



# Cronecle

Newsletter of the Lower Hutt Women's Centre

Harata 2012 Vol.20 No 2



Mary Elizabeth Alejo-Aylin / Isis International-Manilla

## Women: An Exhibition.

5th May to 3rd June 2012

NZ Academy of Fine Arts

1 Queens Wharf, Wellington

*Linda Wood, our art tutor has a piece in this exhibition*

**Volunteers Wanted to help Refugee Women in the Hutt Valley to learn to drive.** Volunteers needed to help women practice driving. Contact Changemakers 8015812

***Women that are interested in the painting and harakeke workshops - we still haven't been informed about funding. I have a list of names of women that have let me know they are interested, I will let you know when we know about the go ahead for these workshops.***

### In this Issue:

- ◇ Bi-annual Survey results
- ¥ Books by Women ☒
- ∅ Workshops
- **Women's Portraiture Gallery**

### 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](mailto:info@lhwc.org.nz)

186 Knights Road, Waterloo

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.

## 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 ACCESS COMPUTER AND FREE COMPUTER LESSONS

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; scanning, Internet and Email access.

We are now offering free half hour or hour computer lessons with our computer tutor **Jenny Holdt**. We are offering the lessons two days per week, Tuesday 9.30-12noon and Thursdays 12noon to 3pm.

The use of the computer is free but generally you need to book in or take your chances in turning up. To book phone 5692711

## 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:** 7 Weeks beginning Tuesday 5th June 2012 (2 weeks off for school holidays)

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

**Enrol: Only by** payment or deposit

**Cost:** \$30

**Time:** 4-6pm

**Facilitators:** Johanna Pibal and Ally Andersun

Enrol for this course through deposit or payment 5692711 Phone for a pamphlet to be posted to

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

This is your world honour it as your own and enjoy it's gifts

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?

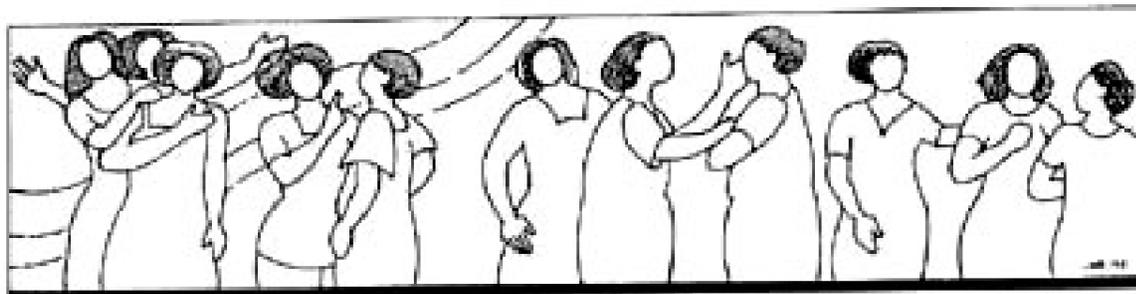
To develop an understanding and respect of yourself and others?



## Mosaics

*If you want to learn how to mosaic and meet other women doing the same come along anytime from 10am to 2.00pm every Tuesday 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.***



Sandra Torrijos/ Isis International Manila

## 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 20th 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 for course to commence and 10 Maximum  
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 phone interviewed by Ally Andersun before registration.

Phone 5692711 and put your name down to register and be contacted for an interview.

### Weekend Course

**Dates:** Frid 22nd, Saturday 23rd and Sunday 24th June 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 for course to commence and 10 Maximum.

Participants are expected to attend the full course.

## 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 6th Saturday 7th and Sunday 8th July 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 for course to commence and 10 Maximum.  
Participants are expected to attend the full course.

**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

Friday Morning  
2012

- 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
- June 22 Striving for pure motives
- June 29 Putting Yourself in Neutral
- July 6 Having the Courage to be Imperfect
- July 13 Developing Courage
- July 20 Willpower
- July 27 Anger as a Strength
- Aug 3 Developing Self Knowledge
- Aug 10 Self Love
- August 17 Acknowledging Self
- August 24 Enhancing self in terms of awareness
- August 31 Acceptance and use of strengths
- Sept 7 Positive thought and talk
- Sept 14 Messages about self
- Sept 21 Accepting responsibility about self

Tuesday Evening

- 2012
- May 15 Self Love
- May 22 Acknowledging Self
- May 29 Enhancing self in terms of awareness
- June 5 Acceptance and use of strengths
- June 12 Positive thought and talk
- June 19 Messages about Self
- June 26 Accepting responsibility for self
- July 3 Coming to grips with feelings
- Jul 10 Talking About Ourselves
- Jul 17 Beliefs About Self
- Jul 24 Expressing Pride in Self
- Jul 31 Letting Go of the Past
- Aug 7 Respecting Self and Others
- Aug 14 Striving for Pure Motives
- Aug 21 Putting Yourself in Neutral
- Aug 28 Having the Courage to be Imperfect
- Sep 4 Developing Courage
- Sep 11 Willpower
- Sep 18 Anger as a Strength
- Sep 25 Developing Self Knowledge

**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



# 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.

Interviews with the facilitator will be necessary before enrolment.

