

Cronecle

Newsletter of the Lower Hutt Women's Centre

Vol. 26 | No. 1 | Poutu-te-Rangi 2018



Viewpoint

By Stephanie Brockman, LHWC Manager

A few months ago, I got scammed. I got caught in a scam that convinced me I had won \$250,000.

The reason I am writing about it is even though it was a really horrible experience and I didn't end up losing any money—I am glad I experienced it just so I know now to a small extent anyway how it is to be caught in a scam. It is really easy to wonder how people get caught in scams smuggling drugs, handing over tens of thousands and more dollars—how does that happen? I do have a sense of that now.

The trickery of being scammed

Scamming isn't a new thing. It's been around probably forever. When people make television programmes about scammers, the audience is always on the scammer's side; they are seen as the professional cool people. But when you are the scammed, it is a really horrible experience, so disappointing, depleting, and confusing.

When I was scammed I really thought I had the won the money, and fell into that trap of completely knowing what I was going to do with it. I knew people who needed money who I can help, I could put some away for my retirement, I could employ someone to help me do up my bathroom.

The scammers use amazing psychological tricks. How did I get so into it so quickly and falling so completely into the whole thing? I'm not sure what tricks they used. The scam was pretty sophisticated, and I found out by accident by reading something online about this sophisticated scam—and realised I was caught in that.

Lucky it was early days, but I had handed over my signature and full name; fortunately, no bank



account details. I'm not even sure how the scam would have happened, or how they would have got money out of me. I was taken in, so maybe I would have handed over my credit card, I don't know.

The thing that sticks with me so much is the disappointment that it wasn't true. For days after, I kept thinking it must be true, and then it would rumble through my head—it was a scam. Psychologically inside my head it was so confusing.

The more I told people the more I could let it go, but strangely even now a few months later it still drifts into my mind that I had won the money, and then I remember it was a scam. I keep getting waves of grief.

I was in it for a short time, a few days really. How must it be for people caught in romantic traps of months? I was lucky and got out, but I can really see how strong that psychological trap is.

I don't even understand what tricks they used, but there is something in it all that took me in. The only things I am conscious of is the secrecy, the secrecy of winning, the relationship between the scammer and me, some lovely supportive and congratulatory phone calls, and the embarrassment of telling people. The more I tell how I

Continued on next page

In this issue...

- 2 Poem
- 4 Community Events
- 5 Hakihea
- 7 Whakatauki
- 8 Ongoing Events Schedule & Info
- 11 Workshop Topics & Info
- 17 Inspirational Women
- 18 Activism/Women's Studies
- 19 Treaty of Waitangi
- 20 Join Us

Women's Centre opening hours

Wednesday to Thursday 10am–5pm

Friday 9am–3pm

Opening hours

Monday 10am–2pm

Tuesday 10am–2pm

Wednesday 9:30am–3:30pm

Thursday 9:30am–3:30pm

Friday 9am–3:30pm

Contact us

186 Knights Road, Waterloo

Lower Hutt 5011

Phone: (04) 920 1009

Email: info@lhwc.org.nz

Web: www.lhwc.org.nz

The Trickery of Scammers

Continued from previous page

got scammed the better it feels.

As part of the scam I had three conversations on the phone with someone. Twice the number was blocked, so I couldn't see where it had come from, but the first time it wasn't blocked. I didn't know that until after I realised it was a scam and went back to check the numbers. It was a number from Ghana—not Nigeria—but close enough.

As I write this I have to laugh at how it was just a typical scam, and I am pretty shrewed with things like this and I got done in. I was lucky not to lose any money. And how could I win a competition that I didn't buy a ticket for? Exploitation of human vulnerability. I would still rather be open to that then closed down with fear.

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'

Taking care can help you avoid scams. If you think you've been scammed, report it straight away.

There are many ways people try to scam you out of your money. Scams might be online (through email, the Internet, and social media) or the scammers might come to your door or contact you by mail, phone, or text.

