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Newsletter of the Lower Hutt Women's Centre

Vol. 25 | No. 3 | Mahuru 2017



Viewpoint

By Teresa Heinz Housel, LHWC Newsletter Editor

During a recent meeting at the Lower Hutt Women's Centre, I visited the centre's library during a break. I browsed the excellent collection of books spanning all genres and topics, from self-improvement to biographies and finances.

One biographical book particularly caught my attention. Carolyn G. Heilbrun's *Education of a Woman: The Life of Gloria Steinem* covers the personal and professional experiences of Gloria Steinem, who is regarded as the founder of the feminist movement in the United States in the late 1960s and '70s. I sometimes heard references to Steinem when I was growing up in a conservative Ohio town in the 1970s and '80s. The references were usually not kind: Steinem was a bra-burner, man-hater, and all the other usual negative labels foisted upon feminists in a sexist culture.

Shortly after I began university, I started to learn about Steinem's activism and the women's rights movements. Born 25 March 1934 in Toledo, Ohio, Steinem became a journalist and co-founded *Ms.* magazine with Dorothy Pittman Hughes in 1972.

As I learned more about Steinem's life, I also realised we shared fundamental experiences. Like me, Steinem grew up in northern Ohio and again like me, she had a dreamer, though loving, father. In a process that further mirrored my own, she left her provincial hometown to attend university, where she was exposed to social and political issues through her courses and overseas travel.

Steinem's written a number of feminist-related books, but with my

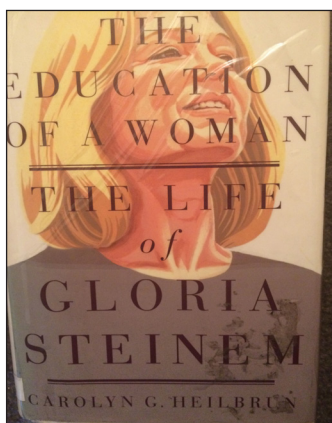


interest in popular culture, I was deeply moved by her 1986 book, *Marilyn: Norma Jean*, a biography of Marilyn Monroe written from a feminist perspective. The book explores

how larger social and political forces shaped the fantasy pin-up icon that Monroe portrayed. I cried as I read Steinem's discussion of how Monroe's life might have been different and even saved if she had discovered feminism.

Steinem now travels internationally in her work as a lecturer and organiser. I had the privilege of hearing her deliver a public lecture on 6 February 2003 at Indiana University in Bloomington, Indiana. Until that point, I had only read her books and had never heard

her speak, so I didn't know what to
Continued on next page



Credit: Teresa Heinz Housel

You can check out Carolyn G. Heilbrun's biography of Gloria Steinem from the LHWC's library.

Save the Date!

LHWC Fundraiser

Screening of film, "Battle of the Sexes" (2017), about tennis player Billie Jean King

Thursday, 12 October at 8:30pm
Light House Cinema Petone
See more details on page 2!

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Women's Centre opening hours

Wednesday to Thursday 10am–5pm

Friday 9am–3pm

Contact us

186 Knights Road, Waterloo

Lower Hutt 5011

Phone: 04 569 2711

Email: info@lhwc.org.nz

Web: www.lhwc.org.nz

Steinem: Feminism is human issue

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Ms. magazine, co-founded by Steinem in 1972.

expect.

I was astounded by Steinem's ability to connect with a packed auditorium of more than a three thousand people. Without question, she is one of the warmest and most engaging speakers that I've ever heard.

Speaking with what appeared to be few notes, she matter-of-factly, but thoughtfully explained how feminism is not just about women, but about humane and equal treatment for all. As she pointed out, violence against women is connected to, and also results from, systematic failures and sicknesses in society that are evident in war (the U.S. war in Iraq had recently begun at the time of her lecture) and men's self esteem, just to name a few of the topics she discussed.

After the lecture, many audience members asked

questions about feminism, but several men tried to verbally attack her. Steinem calmly listened and added her thoughts instead of volleying back.

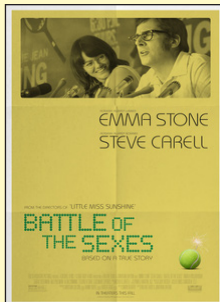
At times, she allowed the crowd to respond instead. After one particularly vitriolic attack from a man, she stood back from the podium as the crowd began to peacefully clap, eventually drowning out the man and he sat down. I was initially furious at the man's disrespect for this brilliant woman, but realised that she was modelling peaceful response instead of firing back with more hate and violence.

As women's rights continue to be attacked today in political regimes around the world, women's advocates such as Steinem and local organisations such as the LHWC are needed more than ever. If you haven't already done so, please consider becoming a LHWC member (see back of this newsletter) or making a donation to the Centre (see page 2).

Listen to Gloria Steinem's public lecture, "Sex and the Feminist Revolution," that I attended at Indiana University in February 2003: <https://broadcast.iu.edu/archive/lectures/steinem/>

The LHWC Invites You To Movie Fundraiser "Battle of the Sexes"

This 2017 film's plot loosely follows the 1973 highly-publicised tennis match between American professional tennis players Billie Jean King (Emma Stone) and Bobby Riggs (Steve Carell).



Raised in a conservative family in California in the 1940s and '50s, King has blazed trails in her remarkable life. In tennis, she won a record 20 career titles at Wimbledon, among many honours.

In 1972, Larry King, her husband at the time, added her name to a list of prominent women who had abortions. The list appeared in *Ms. Magazine's* premiere issue. In 1981, King became the

first prominent professional female athlete to come out publicly as a lesbian.

When: Thursday, 12 October. Film starts at 8:30pm. Please arrive by 8pm for pre-film welcome and door prize.

Where: Light House Cinema, 52 Beach Street, Petone

Tickets and Payment Options: Tickets are \$20.

- You may drop by the Women's Centre to purchase your ticket and pay in cash.
- If you prefer to pay by bank deposit, please email the Women's Centre (info@lhwc.org.nz) to request ticket(s). Bank Details: Westpac; Account Number 03 0531 0528525 03; Reference: Your Name and 'Tickets.' Once your deposit is received, you can collect tickets at the Women's Centre or at the fundraiser.

We'll have a table where you can purchase treats for a donation. The cinema also sells food and drinks.

All proceeds will benefit the LHWC
Hope to see you there!

Dear Friends of the Lower Hutt Women's Centre

Since 1 October 2016, we have been operating with \$60,000 less than anticipated.