**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

Participants will be expected to attend all sessions in a weekend workshop  
This course will have a maximum of 6 participants per workshop

## Women Who Love Too Much (Workshop Two)

**Weekend Course**

**Dates:** Frid 27 Saturday 28 and Sunday 29 July 2012

**Time:** Frid: 7-9.30pm 10-5pm each other day

**Venue:** Women's Centre

**Enrol:** Only by payment or deposit

**Cost:** Waged \$40/Low or Unwaged \$20  
6 Minimum for course to commence and 10 Maximum

**Facilitator:** Ally Andersun

**Participants are expected to attend the full course.**

**This weekend is for women that have completed the first weekend. This weekend will be for women that want to work therapeutically with these co-dependency issues. The workshop will give participants an opportunity to explore their own issues around co-dependency and process addiction. We will also explore the origins of your behaviour and ways of changing and developing in yourself.**

## Self Development for Women Using the Psychodramatic

**Dates:** Friday 7 Saturday 8 and Sunday 9th December 2012

**Venue:** Women's Centre

**Enrol:** Only by payment or deposit

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

**Participants are expected to attend the full course.**

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

5 Minimum for course to commence and 7 Maximum.

**Facilitator:** Ally Andersun

## Support Group for Women who have experienced childhood Sexual Abuse and Rape

A monthly 3 hour support group for women who have experienced childhood sexual abuse and rape is being offered at the Lower Hutt Women's Centre. These will be held on the first Sunday of the month at 1pm to 4pm and are for women at any stage of their journey through abuse and recovery.

The group will be facilitated by an ACC accredited counsellor who is skilled in therapeutic group work.

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

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:

Ally Andersun Bachelor of Counselling NZAC ACC accredited

Time: 1-4pm

Attendance: Enrolment not necessary, you can just turn up.

Inquiries: Ally Andersun or Stephanie Brockman Phone 5692711

### Dates for the next 4 months

Sunday 6th May 2012

Sunday 3rd June 2012

Sunday 1st July 2012

Sunday 5th August 2012

Venue: Lower Hutt Women's Centre,  
186 Knights Road, Waterloo. Lower  
Hutt 5011

## Seventy-Something - and Making it Count

**A new Workshop, to be offered later this year, for Women in and around their seventies, Who are considering what this life stage means for them, And who wish to do so, along with others in a group.**

Possible Themes - Life Stage challenges, bonuses, and personal strengths.

Facilitator - Anne Horrill

Dates - 7th, 8th and 9th September 2012

Venue - Womens Centre, Lower Hutt

Fee - set your own rate

Group size - up to 10 members, by pre-enrolment

Enrolment - by deposit in advance

For Inquiries/or to register your interest please contact Anne Horrill.

Anne Horrill - 5627544 -  
ahorrill@clear.net.nz

**This is a private workshop run by Anne. For all information contact Anne.**

## 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.

Tutor: Ally Andersun Dates: 6 Weeks beginning Wednesday 27th June 2012

Time: 7-9pm Cost: \$40/\$20 Enrol: by deposit or payment.

## 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

Dates: 6 Weeks beginning Wednesday 15th August 2012

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

Enrol: Only by payment or deposit

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

Time: 7-9pm

## REFLEXOLOGY

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. **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](mailto: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.

## Therapeutic Massage & Relaxation Massage

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

Book a session at The Women's Centre with Rachel on: 04-5653119 or 0226988090 or email: [therapeuticmassage@gmx.com](mailto: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. If you come to Aurora Centre as a result of referral from Women's Centre I will donate 10% to the Women's Centre.

# Annual Survey 2011-2012

## Methodology

**During August 2011**

**500 survey forms were sent out**

- community organisations in the Hutt Valley,
- women that have attended workshops in the last 18 months,
- members,
- interested women,
- women that have attended drop-in or used other services.

200 emails were sent out using Survey Monkey for the data collection.

We provided a teabag to encourage people to take the time and complete the form, and we also provided a stamped self addressed envelope with each survey form to make it easy for women to return the form. We used online Survey Monkey.

We received 89 written replies and 14 online replies. This is a return rate of 17.8% for the written replies and 7% for the online replies.

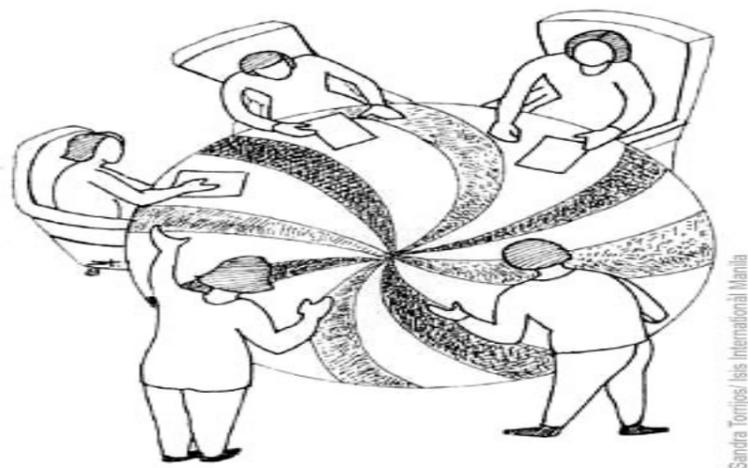
## We asked a range of questions designed to

- determine if a women only women's centre based on self development and empowerment is still relevant to women in the community,
- are our current courses relevant to women's lives,
- what don't you like about women's centre.

## Compilation of forms:

People were able to answer how they wanted and to give more than one response and most women gave detailed many faceted answers. We didn't give ready prepared answers from which people could choose. All of the answers for the each question were recorded and divided into general sections. For each question we put the results into a graph that visually shows the general sections.