Common scams include:

- **Phishing:** an email or text that tries to trick you into providing your personal details
- **Computer virus scams:** where you get a phone call saying your computer has been infected with a virus, which the caller can fix, as long as you give them your credit card details and remote access to your computer
- **Investment scams:** you're offered the chance of high returns for very little risk
- **Inheritance or lottery and competition scams:** where you're told you've inherited or won money, but you need to pay a fee or taxes before you can get your winnings
- **Online dating scams:** where a person you've only met online and have become romantically attached to starts asking for money or wants your personal details
- **Door-to-door scams:** where someone knocks on your door and offers to do a job for you for an upfront fee, and then does it badly or not at all
- **Phone scams:** someone calls pretending to be from a government department or a well-known company, and asks for your personal information/identity theft. People try to get your personal details and passwords so they can use them to steal money or set up fake identities.

Protect yourself from scams

Putting a few security measures in place can help to protect you from scammers.

On your phone and computer: use different, hard to guess passwords, such as a mix of numbers, letters, upper and lower case. put a PIN on your phone. Don't reply to unsolicited emails or texts, or click on links in them. Use security software on your computer and keep it up-to-date. Don't open spam emails—report them to complaint@spam.govt.nz and then delete them. hang up on cold callers offering investment opportunities.

Help to keep your money safe by: never share the PIN for your bank cards, even with someone you trust. Don't click links or open attachments in unexpected emails, even if they look like they're from your bank.

Get independent advice from a registered financial service provider before investing your money. Contact the Financial Service Providers Register:

Find out about current scams:

If you think you've been scammed

If you think or know that you've been scammed, report it to your bank and to NetSafe's scam reporting website, the Orb. Report a scam: Or, you can freephone: 0508 638 723 (NZ only)

NetSafe will get back to you with advice and may also pass your report to another agency, such as the police or Consumer Protection.

Information for this article is from Consumer NZ's website:

Poem

He Tells Her

He tells her that the earth is flat —

He knows the facts, and that is that.

In altercations fierce and long

She tries her best to prove him wrong.

But he has learned to argue well.

He calls her arguments unsound

And often asks her not to yell.

She cannot win. He stands his ground.

The planet goes on being round.

I love it.

From *Differences of Opinion* by Wendy Cope

A true national treasure and one of Britain's most accessible and beloved poets, Wendy Cope's poetry is perhaps best known for its humour. There is, however, a feminist element to her poetry and a political engagement that often goes unrecognised.

Peer Support Volunteer invitation

BUDDIES
Peer Support Service



Becoming a Buddy can lead to many different things.

For some it has been a pathway into paid employment, for others, an opportunity to strengthen their own recovery and build confidence, all while making a positive difference in others' lives.



"We understand because we've been there..."

Use your experience of mental distress to support others in their journey of recovery

Do you have a spare 2 hours once a fortnight?

Would you like to make a real difference in the lives of others who are currently experiencing mental distress?

We are looking for new Buddies to join our amazing team of dedicated, trained peer support volunteers who offer peer support to people at the mental health recovery unit of Hutt Hospital, Te Whare Āhuru.

Buddies have their own lived experience of mental distress or addiction and are well-established in their own recovery. Buddies build relationships that uphold the values of:

self-determination, choice, shared experience, mutual help and recovery.

For more information or an application pack, please email huttbuddies@kites.org.nz or contact us by phone 04 384 3303 or txt 0204 1201562



Community Events

MARCH

New Zealand Fringe Festival 2018

For the last 28 years, New Zealand's Fringe Festival has played host to a bevy of fresh, up and coming talents and provided a playground for established artists, not only from New Zealand, but around the World, to perform exciting new works from all mediums including Theatre, Music and Visual Arts.

When: Friday, 2 March – Saturday, 24 March

Where: Wellington Waterfront, Wellington

When: At noon on all days

Restrictions: All Ages

Ticket Information: Buy tickets (04) 212 4725

Website: NZ Fringe Festival

Tickets for all shows are now available on line at www.fringe.co.nz



Stories of Chinese New Zealanders Radio Programme

The "Stories of Chinese New Zealanders" is a series of interviews with descendants of Chinese people living in Aotearoa New Zealand. The programme looks at the history of their hard work, their settlement and development, integration into New Zealand society, and dedication to contribute and actively promote Chinese culture.

The programme also introduces first generation Chinese New Zealanders' experiences in studying, working and living in Aotearoa New Zealand.

The programme explores the stories of 15 people, all residing in the Wellington region. The programme will be launched on air Friday 9 February at 9-10pm and each interview will be repeated the following week. The programme is in English. Interviewees are descendants of Chinese New Zealanders and first-generation Chinese New Zealanders.