Ways you can support us:

- Cash: Pay at the Women's Centre
- Write a cheque to the LHWC
- Donate by bank deposit: Online banking (Westpac): Account number 03 0531 0528525 03 Reference: your name and 'funding donation'
- Donate through our Givealittle campaign page: <https://givealittle.co.nz/org/lowerhuttwomenscentre#>

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

The LHWC Board of Trustees

Poem

You are more than beautiful

i want to apologize to all the women
i have called pretty
before i've called them intelligent or brave
i am sorry i made it sound as though
something as simple as what you're born with
is the most you have to be proud of when your
spirit has crushed mountains
from now on i will say things like
you are resilient or you are extraordinary
not because i don't think you're pretty
but because you are so much more than that

- rupi kaur



Community Events

SEPTEMBER

>TUESDAY, 12 SEPTEMBER

Effortless Transition Natural Menopause Solutions

Menopause symptoms can be difficult and long-lasting, but there are natural and safe solutions that can ease your pain. Night sweats, hot flushes, anxiety, and more can leave women feeling unwell and exhausted, and often women will think that there are no options to relieve these symptoms. Join us for information about how we can help you get through these symptoms using some of our available treatments.

You will learn:

- What is perimenopause/menopause?
- What is happening in your body during menopause
- What lifestyle and nutrition factors need to be altered to ensure smooth transition
- What nutritional ingredients can help your symptoms
- Is there anything natural, safe, AND effective that you can do to relieve menopausal symptoms?

Sophie will be on hand after the presentation to talk one-on-one about your individual requirements and answer any questions you may have. Bookings essential as space is limited, so get in quick to secure your place

When: Tuesday, 12 September, 6:30-8pm

Where: Tawa Community Centre, 5 Cambridge Street, Tawa

Restrictions: All Ages

Ticket Information: General Admission: \$10

Phone Sales: 0800 BUY TIX (289 849)

Website: <http://sophierobbers.wixsite.com/triohealth>

>WEDNESDAYS, 13 SEPTEMBER-13 DECEMBER

Yoga for Trampers

Yoga can be a great way to build strength, stamina, and balance. It's also a chance to stretch and relax those muscles after a rough weekend adventure. These classes focus on strength and flexibility without wild poses or heaps

of sweating. You can expect a different class each week. Feel free to come along even if you have never done yoga. Non-trampers welcome.

Wear comfortable clothes that are not too loose. Yoga is practised in bare feet – no need for socks or shoes. Bring a yoga mat if you have one. There are a limited number of spare mats you can borrow if you don't have one. Please arrive at least 5-10 minutes early. Taught by Megan Sety, keen trumper, climber, and mountaineer. No booking required. Update: We are returning to our old venue at the TTC Hall.

When: Wednesdays, 13 September-13 December, 5:45-6:45pm

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

Restrictions: All Ages

Ticket Information: Casual: \$12; 5-trip pass: \$50; 10-trip pass: \$100; Door Sales Only

Contact details: Email: info@megansetyyoga.com or phone 027 523 9772 for any questions.

Website: <http://www.megansetyyoga.com/trampers.html>

>SATURDAY, 23 SEPTEMBER

Naked Girls Reading: The Feminist Propaganda Edition

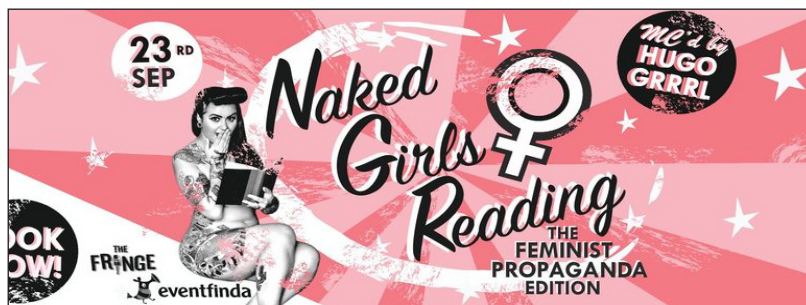
We're ready to f*ck the patriarchy, riot the pussy and take our clothes off in the name of all things feminist – gird your loins! It's Naked Girls Reading: The Feminist Propaganda edition!

Naked Girls Reading is exactly what it sounds like – completely naked women reading literature aloud. It's a sexy book club, a sapphic slumber party, a sumptuous and scandalous event sure to arouse, educate, and entertain all at once. Come along to experience the ancient and beautiful art of storytelling – and also, you know, boobs.

These unclad, clever ladies have picked their favourite bits of iconic feminist literature to recite for you. Expect excerpts of everything womanly – from Maya Angelou to men's rights manifestos, riot grrrl lyrics to abortion academia, from suffragette scribbles to Sylvia Plath.

Door sales available. VIP – front row seats, at a table with a complimentary glass of bubbles. The main event will be

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followed by cocktails and conversation, so be sure to stick around, chat to the cast, and perhaps do some reading of your own. Please note that latecomers will not be admitted.

When: Saturday, 21 September, 8pm

Where: The Fringe Bar, 26 Allen Street, Wellington

Restrictions: R18

Ticket Information: VIP: \$30; General Admission: \$20; Door Sales: \$25.

Additional fees may apply

Phone Sales: 0800 BUY TIX (289 849)

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

>MONDAY, 25 SEPTEMBER

Guided Walk: Tulips, Bulbs and Blossom

Enjoy some of the many spring flowers on display at Wellington Botanic Garden during Spring Festival. This is a moderate 90-minute walk. Come pick up a few tips on growing spring flowers of your own. Meet at the Founders' Entrance, Glenmore Street. This guided walk is delivered by the Friends of Wellington Botanic Garden.

When: Monday 25 September, 11am–12:30pm

Where: Botanic Garden, 101 Glenmore Street, Wellington

Restrictions: All Ages

Ticket Information: General Admission (cash only): \$5. Door Sales Only

Website: <https://wellington.govt.nz/recreation/enjoy-the-outdoors/gardens/botanic-garden>

>FRIDAY, 29 SEPTEMBER

The Sound of Music

One of the world's best-loved musicals, The Sound of Music, will tour New Zealand this September and October.

The Sound of Music tells the uplifting

true story of Maria, the fun-loving governess who changes the lives of the widowed Captain von Trapp and his seven children by re-introducing them to music, culminating in the family's escape across the mountains from Austria.

When: Friday, 29 September, 7–9:30pm

Where: Little Theatre, 2 Queens Drive, Lower Hutt

Restrictions: All Ages

Ticket Information: From: \$69.90

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

>SATURDAY, 30 SEPTEMBER–SATURDAY, 25 NOVEMBER

Noir: Mary Watson

Sultry, smooth jazz with vocalist Mary Watson. With Graeme King on bass, Greg Kubala on drums, and Ryan White on guitar. Performing jazz, blues, and

Mahuru September 2017

Also known as Te Whā o Mahuru (Ngati Awa), Tapere wai (Ngati Kahungunu), Te Wha (Ngai Tahu)

Southern hemisphere: September to October, Equinox around 21st of September.