The compilation of returns was read by the Collective and the Board of Trustees. Both of these groups then compared the results to the Strategic Plan and the annual operating plan. This summary is a compilation of the work done by the Collective and Board of Trustees.



## Question One:

**1 What do you think are the most important issues for women today?**

### Summary of results.

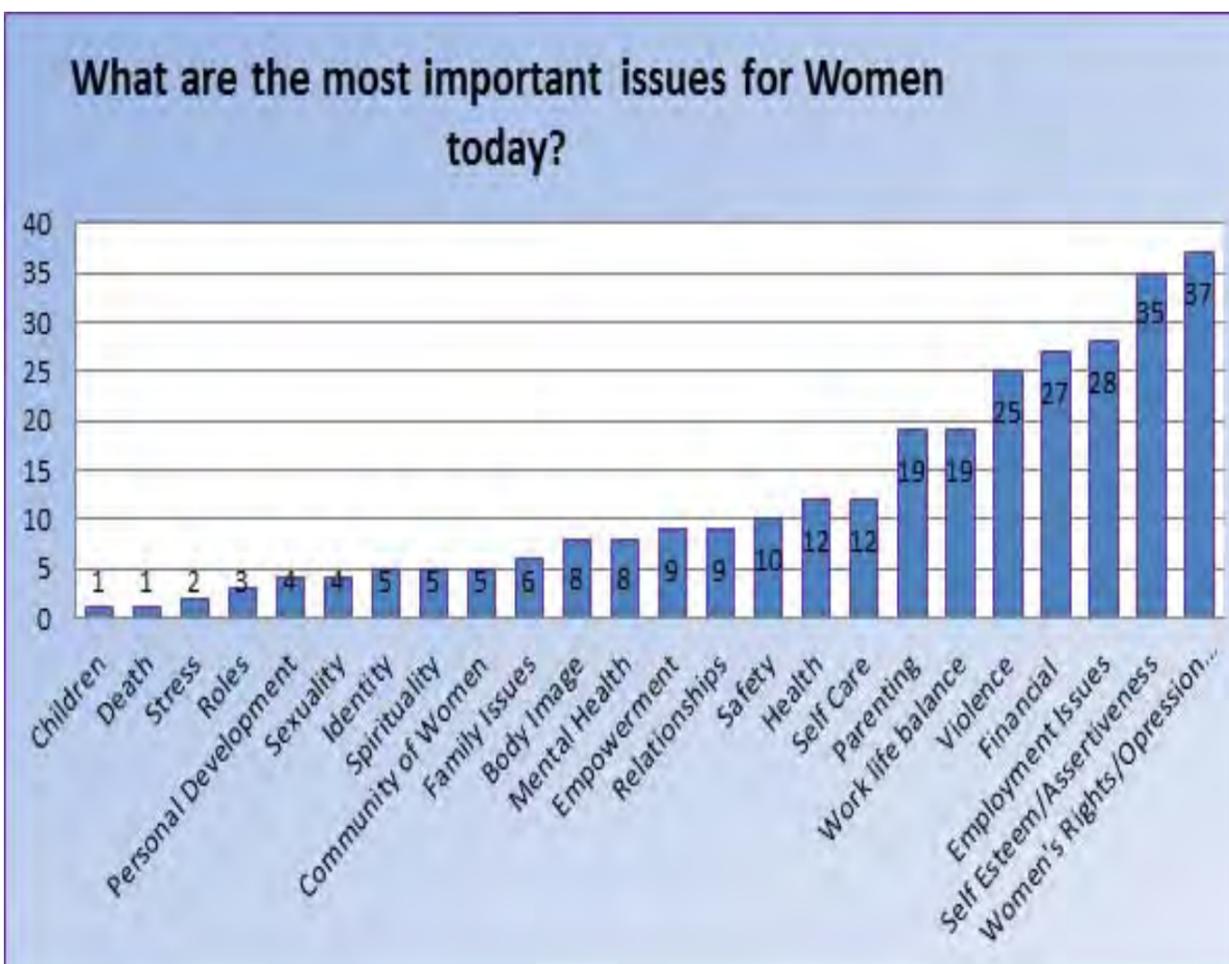
The top seven replies were: Women's Rights/ Oppression/Feminism, Self Esteem/Assertiveness, Employment, Financial, Violence, Work life Balance and Parenting.

The second tier of responses were: Self Care, Health, Safety, Relationships, Empowerment, Mental health, Body image.

Examples of responses under Women's Rights were; Be respected and treated right, Oppression, Acceptance of stereotypical roles, Women's rights, Equality, Oppression on many different levels and forms, body image, sexuality, self esteem, identity, menopause, motherhood and non motherhood, feminism, being lesbian, Figuring out how to be part of a patriarchal world but stay true to themselves, Oppression, old school expectations.

Examples of responses under Employment; Childcare for working mothers, Equality and support in employment, Equal pay in the workplace, Women's rights in the workplace, Good quality and affordable childcare, Fairly paid employment.

Examples of responses under Violence; Abuse, drugs, alcohol, violence, Abuse, Abuse prevention, Violence against women, Relationships and domestic violence, Safety in the home, Violence against women.



### Question Two

**Lower Hutt Women's Centre is a Women Only Space, why do you think there is a need for a women only space?**

#### Summary of results.

The top four results were: Needs of women, Gender dynamics, Safety and After rape or abuse.

