

Cronecle

Newsletter of the Lower Hutt Women's Centre

Vol. 25 | No. 4 | Hakihea 2017



Summer Break Dates

We will be closing on 22 December and re-opening on 23 January 2018

New Opening Hours from 1 February 2018

As of 1 February 2018, our new opening hours will be:

Monday 10am–2pm; Tuesday 10am–2pm; Wednesday 9:30am–3:30pm;
Thursday 9:30am–3:30pm; Friday 9am–3:30pm

The Lower Hutt Women's Centre's annual survey this year indicates that the centre is responding to local women's needs. Women who completed the survey cited self-esteem and stress, and depression and anxiety as the most important issues they face today.

The LHWC sent the surveys out to its members through Survey Monkey. The survey was also included in the September edition of the quarterly newsletter, giving women the option to fill out a hard copy. As an incentive, women who completed the survey could enter a draw to win a selection of teas, donated by Ritual Tea Company.

Identifying Key Needs

The survey included just three questions to make it accessible and encourage as many respondents as possible. These questions asked women to identify their needs and assess whether the LHWC's services are appropriately meeting those needs.

The questions included:

1. What are the most important issues women face today?
2. What was most useful/helpful for you or your client at the Women's Centre? What would improve your experience at Women's Centre?

Questions one and two had multi-choice options that were based on answers provided in the LHWC's 2015 survey and the centre's services. Question three included a text box



where women could write their own answers; 70% of respondents completed all three questions.

Fifty-three women completed the survey through Survey Monkey, and 7 surveys were posted back to the Women's Centre.

Ideas for Workshop Topics

Among the respondents' feedback, they offered suggestions for workshop topics such as parenting and telling one's story.

The respondents' suggestions for improvement were both creative and practical. The suggestions included having earlier start and end times for workshops (particularly on working days); opening during some weekend hours; and offering transport to the centre for disabled women, who might find it challenging to take buses and trains.

The survey feedback, however, shows that women are very happy with the service and, if anything, would like to see more of the same. As one respondent noted, "[I like] knowing

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Women's Centre opening hours

Wednesday to Thursday 10am–5pm
Friday 9am–3pm

Opening hours from 1 Feb. 2018

Monday 10am–2pm
Tuesday 10am–2pm
Wednesday 9:30am–3:30pm
Thursday 9:30am–3:30pm
Friday 9am–3:30pm

Contact us

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Lower Hutt 5011

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Web: www.lhwc.org.nz



LHWC Annual Survey Results

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you are there if wanted.”

Please see pages 7–16 of this newsletter for the LHWC’s ongoing events and workshops. The LHWC is designed to empower women. Among the LHWC’s offerings, it runs Self-Esteem workshops twice each week and offers counselling.

The LHWC also facilitates workshops such as Understanding the Blues, Anger as a Strength, Resilience, Mediation, Assertiveness, and Self-Development, which help women develop skills to manage stress and move through Depression and Anxiety. Women can also drop-in to seek support in a safe, women’s-only space at times convenient to them.

The LHWC’s staff and volunteers appreciate the thoughtful and useful feedback on the survey as we continue to serve women in our community. View a detailed evaluation of the survey results: <https://lhwc.org.nz/wp-content/uploads/2017/11/Annual-Evaluation-2017-Final.pdf>

Supporting the Lower Hutt Women’s Centre

Our movie fundraiser screening of “Battle of the Sexes” was a great success! The event raised more than \$700 for the LHWC’s operating expenses and services. We hope to have more movie fundraisers in 2018.

Other 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#>

Poem

Silence ... on another marae

E ngā iwi o ngāi tahu
(for Rowley Habib, who asked the question)

Where are your bones?

My bones lie in the sea

Where are your bones?

They lie in forgotten lands
stolen, ploughed, and sealed

Where are your bones?

On southern islands
sawed by discovering winds

Where are your bones?

Whisper:
Moeraki: Pūrakaunui: Arahura:
Okārito: Murihiku: Rakiura ...

Where are your bones?

Lying heavy on my heart

Where are your bones?

Dancing as songs and old words in my head
deep in the timelessness of mind

Where are your bones?

Here in my gut
strong in my legs walking
knotting my fists
but

Where are your bones?

Auē!
My bones are flour,
ground to make an alien bread ...

Mihi. Greeting. Weeping hello.
And to me, standing out as though
I’m the cripple in a company of runners;
to me, pale and bluegrey-eyed,
skin like a ghost, eyes like stones;
to me, always the manuhiri when away from home –
the weeping rings louder than the greeting.

Keri Hulme

Poet, short story writer, novelist, and fisher, Keri Hulme was born in Otautahi, New Zealand, in 1947. She has Scots, English and Maori ancestry; her tribal affiliation is to Kāi Tahu (Kāti Rakiāmoa, Kāi Te Ruahikihiki).

Writing fulltime since 1983, Hulme gained international recognition with the novel *The Bone People* (which won the New Zealand Book Award for Fiction, the Mobil Pegasus prize for Maori writing, both in 1984, and the Booker-McConnell award in 1985).