Northern hemisphere: March to April, Equinox around 21st of March.

When you hear the distinctive four-note song of the Pīpīwharau, the Shining Cuckoo, Here turi kōkā is at an end and Mahuru begins. Mahuru is the name of the Goddess of Spring. Her name means 'quieted' or 'to be soothed.' In other words....the tough Winter is over – relax. But don't relax too much because it's also the first month of Kōanga (Spring) and it means it's time to start preparing the gardens for planting. The seed for the Kamokamo (native squash) is planted when the last frosts clear just before the Spring Equinox.

Source: The Māori Oracle

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



pop classics from the likes of Doris Day, Dinah Shore, and Peggy Lee, to Sting, Amy Winehouse, and Adele, Mary's clear and versatile voice is complimented by rich harmonies from the accomplished accompanying musicians.

When: Saturday, 30 September; Saturday, 28 October; Saturday, 25 November (all dates 8:30pm–10:30pm)

Where: The Lido Café, Corner of Victoria & Wakefield Streets, Wellington

Restrictions: All Ages

Ticket Information: Free

OCTOBER

>THURSDAY, 5 OCTOBER

Quiet Days with Suzanne Aubert

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Led by Sister Sue Cosgrove, this day is an invitation to spend time resting and reflecting on an aspect of the life and vision of Suzanne Aubert.

When: Thursday, 5 October, 10:30am–2:30pm

Where: Our Lady's Home of Compassion, 2 Rhine Street, Island Bay, Wellington

Restrictions: All Ages

Ticket Information: Suggested offering including lunch: \$30

Buy Tickets: (04) 383 7769. Additional fees may apply.

Website: <https://compassion.org.nz/event/quiet-day-with-suzanne-aubert/2017-10-05/>

>SATURDAY, 7 OCTOBER–SATURDAY, 2 DECEMBER

All Vegan Night Market – Vegan Vault

On the first Saturday of every month, come check out Wellington's first all-vegan night market where we showcase all the delicious vegan food, charities, and local vegan businesses under one roof in Wellington!

When: Saturday, 7 October; Saturday, 4 November; Saturday, 2 December (all dates 6pm–10pm)

Where: The Vegan Vault, 171 Victoria Street, Wellington

Restrictions: All Ages

Ticket Information: Free

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

>TUESDAY, 10 OCTOBER

Balancing Hormones

Do you have trouble relating to your Hormonal Health? Irregular, painful, or absent periods, PMS, PMDD, endometriosis, PCOS, fertility issues, migraines, menopause, and many other conditions related to hormonal health can cause havoc and end up

Suzanne will be the first woman of Aotearoa New Zealand to be declared a saint by the Catholic Church. Her vision came into focus through her unstinting enthusiasm and daring. Insights from her life can be a means to focus our own vision.

Join us for prayer and reflection on the life and spirit of Suzanne Aubert.



Crombie Chapel

**Our Lady's Home of Compassion
2 Rhine Street, Island Bay**

10.30am–2.30pm

controlling your life.

We'll teach you how to make small, everyday changes to avoid hormonal toxicity and give you resources and information that you can use at home. Sophie will be available to answer your questions, and also provide one-on-one time to discuss your personal needs.

When: Tuesday, 10 October, 6:30–8pm

Where: Tawa Community Centre, 5 Cambridge Street, Tawa, Wellington

Restrictions: All Ages

Ticket Information: General Admission: \$10

Phone Sales: 0800 BUY TIX (289 849)

Website: <http://sophierobbers.wixsite.com/triohealth>



SATURDAY, 14 OCTOBER

Burlesque Baby

Burlesque Baby showcases some of the greatest new talents that Wellington has to offer. A fun and entertaining evening full of a fantastic variety of burlesque performers.

When: Saturday, 14 October, 7:30pm–9pm

Where: The Fringe Bar, 26 Allen Street,

Wellington

Restrictions: R18

Ticket Information:

Front Row Admission: \$25

General Admission: \$15

Table of 4: \$100

Additional fees may apply

Phone Sales: 0800 BUY TIX (289 849)

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

>SATURDAY, 14 OCTOBER

Laura Collins & The Back Porch Blues Band

Laura Collins and the Back Porch Blues Band are back to warm up your Summer with some blues. Collins, who is known for being an engaging front woman, likes to move between ballsy blues and soulful ballads, making them her own.

Laura's band are all long-time players in the Wellington and national music scene. Wayne Mason, well-known singer-songwriter (piano); John O'Connor (guitar) has worked with Kiri Te Kanawa, Mark Williams, BB King, Chuck Berry, and Bo Diddley). George Barris on warm upright bass (in his early days part of 'Highway') is joined by Pete Cogswell on drums.

When: Saturday, 14 October, 8:30pm–10:30pm; also Saturday, 9 December, 8:30pm–10:30pm

Where: The Lido Cafe, Corner of Victoria & Wakefield Streets, Wellington

Restrictions: All Ages

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Admission: Free

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

>SATURDAY, 21 OCTOBER

Voices On Tour – Salut Printemps

After a sell-out Auckland Concert, Voices is taking Salut Printemps on tour. Salut Printemps is a concert welcoming Spring, which brings the beauty of trembling flowers, the fresh green growth, the animals awakening, the enchanting evenings, and the season of youth, love, and light – all in a mesmerising programme using the 'official' language of love, French.

The music skips from the better-known pieces of Debussy and Poulenc to romantic chansons and a quirky four-song cycle about a dromedary, a crayfish, a carp, and a cat that will make you giggle. Conductor: Dr Karen Grylls; Pianist: Rachel Fuller; Narrator: Catrin Johnsson.

When: Saturday, 21 October, 7:30pm

Where: Sacred Heart Cathedral, 24 Hill Street, Thorndon, Wellington

Restrictions: All Ages

Ticket Information:

General Admission: \$50

Door Sales Only

Website: <http://www.choirsnz.co.nz/event/salut-printemps>



method, what is the difference between use by and best before, and when all else fails, the last resort options.

You can bring a friend/partner or family member free of charge! But there is only one free pack per ticket. There are limited spaces and goodie bags available at each event. You do not need to print off your tickets; we have the ability to scan your ticket off of your smartphone/device as you arrive at the workshop. Please arrive 15 minutes before the workshop starts.

