women's Centre.

REFLEXOLOGY AT THE WOMEN'S CENTRE

WHAT IS REFLEXOLOGY AND HOW DOES IT WORK?

Reflexology is a natural, gentle, relaxing method of activating the healing powers of the body. A totally safe, non-invasive therapy administered to the feet, hands or ears. There is no manipulating of the body or undue application of pressure applied. **BENEFITS** Reflexology can reduce stress (responsible, some say, for 75% of all illnesses) and induces deep relaxation. **Other benefits are reported to include:**

- Revitalises energy • Improved sleep patterns • Cleanses the body of toxins and impurities
- Stimulation of creativity and productivity • Improved circulation • Improved breathing
- Relief from digestive disorders • Hormonal balance • Migraine and headache relief

Reflexology is not an alternative to conventional medicine and reflexologists do not diagnose or claim to cure illness. **APPOINTMENTS** There will be a charge for each appointment of which the majority will be donated to the Women's Centre:

Half an Hour \$15.00 One Hour \$30.00

If the above prices are out of your reach but would still like to experience reflexology do not let this stop you from calling to negotiate a suitable price.

To book an appointment please contact Dawn on: 04 566 5585 or email dawn@renewingharmony.com
[Appointments will be on the 1st Wednesday of the month \(afternoon\).](#)

I also treat clients at my home-based practice in Lower Hutt for which I charge professional rates. For any appointment made as a result of a referral from the Women's Centre 10% of the total cost will be donated back to the Women's Centre. Looking forward to meeting you all soon.

Astanga flow yoga (Beginning again Monday 30th Jan 2012)

Astanga flow yoga- every Monday night from 6-7pm, gold coin donation. The classes are suitable for anyone to attend, from beginner to intermediate. If you would like to give the class a go, please email (or phone 5692711) Stephanie to confirm your spot each week by Friday as we can only fit a maximum of 8 students per class (to ensure there's enough space for everyone to be comfortable!). Please feel free to come along anytime. Yoga is a personal (and life-long) journey. All students work at their own level. (To ensure your space - booking is essential). **Teacher: Victoria Parker**

Healing and Spirituality weekly group has been run by Stephanie Parasha this last term and Stephanie will be back about March 2012. I will put up on the website more details about this and if you are interested in attending you could phone to let us know and when Stephanie returns near the end of Summer we will let you know what the new plan will be. It would be good to get an indication of interest.



Decrease in women MPs this time.

National's victory this election has led to a decrease in the number of women MPs – despite the addition of Carmel Sepuloni to the Labour ranks, according to Rae Julian, National President of UN Women NZ. Now women are only 33% of the total where previously they were 34%. We have slipped from being 8th in the world to being 10th with Macedonia and Nepal.

On a party basis, the Greens head the list with women as 50% of their MPs. Labour follows with 38%, then NZ First with 37%, the Maori Party with 33% and the National Party with 25%. The latter have the most MPs, so they lower the percentage of women. The three other parties represented, ACT, United Future and Mana, have a lone male each.

National won the majority of electorate seats – 41. Only ten of these, 24%, are represented by women. Labour also had a lower percentage, 35%, of its women MPs successful in electorate seats.

New Zealand is often acclaimed in international forums for being the first country in the world to give the vote to women. It took a long time before we got our first woman MP and even longer to reach the 30% set as a first benchmark by the UN. This happened in 1996 when MMP was introduced.

The main benchmark is to reach 50% of women MPs. Only Rwanda has reached that target to date. We should be aiming to become a world leader again, to recognise the skills of so many of our women leaders by aiming to get them into the top decision-making roles. Let us hope that in 2014, the parties will select women in equal numbers to men for both electorates as well as list seats, concluded Rae Julian

Rae Julian

National President

UN Women National Committee for Aotearoa New Zealand

NZ worst for domestic violence UN report

The Government needs to immediately launch an inquiry into why New Zealand has such high domestic violence and maternal mortality rates compared with other Organisation for Economic Development and Co-operation (OECD) countries, the head of United Nations Women New Zealand says.