Community Events

DECEMBER

MONDAY, 11 DECEMBER 2017–SUNDAY, 4 MARCH 2018

Zealandia By Night Tour

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

Please note:

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

When: Monday, 11 December 2017–Wednesday, 14 February, 2018 at 8:15pm–10:45pm; Thursday, 15 February–Sunday, 4 March 2018 at 7:45pm–10:15pm

Where: ZEALANDIA Eco-Sanctuary, Waiapu Road, Karori

Restrictions: All Ages

Cost and Ticket Information: Zealandia By Night Tour - Adult ticket (age 18+): \$85; Child ticket (age 12–17 years): \$40

To buy tickets: Phone (04) 920 9213 (Additional fees may apply)

Website: <https://www.visitzealandia.com/ZEALANDIAby-Night>

TUESDAY, 12 DECEMBER–FRIDAY, 15 DECEMBER

5th Annual Public Sector Women In Leadership Summit

The 5th Annual Public Sector Women in Leadership Summit gathers some of New Zealand's most inspiring women to share their leadership knowledge. Drawing on various experiences, this summit creates a space for emerging leaders to realise their ambitions. Through interactive panels, personal case studies, and insightful commentaries, an exceptional speaker line-up will motivate women to push beyond their potential.

Group Discounts:

10% off Standard Rate Team of 3–4

15% off Standard Rate Team of 5–7

20% off Standard Rate Team of 8 +

Online brochure and tickets available.

When: Tuesday, 12 December–Friday, 15 December, 9am–4:30pm

Where: InterContinental Wellington, 2 Grey Street, Wellington

Restrictions: All Ages

Ticket Information: Phone (09) 927 1500 to check prices and buy tickets (Additional fees may apply)

Website: Online brochure: http://liquidlearning.com/documents/PSWL1217Z/PSWL1217Z_W.pdf

JANUARY 2018

>MONDAY, 8 JANUARY; WEDNESDAY, 10 JANUARY; WEDNESDAY, 7 FEBRUARY

Modern Migrants MeetUp

Modern Migrants™ is an online community that offers support and encouragement to first-generation women migrants on their journey in their adopted home. We provide opportunities for social and business networking, monthly meetings in-person and online, informal social activities, as well as recommended resources to assist your migrant life.

Join us for an informal get-together. There will be hot drinks and nibbles. Please bring a plate of nibbles.

When: Monday, 8 January; Wednesday, 10 January; Wednesday, 7 February; all dates 6pm–8pm

Where: Seatoun Village Hall, 22 Forres Street, Wellington

Restrictions: All Ages

Cost: Admission Free. A Koha donation would be appreciated to cover the cost of renting the hall.

For more information: <https://www.facebook.com/modernmigrants#!/modernmigrants>

>FRIDAY, 19 JANUARY

Joan – A Play by Tom Scott

A play about a wonderful mum by an ungrateful son. Tom Scott's play, "Joan," follows his mother's life from a humble childhood in Southern Ireland to raising six children in grueling circumstances with an angry alcoholic husband.

Ginette McDonald and her daughter, Kate McGill, share the narrative as the older Joan confronts her younger self, full of fun and optimism. Joan knows what is coming, but in the natural orders of things can't reveal what they are. She must find these out for herself. Joan is as much a story of our history as it is of one mother's life. Directed by Tim Gordon.

When: Friday, 19 January–Saturday, 17 February (call to check times)

Where: Circa Theatre, 1 Taranaki Street, Wellington

Restrictions: All Ages

Ticket Information: Adult: \$52; Concessions: \$42; Groups 6+: \$45; Friends of Circa: \$38; Under 25s: \$25; Previews/Specials: \$30

To buy tickets: Phone (04) 0801 7992 (Additional fees may apply) \$30 Specials – Friday, 19 January and Sunday, 21

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January

Website: <http://www.circa.co.nz/package/joan/>

SATURDAY, 20 JANUARY

Wellington Pasifika Festival

Experience the sights, sounds, and flavours of the wider Pacific. There will be delicious food to buy, free family-friendly activities, and performances by traditional and contemporary Pacific artists.

The festival highlights our tight-knit Pacific communities, our arts, cultural and political landscape, and user-friendly city parks and environments. It is an opportunity for all Pacific people to celebrate and share their knowledge, values, and beliefs.

When: Saturday, 20 January, 12pm–6pm

Where: Odlins Plaza, 21 Cable Street, Wellington

Restrictions: All Ages

Cost: Admission Free

Website: <https://wellington.govt.nz/events/annual-events/summer-city/pasifika-festival>

FEBRUARY

>SATURDAY, 3 FEBRUARY

Te Rā o Te Raukura

Te Rā o te Raukura is proud to present Haka In The Park, the best Wellington has to offer, powerful haka, the visual experience of poi, action song, and pūkana, all on a 20-meter stage, all on a big screen, and all for free.

Top kapa haka groups will be taking to the stage to ultimately qualify to represent Wellington at Te Matatini, the national Kapa haka festival.