Supported by the Chinese Poll Tax Heritage Trust and the Wellington City Council. Wellington Access Radio supports and hosts the programme. If you have any comments about this programme, please send your feedback to the email address: Chinesestoriesnz@gmail.com.

When: 9 February–31 August from 9–10pm

Where: Listen to the programme at Wellington Access Radio 106.1FM, or online: <http://www.accessradio.org.nz/>

[stories-of-chinese-new-zealanders.html](#)

APRIL

Take Control of Your Health

Do you live with or care for someone who has a long-term health condition? For example, diabetes, heart condition, stroke, high blood pressure, arthritis, asthma, chronic pain, anxiety or depression? Does it affect the way you sleep, feel, exercise, and generally enjoy life?

Would you like to learn some great self management techniques? Join our 7-week course free of charge. For more information or to register call Compass Health on 0508 697 626 or email smcourse@compasshealth.org.nz. If

these dates don't suit- put your name on a waiting list for a course in your area.

When: Tuesdays, 6 March–17 April, 12:30pm–3pm

Newtown Hall, Cnr of Daniell & Constable Sts, Wellington

Where: Newtown Hall, Corner of Daniell & Constable Streets, Wellington

Restrictions: All Ages

Admission: Free

Twinkle - Family Theatre Lower Hutt - April School Holidays

A simple and beautiful story about Twinkle, a small girl who wants to fly, to fly to the moon, to fly to other worlds. A lovely story about imagination, dreams, adventure and friendship.

Little Dog Barking is an international and national award winning children's puppet theatre company especially set up to create work for Primary and Early Childhood audiences established in 2010.

Twinkle is a brand-new original puppet play written by Peter Wilson and performed by our wonderful actors Kenny King and Amy Atkins. Free parking is available.

Age suitability: Ideally suitable for ages 2 years old to 7 years old (up to and including Year 2) **Duration:** approx 45 minutes

If you would like to make a booking, or have any further queries, please do not hesitate to contact us either to info@littledogbarking.co.nz or phone (021) 042 1851.

When: 19 April, 10–10:45am and 11:30am–12:15pm

Continued on next page

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Where: Little Theatre, 2 Queens Drive, Lower Hutt

Restrictions: All Ages

Ticket Information:

General Admission (under 2's are free): \$10.00

Buy Tickets: (021) 042 1851

Additional fees may apply

Website: Little Dog Barking Childrens Theatre

Waterloo School Big Sunday Lunch 2018

A day of fun, food and family! All welcome. There'll be a huge variety of food, live bands to entertain you, a huge cake stall and plenty of rides and activities. Stroll around garage sale place and the second hand children's clothes stall to pick up some bargains and good deals.

Come and see our local M.P. Chris Bishop judge the Chocolate Brownie and Cheese Scone bake offs, and join in the fun at Sports Alley where there is a "sport" to suit all ages and abilities.

When: Sunday, 8 April, 11am–2pm

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

Restrictions: All Ages

Admission: Free

Website: Big Sunday Lunch

MAY

Vital Kids Workshop Series: Immune Boosting for Winter

Are your children prone to catching colds in the winter months? Come along to the vital kids immune boosting for winter workshop to find out how you can help improve your child's immunity before the cold really sets in.

Sophie will talk about common childhood illnesses, the role of the immune system and how it works, dietary measures that can improve immunity, and how Homeopathy and other treatments may benefit your child's health.

Each participant will go into the draw to win a Metagenics Immunity pack valued at \$83.90, and be supplied with a Kombucha scoby to make your own immune-boosting kombucha at home! Workshop will be held in the staff room at Hampton Hill School. Use Rimu Street entrance. Refreshments available.

When: Tuesday, 29 May, 6:45–8:45pm

Where: Hampton Hill School, Rimu St, Tawa, Wellington

Restrictions: All Ages

Ticket Information: General Admission: \$10

Additional fees may apply

Phone Sales: 0800 BUY TIX (289 849)

Website: Trio Health

JUNE

The Premiere Season of the 2016 Adam Award Winner: Tan-Knee



September 2007. After 20 years on the international boxing circuit, Tū is coming home. And he's got plans involving his cousin Eunice, brother Pōtiki, and their childhood gym–Muhammad's.