When: Saturday, 2 December, 10am–noon

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

Restrictions: All Ages

Ticket Information:

Individual Ticket: \$15

Couples Ticket: \$15

Additional fees may apply

Phone Sales: 0800 BUY TIX (289 849)

Website: <http://www.thenappylady.co.nz/lovefood-hatewaste.html>

DECEMBER

>SATURDAY, 2 DECEMBER–SUNDAY, 17 DECEMBER

The Wellington Christmas Markets

Shoppers not only love the huge variety of unique gifts on offer, but also to know their money is going to support local small business is truly a win-win for everyone. Enjoy the beautiful stalls, and listen to some music while you eat delicious food!

Please note this year there will be a market on the 23 December, but not Christmas Eve on Sunday, 24 December.

When: 2 December through 17 December. The market is open 10am–4pm on all dates.

Where: Frank Kitts Park, Jervois Quay, Wellington

Restrictions: All Ages

Admission: Free

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

>SATURDAY, 2 DECEMBER

Food Lovers Masterclass - With Kate Meads

At this educational masterclass, not only will you receive \$60 worth of goodies from your local council, you will also get lots of exciting and inspirational advice around ways you can reduce your food waste.

Topics include meal planning, smart shopping, smart storage, plus learn about the first-in-first-out approach/

LHWC Annual General Meeting

All Welcome

You can attend any or all of the parts of the meeting. Breakfast is a shared breakfast (bring food to share).

Date, Time, and Location

Saturday, 16 September 2017

Lower Hutt Women's Centre

Schedule

Ritual 8am • Breakfast 9am • Meeting 10am

Free Legal Advice

The Women's Centre has free 30-minute consultations available during the first week of each month.

The primary objective of a consultation is to advise you if you have a legal problem, and whether you need to see a solicitor. If you do need to see a solicitor the lawyer can advise you about your eligibility for Legal Aid and give you some idea of the legal procedures involved in solving your particular problem.

If you don't have a legal problem the lawyer is sure she can give you some sound practical advice anyway.

The lawyer can also advise you about facilities available to help you solve your own problems, such as the Disputes Tribunal, Family Court Counselling, etc. All consultations are held in private and are strictly confidential.

When:

First week of the month

How to book:

Phone the Women's Centre at any time during the month to register your interest in an appointment. We will phone you at the beginning of the month to check if you still require an appointment, and if you do, we will give you the phone number to make the appointment directly with the lawyer.

Please do not contact the lawyers without first booking with the Women's Centre.

Where:

Thomas Dewar Sziranyi Letts

Whakatauki

He kai kei aku ringa.

There is food at the end of my hands.

Ehara taku toa, he takitahi, he toa takitini.

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

Ta te tamariki tana mahi wawahi tahā.

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

Ki te kahore he whakakitenga ka ngaro te iwi.

Without foresight or vision the people will be lost.

Ahakoā iti, he pounamu.

Although it is small, it is of greenstone.

Ka mate kāinga tahi ka ora kāinga rua.

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

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

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

About our ongoing events

This is our weekly ongoing programme. We have regular workshops and groups that provide for a range of different needs. These are free or low cost.

All courses are held at the Women's Centre.

Tuesday

6:30 – 8:30pm	Self Esteem
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Wednesday

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

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

First Sunday of the month

1–4pm	Support group for women who have experienced rape or sexual abuse
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Free 1 to 1 Computer Lessons

Our computer lessons cater to a range of abilities, starting from complete beginners. Bring your questions to your lesson and Jenny will help you out.

Want to learn how to:

- surf the net? Find useful websites for news, shopping, books, timetables, health info, maps, online travel sites, social media, online radio
- use your laptop? (bring it along to your lesson)
- email and set up an email account?
- become proficient in Microsoft Word, Excel, Powerpoint, or Visio?
- use Facebook, Skype, TradeMe, DropBox, or YouTube?
- scan documents and photos?
- manage and edit your photos?

We run with two computers; both run Windows 10 and Microsoft Office 2016. One is a standard desktop and the other is touch-screen.

Jenny is also knowledgeable about computer scamming, virus checks, smart phones, and ad blocking. Bring any questions along.

Day: Wednesdays

Time: 9:30am–3:30pm

Appointments with the tutor are 30 or 60 minutes

Bookings: Bookings are essential and you must book in advance. You can book for 3 sessions at a time (usually 2 or 3 weeks in advance)

Call 569 2711 for an appointment

Tutor: Jenny Holdt

Free computer access

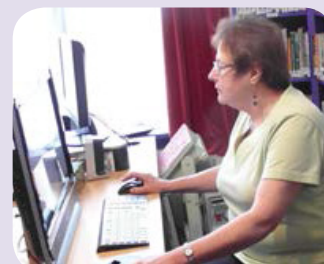
The Women's Centre has two public access computers available for all women to use during our opening hours.

Our computers

- Both computers run on Windows 10 and one is touchscreen

Other facilities

- Printing 20¢ per black and white page (*free during lessons*)
- Scanner
- Free internet access



Booking

Phone us to book your time. You can book up to two hours for each session.

Self Esteem for Women

Our self esteem develops and evolves throughout our lives as we build an image of ourselves through our experiences with different people and activities.

Experiences during our childhood play a particularly large role in the shaping of our basic self esteem. When we were growing up, our successes (and failures), and how we were treated by the members of our immediate family, by our teachers, sports coaches, religious authorities, and by our peers, all contributed to the creation of our basic self esteem. The course is designed to give women the opportunity to develop awareness of how they live in the world, the influences on them, and how they have the ability and power to make changes in their lives.

Women will be given the opportunity to:

- develop skills to recognise the strengths in themselves
- look at the areas of self responsibility and self reflection
- be encouraged to develop awareness around how beliefs about self develop and grow
- build their emotional connection with themselves and develop a greater awareness of their own feelings and emotions
- feel a sense of personal power and belonging
- celebrate positive aspects of being a woman.

Self esteem workshops are run on Tuesday evenings and Friday mornings. Each workshop is separate. You may attend one or as many as you like. Self esteem runs on a 20-topic basis. Once the 20 topics have been completed, the cycle begins again.

Tuesday evening workshops

Time: 6:30–8:30pm

Cost: \$5

Facilitator: Julie Smart

Booking: You don't need to book; just turn up

Friday morning workshops

Time: 9:45am–12 noon

** This workshop starts at 10am and latecomers won't be admitted **

Cost: \$2

Facilitator: Stephanie Brockman

Booking: You don't need to book; just turn up

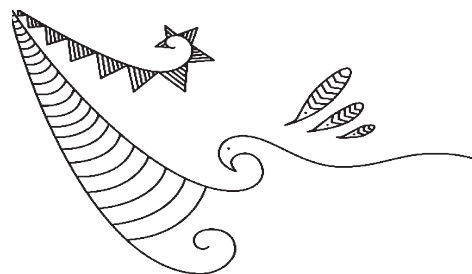
Creche: Creche is provided for pre-school children only without extra charge only on Friday morning. Please make enquiries about babies because they need a lot of attention and we only have one creche worker.