When: Saturday, 3 February, 8:30am–6pm

Where: Te Whiti Park, Whites Line East, Waiwhetu, Lower Hutt

Restrictions: All Ages

Admission: Free

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

>FRIDAY, 23 FEBRUARY

Kupe: New Zealand Festival Opening Night (Part of New Zealand Festival 2018)

Hakihea December 2017

Also known as Akaaka nui (Ngati Kahungunu)

Southern hemisphere: December to January, Solstice around 21 December. Northern hemisphere: June to July, Solstice around 21 June.

Maruaroa o Raumati is the Summer Solstice, named for the Goddess of Summer – Hine Raumati. At the solstice, she sends her husband, Te Ra, on a journey back to his winter bride, Hine Takurua. Flowers are abundant, the Pohutukawa is spectacular and some crops become ready for harvesting. The Kamokamo should be ready about now.

Source: The Māori Oracle

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

As dusk falls, join a cast of thousands on Wellington's stunning waterfront for the once-in-a-lifetime 2018 New Zealand Festival opening night event, "Kupe," a new work by Anna Marbrook, Hoturoa Barclay-Kerr, and Kasia Pol. Inspired by the great explorer and navigator Kupe's arrival in Aotearoa, this free, whānau-friendly spectacular is a landmark celebration of our shared voyaging history.

Be a part of history in the making, as we welcome a majestic waka fleet, including seven ocean-faring waka hourua* and their fearless crew, as they sail across the waters of Te Whanganui-a-Tara, Wellington Harbour – a moving finale to their months'-long journey from Samoa, the Cook Islands, and around New Zealand.

Then, let the sounds of the Pacific surround you in this theatrical extravaganza featuring performers, mass choir, a thousand-strong haka, and a musical score by Warren Maxwell (Trinity Roots, Little Bushman).

*Waka hourua are traditional double-hulled sailing canoes.

When: Friday, 23 February, 7pm

Where: Wellington Waterfront

Restrictions: All Ages

Cost: Admission Free

Website: <https://www.festival.co.nz/2018/events/kupe-festival-opening-night/>

>SATURDAY, 24 FEBRUARY

Out in the Park

Out in the Park returns for its 32nd year! Famous for its free entertainment, with talented local performers, including drag kings and queens, singers, dancers, and comedians, and is celebrated for its community atmosphere. With a range of entertainment, stallholders, community groups, and goodies, there will be plenty to see and do. It is a great chance to celebrate the diversity of our capital with family and friends, and everyone is welcome!

Out in the Park marks the beginning of the two-week-long Wellington Pride Festival, Tū Whakahihī e Te Whanganui-ā-Tara, celebrating the LGBTTIQ+ community in Wellington.

When: Saturday, 24 Feb, 11am–4pm

Where: Waitangi Park, 107 Cable Street, Wellington

Restrictions: All Ages

Cost: Admission Free

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

>28 FEBRUARY–4 MARCH

Bless The Child (Part of New Zealand Festival 2018)

A child has died and Sharda, mother of the child, is held guilty until proven otherwise.

A power-hungry lawyer, Khan Te Ahi Richards, is reluctantly dragged into the case to defend the mother as the whānau close ranks. Rumbling from beneath is Rūaumoko, god of earthquakes and unborn children.

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Now the mother, the lawyer, and the wayward ones are all in search of an answer – who took the life of baby Ara?

Challenging and thought-provoking, *Bless the Child* is a story of life and death, good versus evil. In an unflinching look at our society through a Māori lens, it uncovers the truth of our shared humanity – to protect the child. Written by Hone Kouka. Directed by Mīria George. Contains nudity, strong language, and violence.

When: Wednesday, 28 February–Sunday, 4 March (call for show times)

Where: Hannah Playhouse, 12 Cambridge Terrace, Te Aro, Wellington

Restrictions: All Ages

Ticket Information:

Adult A Reserve: \$49

Adult B Reserve: \$39

To buy tickets: Phone 0800 120 071 (Additional fees may apply)

Website: <https://www.festival.co.nz/2018/events/bless-child-schoolfest/>

MARCH

>3 MARCH

Barefaced Stories (Part of New Zealand Festival 2018)

Australia's most popular live storytelling series, *Barefaced Stories*, lands in New Zealand for one massive Festival Club night.

Minute by riveting minute, hear real people reveal real stories. From comedians to bus drivers, accountants to pro-wrestlers, each person takes to the stage armed only with a true-life tale – some humorous, some sad, some downright perverse!

Hosted by co-creator, comedian, and ABC Radio public broadcaster Andrea Gibbs, this one-off Festival edition features special guest artists, solo raconteurs, and interesting Wellingtonians with a tale to tell. Under 18s must be accompanied by a parent or legal guardian.

When: Saturday, 3 March, 8pm–10pm

Where: Odilins Plaza, 21 Cable Street, Wellington

Restrictions: Under 18s must be accompanied by a parent or legal guardian.

Ticket Information:

Adult (seated): \$39

To Buy Tickets: Phone 0800 120 071 (Additional fees may apply)

Website: <https://www.festival.co.nz/2018/events/barefaced-stories/>

>SUNDAY, 4 March

Newtown Festival Street Fair Day

New Zealand's largest free music festival and street fair. Enjoy fantastic performance, delicious food, and wonderful crafts in the heart of Newtown.