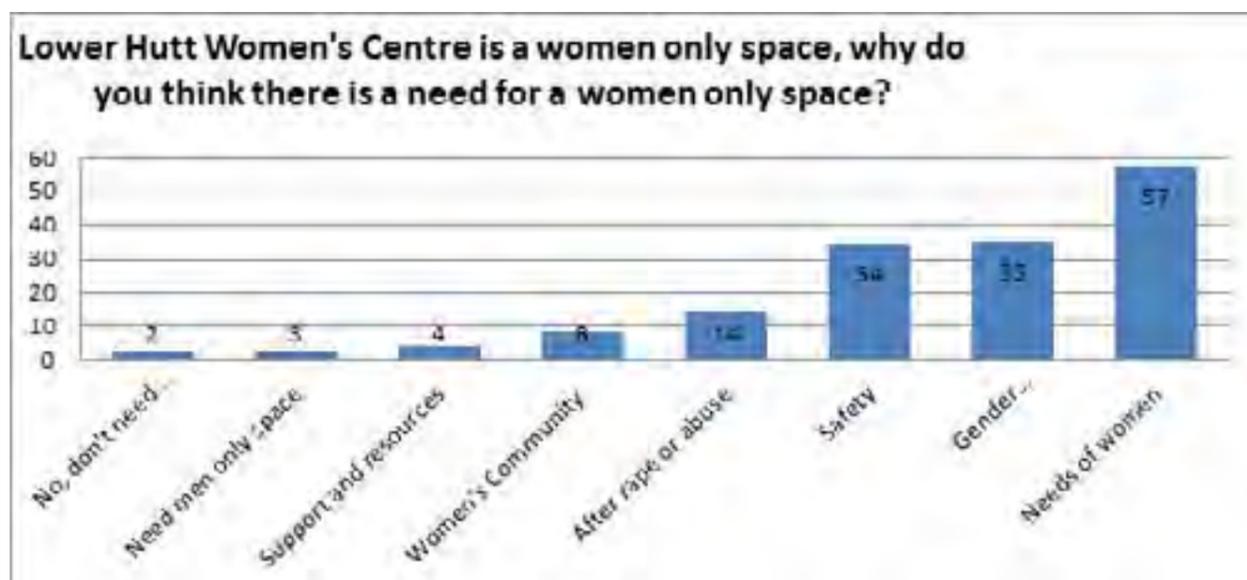
#### Examples of responses

**Needs of women:** Women need women energy to heal and grow to their full potential, Because men think differently and don't always understand the way women work. It is wonderful to be able speak openly with other women who share similar experiences, Times in our life, To enable women to meet needs of women, To be with like minded women who understand women's issues and can relate to each other and show empathy, Women communicate, learn and educate each other in an all women environment, This is where they feel most comfortable and thus empowered to speak.

**Gender dynamics:** That you can talk to other women about anything without feeling embarrassed or angry etc, So that women can talk about things that men wouldn't understand, Because I feel very comfortable in between women's only or in the presence of women only, Because it is easier to talk freely with other women in a group without men, To avoid distractions, For women to explore their own selves without the gender dynamic, It's a space where you can be yourself, you aren't trying to impress someone else and other women understand the female sex and all that goes with it better.

**Safety:** It is safe and secure place where women can be protected, Women are very lucky to have a place in lower hutt, it is a safe environment and everyone are very nice and helpful, Safety, Security for women to engage in self development, To enable women to feel safe and confident.

**After rape or abuse:** Yes somewhere safe for women to go after suffering rape or abusive relationships, Some women have a bad experience with men, Because many women have been abused and have had difficulties with men.



### Question Three

**What workshops would you want to do for your own self development?**

#### Summary of results

There were a myriad of answers to this question. This reflects the diverse needs and range of women that attend Women's Centre. We had 33 results that had one result and 14 with two results.

The top tier of results were: Self Esteem, creativity, work skills and spirituality.

The second tier from that were equal numbers for self care, relationships, psychodrama, parenting, assertiveness and anger.

#### Examples of responses

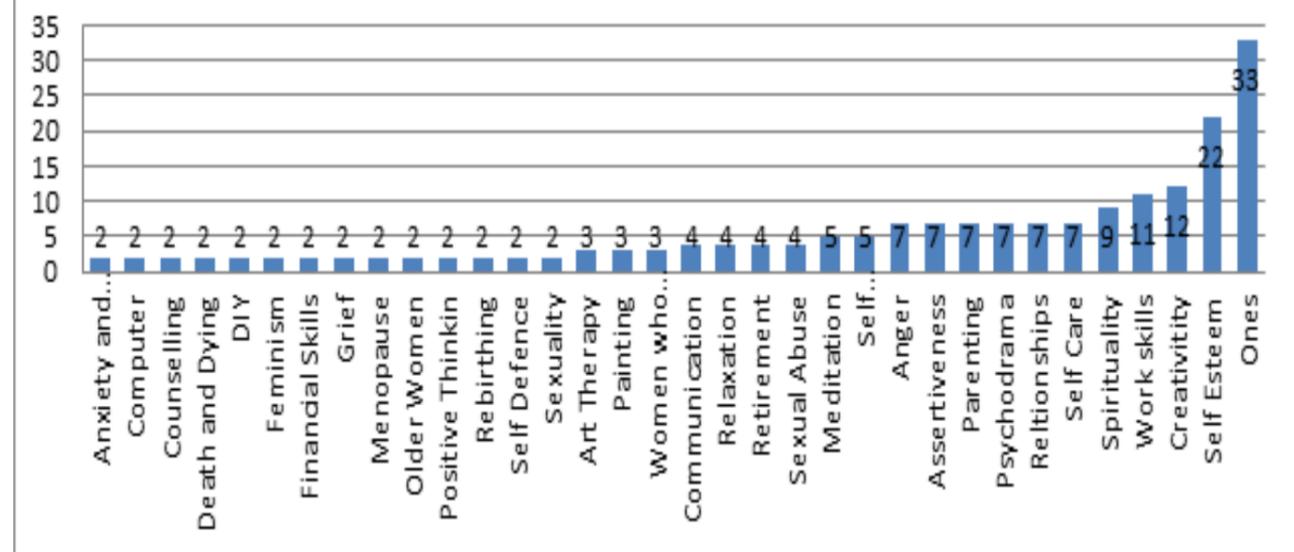
**Self esteem:** Self esteem, Concentrate more on self esteem, Self esteem, How to maintain self esteem after having children and how to combat isolation as a stay at home mum, More self esteem workshops, self esteem, Self esteem - the sessions I didn't do, Self-Esteem.