Tuesday evenings in 2017

Sept. 12	Willpower
Sept. 19	Anger as a strength
Sept. 26	Developing self-knowledge
Oct. 3	Self love
Oct. 10	Acknowledging self
Oct. 17	Enhancing self in terms of awareness
Oct. 24	Acceptance and use of strengths
Oct. 31	Positive thought and talk
Nov. 7	Messages about self
Nov. 14	Accepting responsibility for self
Nov. 21	Coming to grips with feelings
Nov. 28	Talking about ourselves
Dec. 5	Beliefs about self
Dec. 12	Expressing pride in self
Dec. 19	Letting go of the past

Friday mornings in 2017

Sept. 8	Acceptance and use of strengths
Sept. 15	Positive thought and talk
Sept. 22	Messages about self
Sept. 29	Accepting responsibility for self
Oct. 6	Coming to grips with feelings
Oct. 13	Talking about ourselves
Oct. 20	Beliefs about self
Oct. 27	Expressing pride in self
Nov. 3	Letting go of the past
Nov. 10	Beliefs about self
Nov. 17	Expressing pride in self
Nov. 24	Letting go of the past
Dec. 1	Respective self and others
Dec. 8	Striving for pure motives
Dec. 15	Putting yourself in neutral
Dec. 22	Having the courage to be imperfect



Sunday Sexual Abuse Support Group

For women who have experienced rape or sexual abuse

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

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

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

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

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

Surviving and Moving On – Dr. Kim McGregor

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

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

Day: The first Sunday of every month

2017 Dates:

1 October

5 November

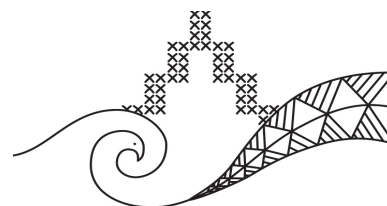
3 December

Time: 1–4pm

Booking: You don't need to book,
just turn up

Facilitator: Ally Andersun

If you're interested, please phone or
come along



Alcohol and Drug Wellbeing Group for Women

If you have experienced difficulties in the past or present with alcohol and drug mis-use, and would like some support, then this group is for you. The aim of the group is to promote wellbeing at whatever stage an individual may be.

Wellbeing can be achieved by education, therapy, and going out to the community and enjoying experiences without the use of alcohol and drugs.

“To understand a woman you must understand the world she comes from.”

Day: Friday afternoons every week

Time: 1–2:30pm

Cost: No charge. You do not need to book; just turn up.

Facilitator bio: Janet Matehe is a DAPAANZ Registered Alcohol and Drug Practitioner and Generic Counsellor. She has recently finished a level four Te Reo course and has a Certificate in Supervision. Janet comes from a recovery background and she has been in recovery for 10 years. She is passionate about her work and she lives and breathes recovery in her personal life. The underlying principles she works with are Tika (correct), Pono (honest), and Aroha (love). She practices these principles on a daily basis both professionally and personally.

About our workshops

The following workshops are designed around the group process where in the making and functioning of a group the participants learn from each other, from the group activities, and from the facilitator. All group participants learn different things, depending on their own life journey and what they are needing at the time. We welcome you to experience something new in yourself.

All courses are held at the Lower Hutt Women's Centre – 186 Knights Road, Waterloo, Lower Hutt

Workshop Topics for Sept. – Dec. 2017

Painting	p 11
Building Health Relationships	p 12
Self Development for Women	p 13
Understanding the Blues	p 14
Anger as a Strength	p 14



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

Painting Workshops

These painting workshops are suitable for complete beginners through to experienced painters. The workshops are based on you expressing yourself through painting and learning techniques at the same time. Techniques (one per workshop) will be taught.

Come along, and have a creative and relaxing time in a supportive environment. You can work on new projects in each workshop, or carry on with your work from the previous workshop. Linda is an experienced art tutor who will guide you as you want. You can attend as many of these workshops as you like. All equipment is supplied.

Dates for 2017 (all dates on Saturday):

Workshop 5: 14 October

Time: 10am–4pm

Cost: \$20 waged/\$10 low or unwaged
Phone to register interest



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

Tutor: Linda Wood

Please bring a contribution for shared lunch

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



Upcoming Part Two Workshop Available

Attending Part One (held 18–20 August, or at a previous Part One Workshop) is a pre-requisite for attending Part Two (therapeutic-based workshop).

Facilitator: Ally Andersun

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

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

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

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

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

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

Six minimum and 10 maximum for course to commence.

Note: Participants must be prepared to attend all sessions of the workshop. Enrol for Workshop Part One (it was held in August) and Workshop Part Two separately.

Disordered eating support group meeting monthly

The Continued-Recovery Network is a support group for women living in recovery from disordered eating. We welcome women of all ages with a history of anorexia, bulimia, binge eating, or any other form of disordered eating who are looking to continue strengthening their recovery journey. The group meets evenings on the second Monday of every month.

We discuss challenges/ongoing issues in our recovery and gain support from others who have their own experiences of both illness and recovery. If you have any questions, please feel free to contact Kimberley.

Meeting time: 6–7:30pm

Day: Second Monday of each month

Phone: 027 327 4466

Email: kimberley@bignell.co.nz

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

Register for Workshops Online with Redesigned LHWC Website

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

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

You can then register in one of two ways:

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



Self Development for Women

Facilitators: Ally Andersun

Course Duration: Friday evening, Saturday, and Sunday.

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

Time: Friday 7–9.30pm; Saturday, 10–5pm; and Sunday 10–4.30pm

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

This workshop uses action methods that include group work, psychodrama, art and movement. This weekend will give participants the opportunity to explore their own personal issues and will be useful for women wanting to expand and develop their experience of life and the issues that hold them back. Women new to actions methods are welcome.

Five minimum for course to commence and 7 maximum enrolments.

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



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

Audre Lorde

Understanding the Blues



This six-week course is about finding new skills to move through depression and anxiety. With connection, support, and gentle encouragement you can find a way out of depression and anxiety.

This group is a structured educational group.

Is this the group for me?

If you have felt hopeless, panicky, tired, fearful, or stuck, this group may support you to see new possibilities. This group may also be for you if you have experienced depression and anxiety in your life, and you want to break the cycle.