On Newtown Festival day, 2 kilometers of central Newtown's streets are closed to become a performance-based street fair with more than 420 stalls and live music from 12 stages and sound-systems. Join us at this free day-long celebration for all the family.

When: Sunday, 4 March, 9:30am–5pm

Where: Newtown: Riddiford Street, Constable Street, Rintoul Street, Wellington

Restrictions: All Ages

Admission: Free

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

>TUESDAY, 6 MARCH

Te Ao Hou - This New World (Part of New Zealand Festival 2018)

At the heart of *Te Ao Hou - This New World* are the stone, wood, shell, and bone of taonga pūoro (traditional Māori instruments). Born of the earth and water, these instruments produce sounds unique to Aotearoa. Conjuring a realm of light and dreams is Rob Thorne, a master of taonga pūoro, performing the world premiere of his *Tomokanga* with the New Zealand String Quartet.

Music by New Zealand composers Gillian Whitehead, Gareth Farr, and Salina Fisher further ignites the synergies between taonga pūoro and Western string instruments. A pre-show touch tour for people who are blind or partially sighted will take place at 5pm.

When: Tuesday, 6 March, 6pm–7:15pm

Where: St Mary of the Angels, 17 Boulcott Street, Te Aro, Wellington

Restrictions: All Ages

Ticket Information:

Adult A Reserve: \$49

To Buy Tickets: Phone 0800 120 071 (Additional fees may apply)

Website: <https://www.festival.co.nz/2018/events/te-ao-hou-new-world/>

Check out what your community has to offer!

>WEDNESDAY, 7 MARCH–SUNDAY, 11 MARCH

Wild Dogs Under My Skirt (Part of New Zealand Festival 2018)

Samoan New Zealander Tusiata Avia's poetry becomes a fearless and enchanting piece of theatre under the direction of Anapela Polataivao and a cast of six powerful Pasefika actresses.

Through her vivid, compelling, and at times hilarious characters, Avia paints a deeply personal view of Pacific Island life and its sometimes uneasy collisions with the Kiwi way. Post-Show Artist Talk: Saturday, 10 March, 1:30pm, Hannah Playhouse auditorium. The performance and talk on Saturday, 10 March at 1:30pm will be New Zealand Sign Language interpreted.

When: Wednesday, 7 March–Sunday, 11 March (call for times)

Where: Hannah Playhouse, 12 Cambridge Terrace, Te Aro, Wellington

Restrictions: All Ages

Ticket Information:

Adult A Reserve: \$49

Adult B Reserve: \$39

To Buy Tickets: Phone 0800 120 071 (Additional fees may apply)

Website: <https://www.festival.co.nz/2018/events/wild-dogs-under-my-skirt-schoolfest/>

>THURSDAY, 8 MARCH

Writers & Readers: Women Changing the World (Part of New Zealand Festival 2018)

We kick off 2018 Writers & Readers on International Women's Day with a celebration of women, their words, and their power to change – marking 125 years of New Zealand suffrage. Come and hear from New Zealand Poet Laureate Selina Tusitala Marsh, broadcaster Kim Hill, novelist Charlotte Wood, free-range celebrity cook Annabel Langbein, and others.

When: Thursday, 8 March, 7pm–8:30pm

Where: Michael Fowler Centre, 111 Wakefield Street, Wellington

Restrictions: All Ages

Ticket Information:

Adult: \$49.00

To Buy Tickets: Phone 0800 120 071 (Additional fees may apply)

Website: <https://www.festival.co.nz/2018/events/opening-night-women-changing-world/>

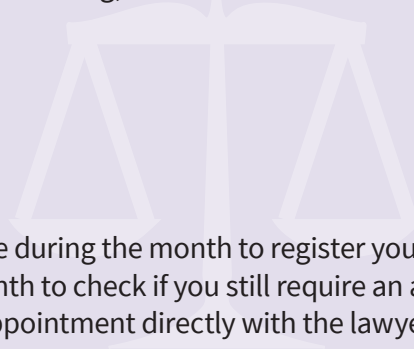
Free Legal Advice

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

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

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

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



When:

First week of the month

How to book:

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

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

Where:

Thomas Dewar Sziranyi Letts
Level 2, Corner of Queens Drive and Margaret Street, Lower Hutt

Whakatauki

Ki te kotahi te kakaho ka whati, Ki te kapuia e kore e whati.
Alone we can be broken. Standing together, we are invincible.

He tina ki runga, he tāmōre ki raro.
In order to flourish above, one must be firmly rooted below.

He ora te whakapiri, he mate te whakatakariri.
There is strength in unity, defeat in anger/division.

Mā te tuakana te teina e tōtika, Mā te teina te tuakana e tōtika.
The older will lead the younger and the younger will lead the older.

Kāore te kūmara e kōrero mō tōna reka.
The kūmara does not speak of its own sweetness.

He iti te mokoroa nāna te kahikatea i kakati.
Even the small can make a big impact on the big.

Toku reo, toku ohooho.
My language, My awakening.