A report by UN Women was released in Wellington today and canvassed 22 developed nations about subjects including domestic violence and maternal mortality.

New Zealand was ranked either at or near the bottom of the countries in the study in both areas and UN Women New Zealand national president Rae Julian called on the Government to "actively investigate the causes of New Zealand's high level of maternal mortality and issues of partner violence against women".

Initiatives needed to be implemented to address the issues highlighted by the report, she said.

The study found a third of the country's women had reported experiencing physical violence from a partner during the period 2000 to 2010.

That puts New Zealand as the worst affected of the 14 countries which responded to the question.

In the past year, New Zealand rated 11th out of the 12 countries that reported violence against women, with only Finland rating lower.

Sexual violence from partners showed a similar trend, with New Zealand coming out worst of the 12 countries that responded to the question.

The closest ranked to New Zealand's 14 per cent was Norway, at 9 per cent.

In the past year, 2 per cent of women reported experiencing sexual violence from a partner, ranking bottom of the list.

The report follows a Ministry of Social Development study released last month which found more than a quarter of the country's children had witnessed family violence.

The survey was published in the latest social policy journal and interviewed almost 2100 children nationwide, the Sunday News reported.

Of those surveyed, 27 per cent had seen physical violence against an adult and most of those incidents had been in the home.

When adults children loved were involved in the violence it had more impact on the child and also affected how they coped, and their decisions about telling anyone, with most too scared to



speak out, the report found.

Meanwhile, the UN report also found New Zealand as among the world's leaders in providing skilled assistance at child delivery in 100 per cent of cases.

However, at 14 deaths per 100,000, New Zealand also we had one of the

highest levels of maternal mortality within the OECD. It ranked 20th, with only the United States and Luxembourg lower.

Ad Feedback New Zealand also fell short with paid parental leave, ranking 16th out of 22 with 14 weeks' paid leave while countries such as Norway, Denmark and Sweden offered 46, 52 and 68.4 weeks respectively.

Studies had shown that paid maternity leave increased employee retention, and reduced infant mortality and post-partum depression, the report said.

Other findings from the study included:

- * The proportion of women in parliament ranked highly, at eighth equal with Spain, but 14th for the number of women in ministerial positions;

- * New Zealand, Ireland and Spain were the only three countries which did not allow abortion for economic or social reasons. Six countries, including New Zealand, did not allow abortion on request; and

- * the wage disparity between men and women was calculated at 19 per cent based on International Labour Organisation data. - <http://www.stuff.co.nz/national/5332717/NZ-worst-for-domestic-violence-UN-report>

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Peace Movement Aotearoa
the national networking peace
organisation
PO Box 9314, Wellington 6141,
Aotearoa New Zealand
Tel +64 4 382 8129, fax 382 8173
email pma@xtra.co.nz
Website - <http://www.converge.org.nz/pma>
<http://www.facebook.com/PeaceMovementAotearoa>

Graphics with thanks <http://www.isiswomen.org>

Waihopai Ploughshares Appeal

8 December 2011

This appeal is available online at <http://www.facebook.com/notes/peace-movement-aotearoa/waihopai-ploughshares-appeal/273935145987195>

On 30 April 2008, a Christian Ploughshares team - Adrian Leason, Father Peter Murnane and Sam Land - entered the grounds of the NZ Government Communications Security Bureau (GCSB) / US National Security Agency spy base at Waihopai and punctured the dome covering one of the two antenna to disable and draw attention to the role of the base - part of the US government's global spy network - in the 'war on terrorism'. They then built a shrine and prayed for the victims of the war with no end while waiting to be arrested.

In March 2010, after an eight day trial, the Waihopai Ploughshares were acquitted by the jury. In response, in October 2010, the Attorney-General lodged a civil claim for \$1.2

million, on behalf of the Government Communications Security Bureau (GCSB). In August 2011, following a hearing in the High Court in Wellington, Associate Judge David Gendall issued a summary judgement awarding \$1.2 million damages in the government's favour, as well as court costs. A more detailed chronology of the events leading to that point is included below.