**Creativity:** Creative activities, painting and other ideas e.g. card making, scrapbooking as well as all the courses already running, Creativity, Exploring creativity, Creative workshops, Creative workshops, How to produce thing you can sell, Creative workshops, like forms of art, I'm in the discovering more on my creativity.

**Workskills:** Leadership, going back into the workforce, retraining, Assertiveness skills in the workplace/or returning to workplace, Setting up a business - from a women's perspective: I would be interested in a group that meets to support women setting up and going into business, Assistance with applying and interviewing for a job as self confidence levels are low, Letting go of work stress.

**Spirituality:** Spirituality, Nurturing the women's soul, A workshop on how to reconcile spiritual beliefs with feminist beliefs, Spiritual workshop, Spiritually focussed workshops, I would like to see some spirituality workshops offered, A holistic approach, mind, body and spirit, How to create a new earth energy of peace, Who are we, why are we here?

### What workshops would you like to do for your own self development?



### Question Four

#### What role you think Women's Centre plays in the community?

##### Summary of results

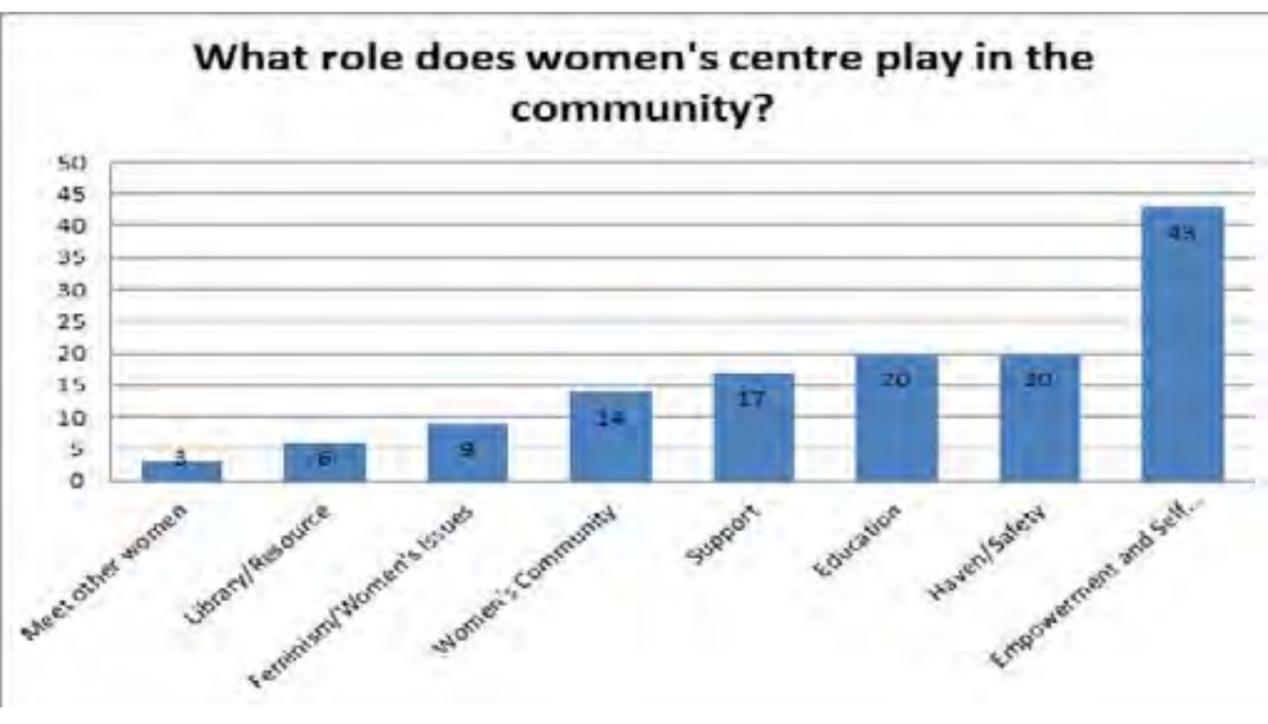
The top four results were empowerment and self development, followed by it is a haven/place of safety, education and then support.

##### Examples of responses

**Empowerment and Self Development:** Welcoming to any women interested in actively participating in her emancipation, It plays a major role to help women to heal themselves when they have major issues, It gives a place for women to develop and build self confidence and a place for women to talk, An extremely important crucial role in empowering women to claim their sense of self, grow wings and fly, LHWC us absolutely priceless in what and how they enable women to grow and learn and fly free, Supporting women to function within their day to day lives and communities, therefore free to help in the family and affecting or impacting the community/society, Empower, Enrich.