Source: Tikanga Māori (<https://hail.to/breens-intermediate/publication/LBfnG29/article/IMf6Rbl>)

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 920 1009 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 on 920 1009 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; you can just turn up

Creche: Creche is provided for pre-school children only without extra charge only on Friday morning. If you want to bring your children please turn up earlier, with time to settle your children in and bring some food for their morning tea. Please make enquiries about babies because they need a lot of attention and we only have one creche worker.

Tuesday evenings in 2018

Jan. 23	Respecting self and others
Jan. 30	Striving for pure motives
Feb. 13	Putting yourself in neutral
Feb. 20	Having the courage to be imperfect
Feb. 27	Developing courage
March 6	Willpower
March 13	Anger as a strength
March 20	Developing self knowledge
March 27	Self love
April 3	Acknowledging self
April 10	Enhancing self in terms of awareness
April 17	Acceptance and use of strengths
April 24	Positive thought and talk
May 1	Messages about self
May 8	Accepting responsibility for self
May 15	Coming to grips with feelings
May 29	Talking about ourselves
June 5	Beliefs about self
June 12	Expressing pride in self
June 19	Letting go of the past

Friday mornings in 2018

Jan. 26	Developing self knowledge
Feb. 2	Self love
Feb. 9	Acknowledging self
Feb. 16	Enhancing self in terms of awareness
Feb. 23	Acceptance and use of strengths
March 2	Positive thought and talk
March 9	Messages about self
March 16	Accepting responsibility for self
March 23	Coming to grips with feelings
April 6	Talking about ourselves
April 13	Beliefs about self
April 20	Expressing pride in self
April 27	Letting go of the past
May 4	Respecting self and other
May 11	Striving for pure motives
May 18	Putting yourself in neutral
May 25	Having the courage to be perfect
June 1	Developing courage
June 8	Willpower
June 15	Anger as a strength



Alcohol and Drug Wellbeing Group for Women

If you've experienced difficulties in the past or present with alcohol and drug misuse, and would like some support, then this group's for you. This group's aim 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. This is a weekly support group for women who want ongoing support with drug and alcohol misuse. This weekly open group is available to all women.

"If you want something different you need to do something different."

"To understand a woman you must understand where she comes from."

Day: Friday afternoons every week (meeting dates for 2018 begin Friday, 16 January 2018)

Time: 1-2:30pm **Cost and Enrolment:** No charge. You do not need to book; you can just turn up.

Facilitator: Janet Matehe is a DAPAANZ Registered Alcohol and Drug Practitioner and Generic Counsellor. She 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.

Support Group Who Have Experienced Rape or Sexual Abuse

A monthly three-hour support group for women who have experienced childhood sexual abuse, sexual abuse, or rape 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." – Dr. Kim McGregor in *Surviving and Moving On*

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

Healing is not only possible but essential.

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

Day: The first Sunday of every month

2018 Dates:

Sunday, 4 February

Sunday, 4 March

Sunday, 1 April

Sunday, 6 May

Sunday, 3 June

Sunday, 1 July

Sunday, 5 August

Sunday, 2 September

Sunday, 7 October

Sunday, 4 November

Sunday, 2 December

Time: 1-4pm

Booking: Enrolment not necessary; you can just turn up

Facilitator: Ally Andersun

If you're interested, please phone or come along

Enquiries: Ally Andersun or Stephanie Brockman; phone 920 1009

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 January – June 2018

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

Painting Workshops

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

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

Dates for 2018 (all workshops are on Saturdays):

Workshop 1: 17 March
Workshop 2: 19 May
Workshop 3: 28 July
Workshop 4: 15 September
Workshop 5: 17 November

Time: 10am–4pm

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

Enrolment: Enrol by payment or deposit to Lower Hutt Women's Centre. Phone 920 1009 for deposit details.

Facilitator: Linda Wood

Please bring a contribution for shared lunch



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. When problems arise around how to deal with conflict, or times when you want to speak up about a problem – people haven't learned constructive or helpful ways of dealing with these issues.

This course will be an opportunity to explore the use and misuse of anger, and explore ways to express anger in constructive ways.

Course Duration: A six-week course beginning 28 February 2018

Time: 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

Continued-Recovery Group

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. We meet monthly to celebrate our successes, discuss challenges/on-going issues in our recovery, and gain support from others with their own experiences of both illness and recovery.

We meet at the Lower Hutt Women's Centre at 186 Knights Road, Waterloo. Lower Hutt. The Centre is a safe and welcoming women's-only space a few minutes' walk from the Waterloo train station.

Please note: To ensure everyone's safety and wellbeing we do require participants to be committed to their own recovery. If you're unsure if Continued Recovery is right for you, or if you have any questions, please don't hesitate to contact us.

The venue for this workshop is the Women's Centre, but is an independently-organised support group.