The topics we may cover are:

- positivity
- sleep
- respecting your body
- being friendly with feelings
- making a plan for healing
- relaxation
- assertiveness and relationships

Dates: 6 weeks beginning Thursday, 12 October 2017

Times: 10am to 12 noon

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

Enrolment:

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

Facilitator: Julie Smart

Anger as a Strength



Anger is a misunderstood emotion and energy. This training is skill-based in providing opportunities and techniques to express anger using tools of assertiveness.

Anger is necessary for survival. Many women have been taught to express anger or conversely not express anger, both in unhealthy ways. Through these unhealthy expressions of anger problems arise and issues become bigger, confused, or shut down. This course will be an opportunity for women to explore the use and misuse of anger.



Dates: Six weeks beginning Wednesday 18th October 2017

Times: 7-9pm

Cost and enrolment: \$40 waged/\$20 low or unwaged.

Phone to register interest. Enrol by payment or deposit to Lower Hutt Women's Centre.

Facilitator: Ally Andersun

Anna Swir (Swirszczrynska), a feminist Polish activist-writer ahead of her time

Anna Swirszczrynska, who adopted the pen name Anna Swir, was born in Warsaw on 7 February 1909, where she was brought up and went to university. However, she also spent much time in the Polish countryside with her artist father, and it is thought that this is where she developed her insight into Polish peasant life.

She lived in Warsaw throughout the war and occupation, where she worked as a waitress and participated in the literary underground. During the Nazi occupation of Poland, she joined the Polish resistance movement in World War II and was a military nurse during the Warsaw Uprising.

She wrote for underground publications and once waited 60 minutes to be executed. During the fighting in 1939 and again during the Warsaw uprising of 1944, she served as an orderly and nurse in hospitals.

After the war she lived in Krakow, writing poetry, plays and stories, and plays for children. She published nine volumes of poetry, including one on the Warsaw uprising, and some ten plays, as well as works for radio and television.

She was a feminist in a country without a women's movement, a vegetarian in a country that prides itself on its meats and sausages, and a teetotaler in a country famous for its vodka.

Her hobbies were walking and yoga; she started jogging in her fifties and became interested in Indian music in her seventies.

She was married with one daughter and later divorced. An intensely private person, she avoided the limelight for herself. She died in September 1984 of pneumonia.

Anna Swir wrote for women, whose liberation she considered the most important cause in the world.

Learn more about Anna and her work:

<https://www.poetryfoundation.org/poets/anna-swir>



Anna Swir

Poetry of Women's Everyday Lives

Anna Swir's language is the concrete language of everyday speech because her subject is women's everyday lives. It is extreme because ordinary life is extreme.

I Will Not

I will not be a slave to any love
To no one
Will I hand over my purpose in life,
My right to to on growing
To my very last breath.

Her Belly

She has a right to have a fat belly
Her belly has borne five children
They warmed themselves at it,
It was the sun of their childhood.
The five children have gone.
Her fat belly remains.
This belly
Is beautiful.

Branded

They smeared her door
With human faeces
They went quiet
When she entered the shop
They whistled at her from behind the fence
As one whistles
At a dog
They spat at her feet
When she went to church
When the author of her misery

Passed her in the street
He turned his head
The other way

Just the Same Underneath

On my way to your place
I noticed an old beggar woman
On a street corner.
I took hold of her hand
And kissed her on her delicate cheek,
We chatted for a while, she was
Just the same as me underneath,
The same sort of person,
I sensed it at once,
The way a dog senses the smell
Of another dog.
I gave her some money
I couldn't leave her.
After all, everyone needs
Someone close to
them.
And then I wondered
what
I was coming to your
place for.



Anna Swir

Healing wounds at Parihaka: Crown apology for desecration of peaceful Taranaki settlement in 1881

Tears were shed at Parihaka on 9 June this year when more than a thousand people gathered to hear the Crown apologise for desecrating the peaceful Taranaki settlement in 1881.

Parihaka uri Puna Wano-Bryant said the time was right for an apology, but it stirred up mixed feelings. “A whole lot of emotions came back like anger,” she said.

“It was the opening of a wound that had not been repaired properly – that was stitched up wrong.”

Treaty Negotiations Minister Chris Finlayson said Crown troops destroyed homes and sacred sites, unlawfully arrested hundreds of men, and abused the women who were left behind.

“The Crown therefore offers its deepest apologies to the people of Parihaka for all its failures,” he said. “For them, the sense of grievance that arises from that history is anything but historical. It is remembered and lived every day.”

While the Parihaka Papakāinga Trust has dreams of new infrastructure and papakāinga



Parihaka uri Puna Wano-Bryant, chair of the Parihaka Papakāinga Trust, spoke at the event.

developments at Parihaka – that was a way off.

“Some people are staunch about covering that wound up immediately because it is too sore,” she said. “We are not going to put buildings on top of pain.”

Te Puni Kōkiri kaimahi in Te Tai Hauāuru will continue working with the Trust to help it achieve its goals.

Wano-Bryant said they have been a crucial part of the whole process being successful. “When we

mentioned working with Te Puni Kōkiri to our people, it was familiar for them. There is that level of trust there.”

Healing and Moving Forward

Chair Wano-Bryant said the focus was now on healing and moving forward.

The Deed of Reconciliation included a payment of \$9 million towards developments at Parihaka.

Article Source: <https://www.tpk.govt.nz/en/mo-te-puni-kokiri/our-stories-and-media/healing-wounds-at-parihaka>

Read the *Taranaki Daily News*’ coverage of the event: <http://www.stuff.co.nz/taranaki-daily-news/news/92912297/Date-revealed-for-historic-Parihaka-reconciliation-ceremony>

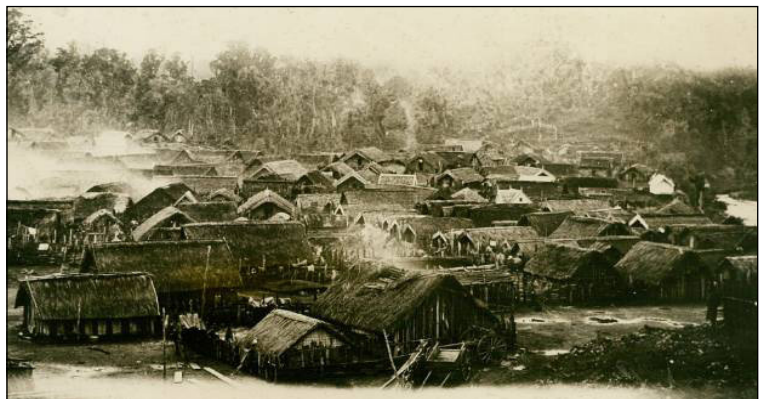


Photo Credit: Stuff.co.nz

The Taranaki settlement of Parihaka pictured about 1881, before the invasion of armed colonial forces.