Since then, the Waihopai Ploughshares have lodged an appeal against the summary judgement - if the decision stands, it will be a major setback in terms of defences available in future for people acting on their conscience and taking non-violent direct action against military or signals intelligence bases.

Waihopai Ploughshares are now fundraising for the \$6,000 required for the court fees so that the appeal can be heard. If the fee can be raised, the appeal will most likely proceed in March 2012.

This message, sent on behalf of Waihopai Ploughshares, is to ask you to consider contributing towards the cost of the court fees for the appeal. If you can assist, you can make a donation as follows:

by cheque: send your cheque, payable to 'Peace Movement Aotearoa', to Peace Movement Aotearoa, PO Box 9314, Wel-

lington 6141, with your name and address so we can send you a receipt, and a note saying your donation is for Waihopai Ploughshares; or

by internet banking or direct credit: make your donation to account 02 0536 0323908 08 - please put your name or organisation and 'Ploughshares' in the payee details / identifier section so we know who it is from and what it is for, and email pma@xtra.co.nz with your physical address so we can send your receipt.

Thank you.

Waihopai Ploughshares: chronology of events

On 30 April 2008, the Waihopai Ploughshares - Adrian Leason, Fr Peter Murnane and Sam Land - entered the grounds of the NZ Government Communications Security Bureau (GCSB) / US National Security Agency spy base at Waihopai and punctured the dome covering one of the two antenna to disable and draw attention to the role of the base - part of the US government's global spy network - in the 'war on terrorism'. They then built a shrine and prayed for the victims of the war with no end while waiting to be arrested. Their statement is available at <http://www.converge.org.nz/pma/plshares.htm>

The Waihopai Ploughshares trial started on 8 March 2010.

Their defence was based on 'claim of right' (widely misreported by the media as a necessity defence) and on 17 March 2010, the trial jury acquitted the three defendants. An overview of the trial with links to more information is available at <http://www.converge.org.nz/pma/plupdate.htm>

On 7 April 2010, the Attorney-General announced that the government would not appeal the verdict, but was considering suing Waihopai Ploughshares for (at that time) \$1.1 million.

In October 2010, the Attorney-General lodged a civil claim for \$1.2 million, on behalf of the GSCB - see for example, '\$1.2m Crown seeking includes beer, pies' at http://www.nzherald.co.nz/nz/news/article.cfm?c_id=1&objectid=10679078

On 3 November 2010, the government announced that it would be limiting the 'claim of right' defence so that it could not be used in similar circumstances in future.

On 8 August 2011, there was an all-day hearing in the High Court as to whether the government would be awarded summary judgement of \$1.2 million damages for the costs of repair of the spy base dome (and food and drink for the workers who repaired it) or whether the matter would proceed to trial - the decision hinged around whether or not the judge considered the three defendants had a chance of successfully arguing a case against the awarding of damages to the government. A brief overview of the defence case, which was based in part on the defences of necessity and self-defence / defence of another and in part on ex turpi causa, is available at http://www.facebook.com/note.php?note_id=217666044947439

Associate Judge David Gendall's decision was released on 31 August 2011. His judgement was that the defence did not have a case, and that summary judgement of \$1.2 million damages was therefore awarded in the government's favour, as well as court costs. The media release from Adrian Leason in response is available at http://www.facebook.com/note.php?note_

id=228892570491453

Waihopai Ploughshares are now appealing the decision if the decision stands, it will be a major setback in terms of defences available in future for people acting on their conscience and taking non-violent direct action against military or signals intelligence bases.

If you would like a copy of the High Court decision, please contact Peace Movement Aotearoa email pma@xtra.co.nz

This chronology is available at <http://www.facebook.com/notes/peace-movement-aotearoa/waihopai-ploughshares-chronology-of-events-leading-to-wednesdays-decision/229649693749074>

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Women of Colour Seen As Always Sexually Available

By Jaclyn Friedman
WeNews guest author
Sunday, October 30, 2011

The stereotypes of women of color as always being sexually available show how undervalued they are, says Jaclyn Friedman in her new book "What You Really Really Want." In this excerpt, she explores the overlap of race and sexuality.