Meeting time: 6–7:30pm

Dates for 2018:

Monday, 12 February

Monday, 12 March

Monday, 9 April

Monday, 14 May

Monday, 11 June

Monday, 9 July

Monday, 13 August

Monday, 10 September

Monday, 8 October

Monday, 12 November

Monday, 10 December

Facilitator: Kimberley Bignall

Cost: No cost

Enrolment: Enrolment not necessary; just turn up

Phone: Reach Kimberley on (027) 327 4466

Email: kimberley@bignell.co.nz

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



Part One and Two Workshops Available

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

Facilitator: Ally Andersun

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

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

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

Part One: Friday, 9 March; Saturday, 10 March; and Sunday, 11 March 2018

Please note: There is one place available for this workshop

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

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

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

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

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



Here's to strong women.

May we know them.

May we be them.

May we raise them.

Unknown

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

Please note: Minimum of six participants and 10 maximum.



Dates: 6 weeks beginning 1 March 2018

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 920 1009 for deposit details.

Facilitator: Julie Smart

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>

Meditation for Women



Using meditation and mindfulness to find relaxation and peace wherever you are.

Meditation is a simple technique for relaxing and refreshing the mind and body. It empowers us to establish groundedness and peace amidst change and the difficulties of life. Research shows meditation can bring relief for many ailments like stress, pain, anxiety, and depression. It can also help us to develop mindfulness, which supports us to live fuller, more vibrant lives. Ruth tailors the course to the needs and aspirations of the women who attend, but a primary focus will be to discovering and strengthening a feeling of home within ourselves.

During the six weeks you will also:

- learn some basic meditation techniques
- explore ways to manage our thoughts and feelings (instead of letting them manage us)
- discuss ways of living more easefully and more mindfully
- explore some basic Buddhist principles that support meditation.

The course will include meditation practice, art work, gentle body movements, discussion, and sharing. It is suitable for those new to meditation and those looking to revitalise their practice.

6 minimum for course to commence.

Facilitator bio: Ruth Pink has worked as a writer, counsellor and a celebrant, and has been meditating and studying meditation for more than 23 years. A stressful job brought her to meditation and a serious illness helped her really practice it. Ruth has completed a number of long silent meditation retreats, and has studied with the Venerable Tarchin Hearn, the Venerable Namgyal Rinpoche, and many other teachers whose wisdom has enriched her life. Ruth weaves together teachings from the Buddha and other spiritual traditions with art, science, and poetry. While seeking to inspire others to change their lives and change their minds, she is also open-hearted, and down to earth.

Dates:

Six weeks beginning
Thursday, 5 April 2018

Time: 7–9pm

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

Enrolment:

Enrol by payment or
deposit to Lower Hutt
Women's Centre

Facilitator: Ruth Pink

My Mother My Self



This workshop will look at issues to do with our relationship to our mother; and includes looking at what stops us from living our own authentic lives, and how our relationship with our mother influences how we are today.

No relationship is quite as primal as the one between a mother and a daughter. "It's the original relationship, and it's also a relationship that has been sentimentalised but not honoured." – Lee Sharkey

"When I stopped seeing my mother through the eyes of a child I saw the woman who helped me give birth to myself." – Nancy Friday

Friday evening and two-day weekend course. Five minimum for course to commence and 10 maximum enrolments.

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

Dates: Weekend Course: 6 April,
7 April, 8 April

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

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

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

Facilitator: Ally Andersun

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.



Assertiveness for Women



Assertiveness is the ability to express yourself and your rights without violating the rights of others.

It is appropriately direct, open, and honest communication that is self-enhancing and expressive. Acting assertively will give you the opportunity to feel self-confident and will generally gain you the respect of yourself and your peers and friends.

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



Course Duration: Six weeks beginning Wednesday, 18 April 2018

Times: 7–9 pm

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

Enrolment: Enrol by payment or deposit to Lower Hutt Women's Centre. Phone 920 1009 for deposit details.

Facilitator: Stephanie Brockman

Self Esteem for Teens



A six-week self-esteem course for girls aged 13 to 17 years.

Do you want:

- to learn more about yourself
- to have fun?
- to be more confident?
- to grow in self respect
- to grow in self worth?
- to grow in self esteem?
- to accept yourself as you are?
- to develop an understanding and respect of yourself and others?

We're all different.

Who are, what we like and don't like, our cultures, and our backgrounds. There is no one else quite like you.

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

This is your world. Honour it as your own and enjoy its gifts.

Course Duration: An eight-week self-esteem course for girls aged 13–17 years, beginning Thursday, 10 May 2018

Times: 4–6pm

Cost: \$20
Phone to register interest

Enrolment: Enrol by payment or deposit to Lower Hutt Women's Centre. Phone 920 1009 for deposit details.

Facilitators: Stephanie Brockman and Amber White

Self Development for Women Using Action Methods



Facilitator: Ally Andersun

Course Duration: Friday evening (8 June 2018); Saturday (9 June 2018); and Sunday (10 June 2018)

Time: Friday 7–9:30pm; Saturday, 10–5pm; and Sunday 10–4:30pm/5pm

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.

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

Peggy Link's Heart and Care for Animals

Peggy Link's passion for animals shines through as she talks about her work.

She is a lecturer in Animal Welfare at Auckland's Unitec and coordinates the Certificate in Animal Welfare Investigations. This certificate is required for anyone who wishes to be an SPCA Animal Welfare Inspector and is the only tertiary course in this field in Aotearoa.