Information and Resources: Adult Sexual Abuse

The NZ Police website now has information on adult sexual assault that covers issues around safety, consent, how to get help, and victims’ rights.

Visit the website: <http://www.police.govt.nz/advice/sexual-assault>.

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

Direct link to the survey: <https://forms.police.govt.nz/adult-sexual-assault-victims-survey>

What do I deserve? Confronting everyday harassment

Photo Credit: Ebaileyfitness.com

I am a 25-year-old female living in Boston. I'm 5'8" tall and weigh 132 pounds. I have dark brown medium long hair and green/hazel eyes. I'm flat chested and my curves are built by many hours I spend working in the gym.

I wear a size small in my Nike compression shorts that I like to wear because I push myself hard enough for every pore on my body to sweat. Looser clothing just gets in my way of my workout.

I often run in just a sports bra because I'm training for a half marathon, so 7-10 miles in summer heat with layers is plain brutal.

Everyday Harassment

So now tell me, what do I deserve?

Earlier this summer I headed to a local park in the South End of Boston to push myself in an outdoor bootcamp workout. It was a hot Saturday afternoon. Halfway through my workout, I had a guy come over to me and start talking to me a few feet away.

I took my headphones out thinking he was asking me something. Instead, my ears were filled with profane things he "wanted to do to me."

Last week I was going for a run before work. I ran past a parking garage that

has an attendant to direct traffic. He has a thankless job, so I smiled and waved to thank him and kept running. I took two steps before he yelled after me a "MM HMMMM," like he was salivating over a steak.

The Tip of the Iceberg

So now you tell me, what do I deserve?

This is about 5 percent of the harassment I have been a victim of this year. And this isn't even the worst of it. What about the nights I am out with my friends, and just because I have heels on and am at a bar, it gives anyone the right to hiss, yell or even grab me or my friends.

Or what about the gym, the one place I feel men should respect me most because there I feel like we're the same playing field. There I feel the most belittled by the comments, by the glares, and by the entitlement.

I had a man come up to me a couple months ago at

the water fountain in the gym. As I was filling up my water bottle, he told me he liked my leggings, that they made my ass look great, and they would look better off.

Don't ask me what I was wearing.

That's not the question. If we stopped doing things that felt or seemed dangerous, we wouldn't live.

Am I supposed to stop going to the park? Am I supposed to not run in downtown Boston in the broad daylight? Am I supposed to not go to the gym?

I am careful. I don't go to dangerous places alone. I don't run in dodgy areas by myself. But that's not the point.

What do I deserve?

I deserve to be treated like a human, not just a woman, because that means something different these days.

And us women, what do we deserve? We deserve not to feel silenced by your yells.

We deserve to feel empowered for bettering ourselves. We deserve to feel sexy in our own skin without feeling like we're here to bait you.

We deserve more. A whole lot more.

I've told these stories to many friends. And the more I shared the more my female friends shared too. And so many of their stories are so much worse.

I want you to speak out. I want you to break your silence.

Article Source: <http://www.ebaileyfitness.com/blog/2016/8/11/mv90npean8odluhssps48wzbjaie3x>

**We deserve more.
A whole lot more.**

Hohou Te Rongo Kahukura – Outing Violence

The recently completed reports for Trans and Gender Diverse People, Disabled Sex, Sexuality and Gender Diverse People, and Bisexual and Pansexual People, based on the results of our 2016 survey into experiences of partner and sexual violence for people in the Rainbow community, are available here: <http://www.kahukura.co.nz/uncategorized/reportandfindings/>.

Fact Sheet #1 below; visit the link above to get other fact sheets available and detailed reports.

The **Hohou Te Rongo Kahukura – Outing Violence** survey was open for four months online in 2015/16 to all people in **Aotearoa New Zealand** over the age of 16 who identify under the **sex, sexuality or gender diversity** umbrellas. The survey was promoted through Rainbow media, our community hui and Rainbow community support groups around the country.

People who answered the survey represented the range of ethnicities that live in Aotearoa New Zealand and self-identified with a wide range of gender identities, ages, sexualities and disabilities. The rates we report are for the 407 people who answered our survey. They are not population prevalence rates because our sample was not random.

FACT SHEET #1: PARTNER VIOLENCE



EXPERIENCES OF **DIFFERENT ABUSIVE BEHAVIORS** WHICH FORM PART OF PARTNER VIOLENCE WERE REPORTED BY **ALL GENDERS**. PERPETRATORS COULD BE **ANY GENDER**.

WE ASKED PEOPLE HOW **MANY** OF THEIR ROMANTIC, DATING OR SEXUAL PARTNERS HAD SHOWED CERTAIN BEHAVIORS



MORE THAN HALF SAID THAT AT LEAST ONE PARTNER HAD:



TOLD THEM EVERYTHING IS ALL THEIR FAULT	59%
ACTED VERY ANGRY TOWARDS THEM IN A WAY THAT SEEMED DANGEROUS	59%
CALLED THEM NAMES	59%
TEXT OR CALLED THEM ALL THE TIME	54%
PUSHED OR SHOVED THEM	52%
TRIED TO KEEP THEM FROM SEEING OR TALKING TO THEIR FAMILY AND FRIENDS	51%



7% OF RESPONDENTS WITH A DISABILITY SAID THAT AT LEAST ONE PARTNER HAD STOPPED THEM USING THINGS WHICH HELP THEM GET AROUND OR COMMUNICATE (WHEELCHAIR, HEARING AID)

1 IN 3 MAORI AND 1 IN 2 PACIFIC AND ASIAN RESPONDENTS SAID THAT AT LEAST ONE PARTNER HAD USED RACIAL OR DISCRIMINATING COMMENTS TOWARDS THEIR ETHNICITY / CULTURE



ABOUT 1 IN 5 SAID THAT AT LEAST ONE PARTNER HAD:



STOPPED THEM BEING 'OUT' TO OTHERS OR THREATENED TO LEAVE THEM IF THEY WERE 'OUT'	26%
TOLD THEM NO ONE WOULD BELIEVE THEM ABOUT THE ABUSE	24%
KEPT THEM FROM HAVING MONEY FOR THEIR OWN USE	23%
TRIED TO HURT THEM BY CHOCKING OR SUFFOCATING THEM	18%

JUST UNDER HALF SAID THAT AT LEAST ONE PARTNER HAD:



THREATENED TO HURT THEMSELVES OR COMMIT SUICIDE IF UPSET WITH THEM	50%
RIDICULED HOW THEIR BODY LOOKS	45%
USED ALCOHOL OR DRUGS AS AN EXCUSE FOR HURTING THEM	42%
CRITICISED, QUESTIONED OR TRIED TO SHAME THEM ABOUT THEIR SEXUALITY	40%