**Haven/place of safety:** It is a haven for many, A very important role, A place of safety, a haven, It is a safe place and you feel very welcome there, Beacon of hope and reasonability backed by good research and experienced practitioners, Safe space, Huge supportive caring and safe place to express ourselves, safe both emotionally and physically.

**Education:** A safe space for learning, Provides education, Education, Dysfunctional behaviour that present themselves and their children from reaching their dreams, aspirations and potentials, An educational, safe space for women's growth and contribution to a resilient growing community, It is great to have a meeting place where women can join together for support and fellowship and computer lessons and for friendship and self development, To be there for women, educate us support and encourage us, A very important educating opportunity bringing women together.



### Question Five

#### If you or your clients have used the services of the Lower Hutt Women's Centre in what ways was it helpful?

##### Summary of results

The top two were self development and support and the next tier were education and meeting others.

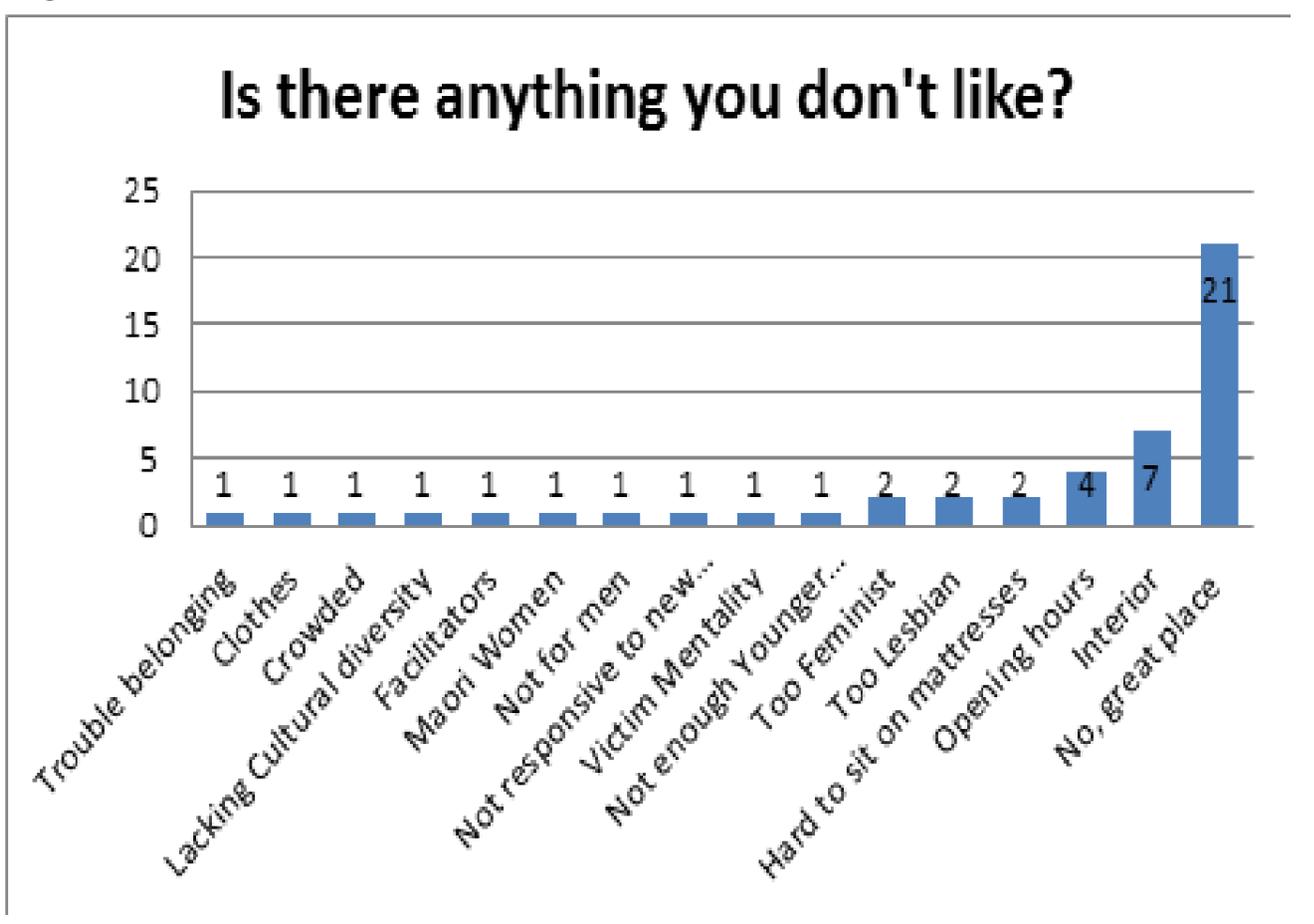
##### Summary of responses

**Self Development:** Greater understanding of others and myself, It helped me by to by to develop and to build self confidence, personal development, Growth, For me I didn't believe in myself and going to the self esteem classes helped me, Improving myself, Understanding different elements of self esteem, It has been an open and accepting place. Aware that we are all on a journey of self discovery but are at different stages.

**Support:** It was helpful in supporting heir day today life to manage themselves in the way they wanted to be, Support, Encouragement, Friendly people, helpful, Yes for learning and for support in many ways, That someone or some agency cares, That you can make mistakes and you won't be judged outwardly, That support is at hand, even at a small cost.

**Education:** Education, Group education, Knowledge, Education, Education both physiological and psychological.

**Meeting others:** A bit of down time and space to be a woman, Ongoing, meeting good women, Meeting other women, Connection.