Originally from Indiana, Peggy trained and worked as a teacher, working with children from Kindergarten to 12th grade (New Zealand's Year 1 to Year 13). Then she was a neonatal nurse working in Intensive Care in the US, and after a move to Auckland to be with her Kiwi partner (she's been a citizen since 2005), working at National Women's for 11 years.

Peggy "thought about my passion for animals" when considering a change from nursing, and retrained at Unitec, on the one-year course she now teaches, and worked as an Animal Welfare Inspector. She also started a Master of Veterinary Forensics (distance study) with the University of Florida, graduating earlier this year – the only person in Aotearoa with this qualification. Peggy now also operates a consultancy in veterinary forensics.

Forensics involves applying science to questions of law; in this case, law around animal welfare. The RNZSPCA focuses on neglect or cruelty. Other professionals are involved: veterinarians, who, surprisingly, don't get training in how to examine and write reports on cruelty and ne-

glect, and lawyers working on animal welfare matters.

Police are involved as animal welfare inspectors. Although they do not take many prosecutions, they may add in an animal welfare charge as part of a drug bust, for example. It is generally the police who see how animal welfare matters are associated with domestic violence.

Being an Animal Welfare Inspector is physically, mentally, and emotionally demanding. People often work independently; it's just as likely to be rural as city-based work, and they constantly face evidence and worry about mistreatment and neglect.

There's also a strong link with nursing work. "They are both high stress," says Peggy, "and you're often working with vulnerable people, families in crisis, a range of cultures cultures."

The Health and Safety at Work Act's implementation changed how Animal Welfare Inspectors' work is arranged. There's more awareness of the risks inspectors may face when working alone: situations where people don't want them there, where drugs and alcohol,

mental health issues affect the parties. Most night-time call-outs have stopped, although workers respond to owners needing help to rescue their animal.

Drawing on her experiences and academic expertise, Peggy is rewriting her course to address more interpersonal skill requirements. This year they started with about 30 students, and are expecting around 45 in 2018.

Article Source: <https://lesbiannewsotearoa.wordpress.com/news/whiringa-a-nuku-october-2017/>



Photo Source: Lesbian News Aotearoa (October 2017)
Peggy (right) with Alison and Beatrice.

New Female MPs in Parliament

After the recent election 38% of our MPs are female, up from only 34% before the election.

Below is a list of the female MPs entering Parliament for the first time:

GREENS



Golriz Ghahraman is an Iranian-Kiwi refugee. Her studies at Oxford, and work as a lawyer for the United Nations and in New Zealand, have focused on enforcing human rights and holding governments to account. Golriz has longstanding involvement in refugee and migrant rights activism, and is a prominent member of the Iranian community.



Chloe Swarbrick is 23 and in 2016 ran a high-profile but unsuccessful bid for the Auckland mayoralty. She is the youngest MP to enter Parliament since Marilyn Waring in 1975. She met with Marilyn during the election campaign. Chloe has a law degree and in 2016 she and her partner and a friend opened a small art gallery and coffee shop.

LABOUR



Kiritapu Allan is of Ngāti Ranginui and Ngāti Tūwharetoa descent and worked as an intern for former Prime Minister Helen Clark while at university. Kiri was a commercial lawyer and business consultant, focusing on primary industries as the key to regional development. She was on the board of 350.org and was an executive member of a national kiwifruit growers' association.

Continued on next page

LABOUR *continued*

Ginny Andersen contested the Hutt South electorate and entered Parliament on the list. She has worked for the Police, in the Justice sector and at Parliament, including on plans for reducing harms associated with gangs, organised crime and methamphetamine.

Dr Liz Craig lives in Invercargill and has monitored the health of children and young people as a public health doctor for the past decade. She is critical of DHB underfunding and an advocate for improving state housing availability and quality.

Anahila Kanongata'a-Suisuiki was the Lead Advisor-Care and Tamariki Advocate-Service Design at the Ministry for Vulnerable Children, Oranga Tamariki before entering Parliament. She is a Tongan New Zealander from Hofoa, Niua and Kolowai of Tonga and is married with four children and six grandchildren. She says "Take the phrase 'I don't have the time' out of your life."

Marja Lubeck arrived in Aotearoa in 1989 and is of Dutch, Indonesian and Chinese heritage. She served four terms as president of the Flight Attendant and Related Services Association and was a board member of E tū.



Willow-Jean Prime gave birth to her second child, Heeni, at the start of the campaign and her mother is travelling with her to Parliament to help care for Heeni while Willow-Jean works as an MP. Her priorities for Northland are housing, health, education, growth and environmental responsibility.

Jo-Anne Luxton contested the Rangitata electorate and entered Parliament on the list. She owns and operates the Hinds Early Learning Centre, the first such business in New Zealand to be an accredited Living Wage Employer. She is the great-niece of former Labour Prime Minister Norman Kirk.



Priyanka Radhakrishnan has a Master's degree in Development Studies and worked as a social worker in the Indian community in Auckland. She worked in Auckland Mayor Phil Goff's office when he was an MP.