(WOMENSENEWS)--As with all things racial, the intersection of race and sexuality is complicated. It's complicated by the ways race and economic class intersect, by the history of slavery in the United States and around the world, by the fact that race is both an utterly bogus way to look at people and simultaneously very real.

And yet while it's definitely not simple, it sure is important to think about.

Consider, for example, the image of the "innocent virgin."

Picture her in your mind's eye. Maybe take a moment now to draw a picture of her, or write down a description of what she looks like.

What did you draw or describe? Was it a white girl with long hair? Maybe blond, blue-eyed, or freckle-faced? If it was, it's not an accident. Because we live in a racist society that values white girls more than girls of color, we tend to imagine that purity is pale.

That assumption has a terrible flip side: Girls of color are often viewed as always sexually available, simply because of their race.

Just look at the specific stereotypes: Latina women are "spicy," Middle Eastern and South Asian women are simultaneously "exotic" and

"repressed," Asian women are "submissive," black women are "wild" or "animalistic"--it doesn't matter what disgusting stereotype you choose, it boils down to the same thing: Women of color are assumed to be always available for sex.

"It's easy to feel cheap when you have dark skin, frizzy hair and a big butt," says Mag, one of the women I interviewed. "TV, magazines, people on the street, people in class--it seems like everyone feels like they have a need, no, a right, to your body that you don't have. I've had random white children come up to me and slap my ass. I've had men take photos while I wasn't looking, or strangers **come up to me and 'compliment' me on how luscious my backside looks and what they'd like to do with me.**"

Ridiculous Assumptions

You're smart enough to see how ridiculous assumptions about the sexualities of women of color are. Of course every individual woman wants different things that have nothing to do with her skin color.

But the problem with this paradigm goes past how reductive it is. By treating women as though their race dictates their sexuality, we're also telling women that their actual desires don't matter and probably shouldn't even exist. Nothing could be further from the truth.

But it gets even more twisted: Because of these racial stereotypes, many girls of color are pressured by their families and communities to live the stereotypes down by (sing it with me if you know the tune by now) being unimpeachably innocent of sexual desire. So the wider culture is sexualizing girls of color right and left, and yet, in the end, they still often get shoved into the same virginity trap as do white girls.

On top of all of this, it's important to keep in

mind one of the main reasons women of color are expected to be always sexually available--because in countries where they've been historically enslaved or colonized by white cultures, the white men in those cultures felt free to rape them with impunity. That women of color in colonized countries should have any say-so in what happens to their bodies, sexually or otherwise, is a pretty new idea in the grand scheme of things, and one that women of color have had to fight hard for, and still have to fight for today.

Healing, Liberating Attitudes

For some women of color in colonized countries, getting in touch with their ancestors' pre-colonization attitudes toward sexuality can be profoundly healing or liberating. Jessica Yee, founder of the Native Youth Sexual Health Network, explains it this way:

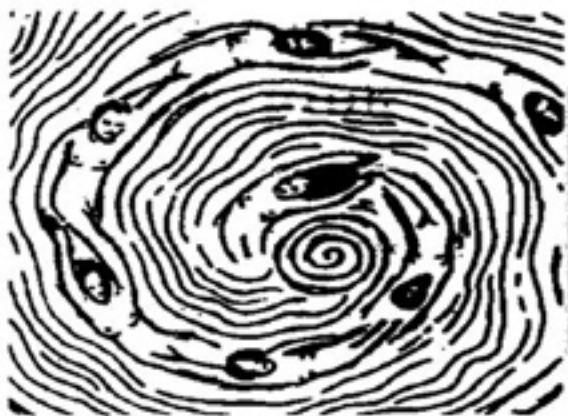
“As I have listened to my grandmothers explain to me, sex used to be sacred and even upheld as an enjoyable part of our life as First Nations people. . . . Colonization, Christianization and genocidal oppression have drastically severed the ties to traditional knowledge that would enable us to make informed choices about our sexual health and relationships. The fact is that many of our communities are reluctant to go anywhere near the topic of sexual health because it is viewed as ‘dirty,’ ‘wrong’ or a ‘white man’s thing.’