### Question Six

#### Is there anything you don't like about Women's Centre?

##### Summary of results

The greatest response was there wasn't anything people didn't like. The rest were a mixture of personal mainly one off things people didn't like.

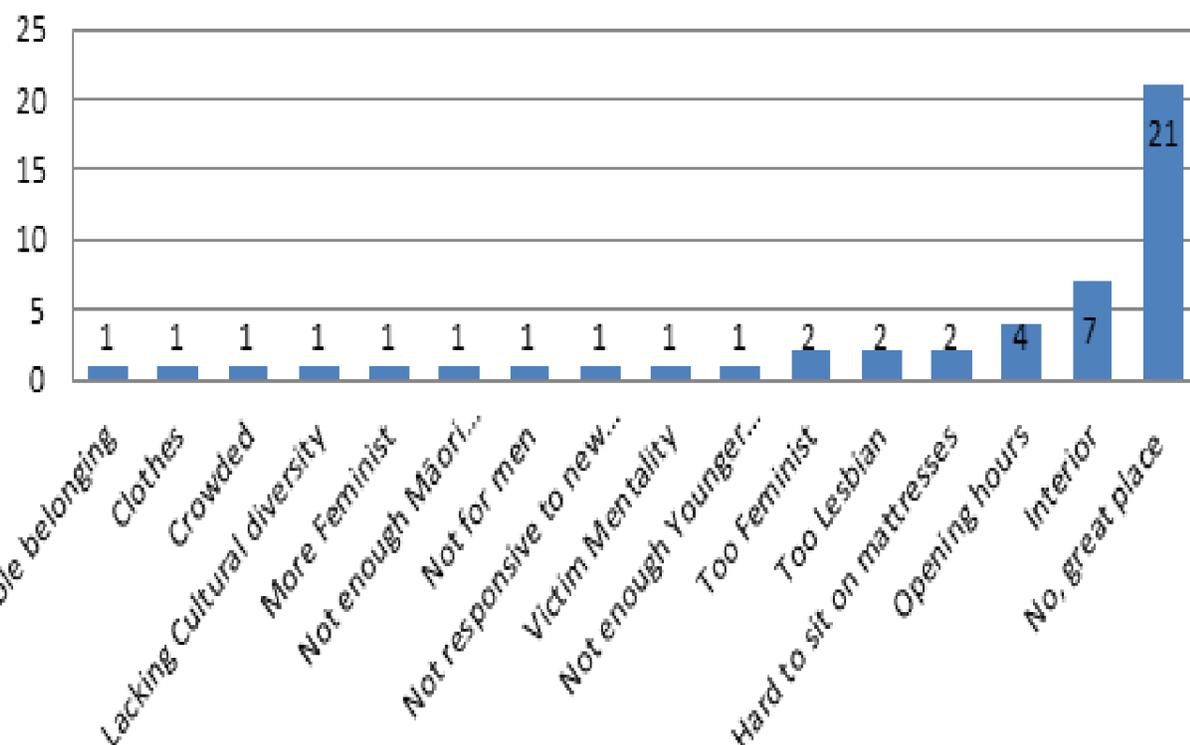
##### Summary of responses

No, Great place: No, No, you guys rock. Thank you for offering such great courses to us, Yes, that there aren't 5 or 6 of them dotted all around the Hutt. What an amazing place that would be, No, nothing. The women's centre is very helpful and I recommend it to all the women out there, I live in Porirua, so I'd like it to be here, No, No, you're doing a great job, Certainly not, love you all.

Interior: Entrance – all this paperwork doesn't easily reflect what LHWC does e.g. you don't have to have the obvious issues to come e.g. lesbianism, pregnancy, miscarriage, marital breakdown. Though these issues are there, I've been attending to get clarification on the issues I've been trying to deal with not the brochure topics at the entrance, Cold by the windows. I think it would be great to have bed for women to be tucked up in. If they need sleep or somewhere safe, The run down feel, not bad but it's cold physically.

Opening hours: That it isn't open 7 days per week, Unable to get transport to attend evening classes, some weekend classes would be good, Not open weekends. Tues to Saturday?

### Is there anything you don't like?



### Books by Women

Judi Dench

#### \* And Furthermore

*"I can hardly believe that it is more than half a century since I first stepped on to the stage of the Old Vic Theatre and into a way of life that has brought me the most rewarding professional relationships and friendships. I cannot imagine now ever doing anything else with my life except acting..." – Judi Dench*

Jenny Joseph

#### \*When I am Old I shall wear purple

*Voted Britain's best-loved poem by viewers of BBC TV's Bookworm, this perennial favorite with its declaration of defiance against convention appeals to all those with a secret desire to throw off the strictures of propriety and set out deliberately to shock and be outrageous. It sums up this wish perfectly with its pronouncement: "When I am an old woman I shall wear purple/With a red hat that doesn't go, and doesn't suit me/I shall sit down on the pavement when I'm tired/And gobble up samples in shops and press alarm bells."*

\* Vila Spiderhawk:

#### Tales to honour the crones

*In Vila SpiderHawk's Hidden Passages: Tales to Honor the Crones, rich imagery awaits the reader in each delightful chapter. Her wonderfully human characters experience the transformations of life with honest emotions. As an example, any adult will recognize the loving trepidation and poignant devotion of a daughter when she suddenly realizes that she sees signs of old age in her mother. Wonderful relationships grace each story. Many types of love and many facets of life flow through these pages. The powerful, loving females embodied in SpiderHawk's tales will touch your heart.*