Deborah Russell ran her own small consulting company and worked as a university lecturer in Aotearoa and in Australia. Her doctoral thesis was on multiculturalism and she is a tax expert and the mother of three teenage daughters.

Jan Tinetti was the principal of Tauranga's only Decile 1 school and has been an advocate nationally for equal educational opportunities. She is passionate about warm, dry, affordable homes, free education and dignity at work.

Angie Warren-Clark has many years' experience working in government, and was the manager of Tauranga Women's Refuge. She was admitted to the Bar in 1998 as a barrister and solicitor of the High Court of New Zealand and also holds a degree in Social Sciences.

NATIONAL



Harete Hipango was the first Māori woman chosen by National to contest a seat it held. She stood in Whanganui but entered Parliament on the list. Harete practised as a lawyer for over 25 years and was a member of the Whanganui DHB and Māori-Land/Farms Incorporation Board.

Denise Lee was an Auckland Councillor representing the Maungakiekie-Tamaki ward and won the Maungakiekie seat for National. Politics is in her blood as her father, Graeme Lee, served as the Hauraki MP for 15 years and was a Cabinet Minister under former Prime Minister Jim Bolger.

Erica Stanford won the East Coast Bays seat vacated by long-serving MP Murray McCully. She has lived in the electorate for 35 years and has two daughters. She was the producer of reality television show Noise Control.

NEW ZEALAND FIRST



Jenny Marcroft was a newsreader and worked in broadcasting for over 30 years before entering Parliament. She is one of only two female MPs in New Zealand First's caucus. ■

Article credit: Auckland Women's Centre Quarterly Newsletter (Spring 2017)

Treaty of Waitangi:

Questions and Answers

Why was the British intention to gain sovereignty not explained at Treaty signings?

The missionaries and William Hobson concentrated on the protection and guarantees being offered.

When discussing setting up British authority, they spoke of it in relation to the Pākehā lawlessness in the country. The governor would be empowered to govern Pākehā and insist on their obeying British law while on their own properties and Māori law while on Māori land.

The impact of British colonial intentions was softened by putting the Treaty into the context of the Queen wishing to establish a personal relationship with the Māori people.

Some bilingual Pākehā settlers tried to point out the differences in understandings and intentions. Some rangatira refused to sign as a result of this, and their knowledge of the effects of European colonisation on other indigenous peoples.

Others, like Te Whero Whero of Tainui and Te Heuheu of Tūwharetoa, did not sign Te Tiriti because they judged the 1835 Declaration to be sufficient.

The missionaries had a sense of urgency by late on 5 February, as Hobson had failed to supply enough food for the people gathered at Waitangi and they knew many Māori were about to leave. As a result, Hobson was called to shore early on 6 February to complete the process a day earlier than planned.

On the day leading up to the signing, much discussion



had taken place about the retention of land and the continuation of Māori authority and status. These issues were of utmost concern to rangatira as many of them had already had difficulties with Pākehā over land. Te Tiriti o Waitangi clearly spelt out that Māori authority was not only confirmed, but would also be further

enhanced by the Crown.

However Hobson, who did not understand the Māori language, wrongly chose to presume sovereignty had been ceded.

A 1999 United Nations study found that indigenous peoples signing treaties with European countries viewed them as treaties of peace and friendship, designed to organise peaceful coexistence in their territories.

He made a unilateral proclamation of sovereignty over the North Island (Te Ika a Māui) on 21 May 1840, on the grounds of the cession of sovereignty as stated in Article I of the Crown's English-language version. He claimed sovereignty over the South Island (Te Wai Pounamu) by reason of "discovery."

Major Thomas Bunbury, who had been appointed to gather Treaty signatures in the south, also made two proclamations of sovereignty: one on 5 June 1840 at Stewart Island (Rakiura), which was claimed on the grounds of Cook's "discovery," and the second on 17 June 1840 over the South Island, after the signing of the Treaty by some South Island rangatira.

It is interesting to note a 1999 United Nations study which pointed out that, in general, indigenous peoples signing treaties with European countries viewed them above all as treaties of peace and friendship, designed to organise peaceful coexistence in their territories.

Where was Te Tiriti O Waitangi signed?

On 6 February 1840, Te Tiriti o Waitangi was signed at Waitangi by about 43 rangatira. Copies were then taken around the country and just over 500 signatures were gathered at different places around the country.

An English-language text was signed by 39 rangatira in Waikato and the Manukau, but on the basis of explanations in Māori.

Some chose not to sign the Treaty and some were not approached about signing. Some, like Te Heuheu of Ngāti Tūwharetoa, had already signed the Declaration of Independence and saw no need for a further treaty arrangement with the British.

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



Photo Source: 'Signing of the Treaty of Waitangi', URL: <https://nzhistory.govt.nz/media/photo/the-signing-of-the-treaty>, (Ministry for Culture and Heritage), updated 18-Aug-2014

Modern reconstruction, showing Tāmāti Wāka Nene signing the Treaty in front of James Busby, Captain William Hobson and other British officials, and witnesses. Some Māori signatories are assembled on the left.

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 March 2018.

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 (Westpac)

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!