We carry a long history of being sexually exploited, from the early Pocahontas and squaw days right up to the modern over-sexualization of ‘easy’ Native women that

permeates so much of the media .

In generic sexual health campaigns, I often hear the slogan ‘Respect Yourself, Protect Yourself’--which I have always found to be incomplete. In our communities, I say, **‘Respect Yourself, Protect Yourself, and Be Proud of Your Culture’**--because that last element will enable us to accomplish the first two.”

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From the book “What You Really Really Want: The Smart Girl’s Shame-Free Guide to Sex and Safety” by Jaclyn Friedman. Excerpted by arrangement with Seal Press, a member of the Perseus Books Group. Copyright copyright 2011.

Jaclyn Friedman is a writer, performer, activist and co-editor of “Yes Means Yes: Visions of

Female Sexual Power and a World without Rape.” Friedman is a founder and the executive director of Women, Action, and the Media and a charter member of CounterQuo.

She speaks on campuses and at conferences, and has been a guest on Democracy Now!, To the Contrary and numerous other radio and television shows. Her commentary has appeared in multiple outlets including The American Prospect, Bitch, CNN, and The Washington Post.

For more information:

What You Really Really Want: The Smart Girl’s Shame-Free Guide to Sex and Safety:

<http://wyrrw.com/>

Caring for our grandchildren and the planet

by Jeanette Fitzsimons

The high point of my six-year-old grandson's summer this year was swimming across our river by himself - about 30 metres. His feeling of confidence, achievement, his joy at the freedom of almost weightlessness in the water gave us all a glow. Water in a rich country like New Zealand is essential to our mental and spiritual health, but 90 percent of our lowland rivers are not clean enough to swim in, and cleaning up the animal excrement and excess nitrogen that threatens our children's health and the survival of many aquatic species is not a national priority.

My grandson is lucky - both because our river comes mainly out of the bush and is clean, and because he has clean drinking water.

Water is life, but for a billion or more children it is potential death. Child poverty in many countries means dying from a lack of clean drinking water - either a lack of water, or filthy water carrying the killer diseases of childhood. Surely if there is any purpose in "the economy" it is ensuring enough clean water for everyone. Surely this comes ahead of military weapons; bailouts of failed banks; advertising budgets that would run a small country; million dollar bonuses and golden handshakes. In a compassionate economy it would.

The outlook for water, globally, is getting worse. The great glaciers of the Himalayas which provide snow-melt water for a quarter of humanity are shrinking as the climate warms. A warmer atmosphere holds more water, and evaporates faster from the land so we can expect heavier rainfall events and floods, as well as more intense droughts. When this threatens food production it is the children and the most vulnerable who go without. It is already starting - intense droughts are becoming commonplace in the east of New Zealand and our glaciers are shrinking.

The oceans are suffering too, and not just from

climate change. The ultimate dump for all our rubbish, they have accumulated whirlpools of waste materials, especially plastic, which create hundreds of hectares of dead zones where nothing can live. Overfishing has seriously depleted some species and catches so many marine mammals and seabirds are threatened too. Excess carbon dioxide in the atmosphere is dissolved in the sea, making it acid, and contributing to the death of the great coral reefs and their wonderland of amazing species.

It is not enough to have compassion for today's children. It needs to extend to our grandchildren, and their children. The most serious threat to their future is a rapidly changing climate which will bring serious food shortages, water stress, life-threatening storms, new pests and diseases, and sea levels rising by several metres per century when the ice sheets of Greenland and West Antarctica melt.