1 IN 5 TRANS AND NON-BINARY RESPONDENTS SAID THAT AT LEAST ONE PARTNER HAD HIDDEN OR THROWN AWAY HORMONES, CLOTHES OR OTHER GENDER AFFIRMING ITEMS

JUST UNDER HALF OF TRANS AND NON-BINARY RESPONDENTS SAID THAT AT LEAST ONE PARTNER HAD USED PRONOUNS NOT PREFERRED BY THEM, A PAST NAME OR BELITTLED THEM BECAUSE OF THEIR GENDER IDENTITY



1 IN 3 SAID THAT AT LEAST ONE PARTNER HAD:



DESTROYED SOMETHING THAT WAS IMPORTANT TO THEM	36%
STOPPED THEM FROM GOING OUT WITHOUT THEM	35%
MADE THREATS TO PHYSICALLY HARM THEM	30%
SLAMMED THEM AGAINST SOMETHING	30%

To find out more about building Rainbow communities without violence, visit: www.kahukura.co.nz



Treaty of Waitangi:

Questions and Answers

What did Māori intend in entering into the Treaty agreement?

What Māori intended in agreeing to Te Tiriti o Waitangi is set out in *Ngāpuhi Speaks*, the independent report on the Ngāpuhi Nui Tonu initial hearing (pp. 240–241). While some points are specific to Ngāpuhi Nui Tonu, the broad intentions are pertinent to all Māori signatories.

In summary these intentions are:

- Queen Victoria's governor would work with the rangatira to maintain peace and good order, based on upholding the established authority and ordered way of life (āta noho) of the hapū.
- The governor was granted the authority he needed to exercise control over Pākehā.

Te Tiriti o Waitangi was an endorsement of He Wakaputanga, with its declarations of Māori mana and independence and their particular relationship with the British Crown. The international trade of the hapū was to be advanced through a closer alliance with the British.

They allowed for more of the Queen's people to settle on their lands on the understanding that the Queen would uphold their authority (tino rangatiratanga) and her other guarantees in Te Tiriti.

They would support the Queen by ensuring the safety of her people and by working co-operatively with her governor. The governor would investigate and rectify any unjust dealings over land.

The governor would sit as one of the rangatira (or "would be allowed to represent Pākehā on Te Wakaminenga"), so that together they could decide on matters of common concern, and especially on those things that would advance their trading interests and bring prosperity for all.

The Māori vision in signing the Treaty agreement was for an inclusive future, based on co-operation, mutual support, and reciprocity between themselves and the Crown.

released in October 2014, states clearly that the rangatira who signed Te Tiriti o Waitangi in February 1840 did not cede sovereignty to the British Crown. It also outlines the intentions of the rangatira who signed the Treaty as well as those of the Crown.

Britain's representative Hobson and his agents explained the Treaty as granting Britain the power to



control British subjects and thereby to protect Māori, while rangatira were told that they would retain their tino rangatiratanga, their independence and full chiefly authority.

The rangatira who signed te Tiriti o Waitangi in February 1840 did not cede authority to make and enforce law over their people or their

territories; they did, however, agree to share power and authority with Britain. They agreed to the governor having authority to control British subjects in New Zealand, and thereby keep the peace and protect Māori interests.

The rangatira consented to the Treaty on the basis that they and the Governor were to be equals, though they

were to have different roles and different spheres of influence.

The detail of how this relationship would work in practice, especially where the Māori and European populations intermingled, remained to be negotiated over time on a case-by-case basis. The Tribunal said that, "having considered all of the evidence available to it, the conclusion that Māori did not cede sovereignty in



Throughout our history, ordinary Tauīwi have supported Māori rights. This photo shows participants at the 2006 Tauīwi Treaty workers' gathering in Hamilton.

Image source: Network Waitangi (2016)

February 1840 was inescapable."

The Māori vision in signing the Treaty agreement was for an inclusive future, based on co-operation, mutual support and reciprocity between themselves and the Crown.

The model of government would continue to be one of confederation, where the hapū and the Queen's tribe would retain their distinct authorities, the leaders in their different areas coming together alongside the governor to resolve and advance issues of shared interest.

Māori fully expected to retain their authority in the land, while expecting the governor and the Queen's people to work in co-operation with them.

Māori continue to hold this inclusive vision for their present and future relationships with the Crown, which effectively today is the New Zealand Government – operating at national, regional and local levels.

Unfortunately, National and Labour governments have held to unilateral decision making, or 'indivisible sovereignty,' and have been unwilling to work as equals with Māori leadership. Small but significant changes to this ethos are, however, becoming apparent.

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

We are on YouTube

We have a channel on YouTube with content about women's issues and other relevant issues. We will continue to add new clips.

To find us go to:
<https://www.youtube.com/LHwomenscentre> and subscribe to our channel.

Email us at info@lhwc.org.nz if you have a clip you'd like us to consider for one of our playlists.

Donations

We welcome donations of:

- Clean women's and children's clothes
- Books and toys
- Small household items

Drop off items to the Women's Centre.

Note: We cannot accept any large items such as furniture.

Lower Hutt Women's Centre philosophy

The Women's Centre:

1. recognises and works in the spirit of the Tiriti O Waitangi
2. confronts women's oppression and empowers women to take control of their own lives
3. opposes discrimination by those who have power against those who do not. This includes discrimination against women, especially Māori women, Pacific Island women, women of colour, lesbians, those who are differently abled, young, old, working class and those with different spiritual beliefs
4. promotes a safe supportive environment for all women and children
5. promotes the sharing of power and resources
6. acts as a resource and information centre for the community

Contribute to Cronecle

We welcome your input into the next edition of Cronecle – due out in December 2017.

If you have articles, ideas for articles, drawings you've done, or services please email your ideas to Stephanie: info@lhwc.org.nz

The Women's Centre reserves the right to withhold publication of information which conflicts with the Centre's philosophy.

Thanks to all the women who helped out with this edition, and to the women who donate graphics to Isis International Manilla.

Become a member

Benefits

As a member of the Women's Centre you get free access to our library and can borrow books for up to a month. You also get sent a colour copy of our quarterly newsletter – by post or email.

Annual cost

Waged: \$27
 Low or unwaged: \$15
 Teenager: \$10
 Child: \$5

Payment

Cash: pay at the Women's Centre
 Online banking: Account number 03 0531 0528525 03
 Reference: your name and 'join'.

Your fees go towards the running and ongoing maintenance of the Women's Centre.

We thank you for your support. Join us!