S.V. Peddle

#### \*The Crone Club

*The 60s generation still want to change their world..... When Cass finds out what happened to her best friend George on the last day of school, it makes her angry enough to walk out on her husband and old life for ever.*

*Reunited with her old school friends she finds they are just as much fun as they were in the sixties. As George, the firebrand protester, Mary, the bossy ex-headgirl, Alison the passionate feminist, Bambi the successful business woman, Jan and Jess the shocking, totally irresponsible twins and of course Cass herself form the Crone Club they pledge to recover the lost dreams and aspirations of their youth. These woman are determined to bring back into their lives all of the energy and idealism they once had. Above all, none of them has any intention of 'acting her age.'*

## **Eve Ensler**

*\* VAGINA WARRIORS is a unique collaboration between playwright/activist/V-Day founder Eve Ensler, creator of the international hit The Vagina Monologues, and world-renowned photographer Joyce Tenneson, whose Wise Women changed the way people look at women and aging. The book features Ensler's essays alongside Tenneson's portraits of V-Day activists, many of them well-known celebrities, with powerful statements and quotations from the subjects. Ensler has dubbed these women and men, who are committed to ending violence against women and girls throughout the world, Vagina Warriors. The celebrities featured include Glenn Close, Salma Hayek, Gloria Steinem, Isabella Rossellini, Jane Fonda, and numerous others.*

*\* I am an emotional creature the secret life of girls around the world. In this daring book, internationally acclaimed author and playwright Eve Ensler offers fictional monologues and stories inspired by girls around the globe. Fierce, tender, and smart, I Am an Emotional Creature is a celebration of the authentic voice inside every girl and an inspiring call to action for girls everywhere to speak up, follow their dreams, and become the women they were always meant to be.*

*\* A memory, a monologue, a rant and a prayer. This groundbreaking collection, edited by author and playwright Eve Ensler, features pieces from "Until the Violence Stops," the international tour that brings the issue of violence against women and girls to the forefront of our consciousness. These diverse voices rise up in a collective roar to break open, expose, and examine the insidiousness of brutality, neglect, a punch, or a put-down. Here is Edward Albee on S&M; Maya Angelou on women's work; Michael Cunningham on self-mutilation; Dave Eggers on a Sudanese abduction; Carol Gilligan on a daughter witnessing her mother being hit; Susan Miller on raising a son as a single mother; and Sharon Olds on a bra.*

*These writings are inspired, funny, angry, heartfelt, tragic, and beautiful. But above all, together they create a true and profound portrait of this issue's effect on every one of us. With information on how to organize an "Until the Violence Stops" event in your community, A Memory, a Monologue, a Rant, and a Prayer is a call to the world to demand an end to violence against women.*

*"In the current era, it takes some brain racking to think of anyone else doing anything quite like Ensler. She's a countercultural consciousness-raiser, an empowering figure, a truth-teller."*

*She also does this amazing TED talk. Check it out!*

*<http://www.youtube.com/watch?v=bHLgTUV0XWI>*

## **A Modern Portrait of New Zealand Women by Bev Short**

*SOME of the faces are instantly recognizable, some aren't – but all the women featured in the NZ Portrait Gallery's exhibition All Woman have a unique story to tell.*

*Wellington-based photographer Bev Short has spent more than two years travelling the length and breadth of New Zealand capturing images of women who inspire her.*

*From a Carmelite nun to Olympic sportswoman Barbara Kendall ironing in her curlers – the result is a collection of original and intimate portraits capturing the essence of Kiwi women.*

*"The women I met really opened up to me about their lives which I was so grateful to them for," Short says. "It gives the results more depth and produced images which I hope will in turn inspire those looking at them."*

*Many of the women featured have had overcome entrenched gender-biased attitudes as they made their mark in their chosen occupation.*

*Inspired by the work of portrait photographers such as Annie Leibovitz, Short knew the images had to be more than just a snapshot. "It was important to me that the personality and character of the women I met came through. The photos needed to make the viewer want to take a second look."*

*Alongside famous faces such as the Topp twins, former Wellington mayor Kerry Prendergast, poet Dame Fiona Kidman and comedian Michele A'Court are "ordinary" Kiwi women – a pilot, an electrician, a genetic scientist, a refugee.*

*"The chains of gender have been a challenge for many of the women I met. But rather than work in jobs that were practical, safe and steady, they opted for things which stirred their imaginations," Short explains. "I really admired their spirit and energy. I wanted to celebrate that, but also to share their stories and images with a wider public."*

*NZ Portrait director Avenal McKinnon says the exhibition is a true celebration of women's determination and high-level achievement. "For many this has occurred in the face of extreme prejudice, and often alongside multi-tasking situations."*

*There will be a series of lunchtime talks from women associated with All Woman throughout the duration of exhibition.*

*For more dates and times see: [www.portraitgallery.nzl.org](http://www.portraitgallery.nzl.org).*

### **NZ Portrait Gallery, Shed 11, Wellington Waterfront**

**27th April - 8th July 2012 [www.bevshortphotography.co.nz](http://www.bevshortphotography.co.nz)**

**Open 7 days: 10.30am – 4.30pm.**

**Admission free [www.portraitgallery.nzl.org](http://www.portraitgallery.nzl.org)**

# 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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| Address:                         |                    |
| Phone:                           | Email: _____       |
| Enclosed is:                     |                    |
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| Waged/Unwages/Teenagers/Children | \$27/\$15/\$10/\$5 |