Scientists predict that up to 40 percent of all the world's species - animals, fish, birds, insects, micro-organisms - will become extinct.

My grandson has just been staying with us at the farm again. The experience he still talks about was meeting a kereru at close quarters. It came every day to eat the kowhai leaves on the tree by our front door, and let him come to within a metre without flying away. He had never seen such a big bird, with such colours. He also went to see Cars 2 and loved it, but I'd be very sad if that was the only experience left for kids in the future. Kereru depend on the trees with large fruit, like tawa, which depend on the kereru to spread their seed. This healthy ecosystem is starting to break down because we don't have enough compassion for the other creatures we share the earth with, or for our own descendants.

You can't separate care for people and care for the environment. We are part of it, not separate from it. If a compassionate economy doesn't extend its compassion to future generations and the natural world the human species has no future.

Ok, but what can a political party do about this?

Governments set the framework within which the market, business and individuals make choices. In the current framework economic growth is the most important thing, natural resources are free for the taking and there is no penalty for pollution. It's hardly surprising that poverty and environmental destruction are the result.

If we want a different outcome - a compassionate economy - we need to measure and value the wellbeing of all our people and of nature. Our goals need to be a positive reduction in children without breakfast or decent housing, a positive improvement in water quality, a rapid reduction in our contribution to climate change.

We have to tax less the good things we want to encourage, like productive work, and tax more the bad things - pollution, waste, scarce resources. We need a price on carbon that makes clean energy cheaper than fossil fuels. We need a price on water for industry and agriculture so it doesn't make sense to waste it. We need a price on toxic substances like pesticides so organic growing becomes cheaper. Then that money we take has to go back to the people so they can afford to live more sustainably.

We also need standards. A compassionate econ-

omy would set standards for water quality to force polluters to clean up; standards for motor vehicles coming into New Zealand which could double their fuel efficiency; reduce our carbon footprint; and ensure our kids have vehicles they can afford to drive when petrol prices double again.

Sometimes a compassionate economy needs to just say "no" to activities that threaten our future - like new coal mines.

A compassionate economy would care for the jobless and the dirty rivers at the same time, by investing in fencing and tree planting programmes along our waterways, in co-operation with farmers.

Most importantly of all, a compassionate economy would turn its back on consumerism and learn to be happy with less stuff. It would learn to say "enough" so that others - people living in poverty, future generations, and Nature - could have enough too.

It is not a privilege for a child to swim in clean water and see a kereru. It is the birthright of all children.

Taken from

<http://www.greens.org.nz/compassionateconomy/water>

Post Election 2011 blog by Sandra Dickson (Luddite Journo).

Post-election, my bus driver last night waxed lyrical about John Key "not having a mandate to sell state assets, 75% of New Zealanders are against, they just won't do it".

Losing Carmel Sepuloni is terrible news. Not only because there's now no Pacifica women in parliament, but because Ms Sepuloni, with Labour's already departed Lynne Pillay, flew the flag determinedly for survivors of sexual violence:

Gone. Who, out of the current crop of women MPs, is going to take over the role of speaking out for women who survive violence?

Tariana Turia, with her innovative approach to

ending family violence "the look"? Judith Collins, with her rape culture supporting comments on male-on-male sexual assault? (Note: when we dismantle rape culture, it will not be acceptable for ANYONE to be coerced, forced or pressured into doing anything sexual).

The departure of Simon Power, with his personal commitment to building better responses to sexual and family violence influenced by the murder of Sophie Elliott, is also a huge loss for parliament. Without him the National Party are harder right, less able to work across difference to produce good policy, like the improvements for survivors

of sexual violence going through court process, or the extension of the national advocacy role for Louise Nicholas.

Well-known feminist Sue Kedgley, also gone. Just one feminist act among many, Ms Kedgley voted to decriminalise prostitution alongside all the other Green women, most of the Labour women, and one fifth of the National women.

Carol Beaumont's championing of pay equity, gone from parliament. Departing Steve Chadwick, another committed to women's rights in terms of maternal health, rights based sexual and reproductive health and abortion reform despite Daddy left not liking it. These Labour MPs flew the flag for women.

Who is going to pick this up and carry it? Judith Collins wants to restrict access to abortion. Hekia Parata, an improvement on Georgina Te Heuheu in that she doesn't describe the Ministry of Women's Affairs as a sexist relic is yet to impress as a strong advocate for women's rights. Nikki Kaye and Jacinda Ardern are not scared to call themselves feminists – both may be important in putting gender on the agenda in their parties.

Annette King and Lianne Dalziel have the experience in the house to continue arguing for where a women's place should be.

Women in New Zealand desperately need some of our parliamentarians to step up to the mark to challenge our violence stats, our pay equity stats, the cultural supports for violence against women, sexism in the media, the positions of immigrant women in our communities, the hypersexualisation of girls (tricky but possible this, without turning into sex-hating abstinence cheerleaders), the work-life balance available to all whether we are parents or not, the different experiences women have of the benefit system because we are often the ones with primary responsibility for parenting and care-giving etc etc etc. The best bet on current form, looks to be Catherine Delahunty and band of new Green women.

And queer rights post election? The voting records of National's top ten listed MPs are consistently homophobic. Gerry Brownlee says queer people are "not the same as other people"; Nick Smith says legislation protecting transpeople would be a "step backwards for our country"; and Judith Collins said of civil unions:

Is this a human rights issue? The census figures stated that 0.3 per cent of adults in New Zealand say they live in a same-sex relationship – not a very large portion of the population – as opposed to the more than 45 per cent of adult New Zealanders who are married.

The queer caucuses will have to work across parties if they want to address queer issues like bullying in schools, adoption and partnership rights, heterosexual media and queer bashing. Will they? Will National's Chris Finlayson realise not all queer people want to be celebrate? And will some of the straight parliamentarians support queer rights? History shows if they do they will probably be women, with 76% of women MPs voting for the Civil Union Act of just 50% of male MPs.

I realise some on the left will think my interest in rights for women and queer people post this election is playing identity politics when the *real* issues of class and doosh should be being attended to. I disagree. I think we should be aiming higher. It's time for our parliamentarians who believe in equity and fairness and compassion – because those are the values which these issues have in common – to stand up for having a socialism of the heart:

Url
<http://ludditejourn.wordpress.com/2011/11/27/if-i-had-a-million-dollars-could-i-still-have-socialism-of-the-heart/>

Please note: Carmel Supuloni has retained her seat by a small number of votes.

Newsletter Collective Statement

We would like this newsletter to be:

- ✘ a creative outlook for writers and artists and that means you
- ✘ a publication that provides information relative to women
- ✘ a publication that informs women on Women's Centre activities and other activities for women in the region.

We know we will make mistakes but hope we can learn from these and be open to criticism and change, and to sharing skills and resources with other groups.

The newsletter collective reserves the right not to publish letters which conflict with Women's Centre philosophy. We may not agree with the views expressed in letters. Some letters are edited in consultation with the writer. We do not publish personal attacks. Letter addressed to the newsletter collective are assumed to be intended for publication. Please indicate clearly if they are not.

Women's Centre philosophy

The Women's centre:

- i) recognise and work in the spirit of the Tiriti o Waitangi;
- ii) confront women's oppression and empower women to take control of their own lives
- iii) oppose discrimination by those who have power against those who do not. This includes discrimination against women, especially Maori women, Pacific Island women, women of colour, lesbians, those who are differently abled, young, old, working class and those with different spiritual beliefs.
- iv) promote a safe supportive environment for all women and children;
- v) promote the sharing of power and resources;
- vi) act as a resource and information centre for the community.

The news letter is free to Women's Centre members and women's organisations. To join the Lower Hutt Women's Centre, send \$27 waged, \$15 unwaged, \$10 teenage, \$5 children to 186 Knights Road Lower Hutt. Membership also entitles you to borrow books, magazines, tapes, videos etc from the library for up to one month.

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