Fourteen-year-olds Stevie and her comic-drawing best friend Chiefy aren't that

thrilled about the intrusion into their world of Tū and his big ideas. It's hoha. As hoha as the white vans parked up for days all over Tan-Knee and the undercurrent of unsettling activity rumoured to be driven by the Te Urewera Prophets aka the Tame-Itis. By Maraea Rakuraku. Director: Nathaniel Lees. Company: Native Agency Aotearoa. Accompanying exhibition opens 1 June at 6:30pm.

When: Preview 1 June; 2–16 June (call theatre for times)

Where: Circa One Theatre, 1 Taranaki Street, Wellington

Restrictions: All Ages

Ticket Information: Adult: \$52; Concession: \$42; Friends: \$38;

Under 25s: \$25

Buy Tickets: (04) 801 7992

Website: Circa Theatre

Get out there and see what your community has to offer!

Poutu-te-Rangi March 2018

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

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

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

Source: The Māori Oracle

Jenny's (computing) tips and tricks (8)

And here's my next tip, the eighth, for those who are thinking of buying something, or checking out whether you are getting the best deal from your insurance, power or internet provider.

Once you have decided what you want to price-check, rather than checking out shops or websites individually there are useful sites that enable you to find who is offering the best deal – either in a shop or online. These price comparison sites are search engines that allow you to search for products and see price lists in sorted order from multiple providers in one place.

Each site has been tried and tested by me, and has earned its place on my list of go-to sites.

As always, when purchasing online remember to stay safe. And watch for booking fees, postage costs, currency.

#8 Price comparison sites – find the best deal quickly and easily

1. General / shopping

- pricespy.co.nz
- mycompare.co.nz – broadband, flights, hotels, energy
- priceme.co.nz
- shopprice.co.nz
- shopbot.co.nz
- trademe.co.nz
- geekzone.co.nz
- gsmarena.com – mobile phone reviews, specifications and comparisons

2. Travel and hotels

Find deals by signing up for an email subscription and book online if travelling A->B or A->B->A. For more complex expeditions, I usually go to my favourite travel agent.

- | | | |
|--|--|--|
| • mixandmatch.co.nz – House of Travel | • hotels.com | • tripadvisor.co.nz |
| • flightcentre.co.nz | • expedia.co.nz | • kiwikarma.co.nz |
| • grabaseat.co.nz – Air NZ daily specials | • travelbug.co.nz | • trivago.co.nz |
| • lastminute.co.nz – no booking fees | • wotif.co.nz | • hotelscombined.co.nz |

3. Power / electricity

- powerswitch.co.nz – NZ Consumer comparisons
- whatsmynumber.org.nz – NZ government

4. Internet / broadband

- broadbandcompare.co.nz
- glimp.co.nz
- consumer.broadbandcompare.co.nz – NZ Consumer
- mycompare.co.nz/broadband

5. Insurance

- I usually go to NZ Consumer magazine, or consumer.org.nz for unbiased, up-to-date reviews.

Enjoy ☺

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

Me te mea ko Kōpū ka rere i te pae

(The beauty of a woman is) like Kōpū (Venus) rising above the horizon

He hono tangata e kore e motu; ka pa he taura waka e motu

Unlike a canoe rope, a human bond cannot be severed.

He taonga rongonui te aroha ki te tangata

Goodwill towards others is a precious treasure

Ko Hinemoa, ko ahau

I am just like Hinemoa; I'd risk all for love

Waiho i te toipoto, kaua i te toiroa

Let us keep close together not far apart

Ka nui taku aroha ki a koe

My love for you knows no bounds

Ahakoia he iti he pounamu

Although it is small it is a treasure

Source: Massey University Maori language resources and translations/pronunciation (<https://www.massey.ac.nz/massey/maori/resources/pronunciation/maori-proverbs.cfm>)

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

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

First Sunday of the month

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

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)
- use your phone - android and iphone
- use your tablet or ipad
- 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?
- upgrading or downloading apps

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

Day: Wednesdays

Tutor: Jenny Holdt

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

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

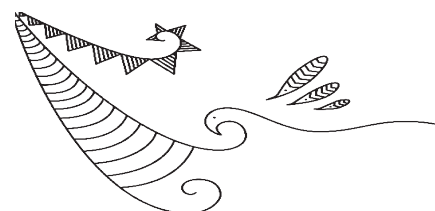
Creche: Creche is provided for pre-school children only without extra charge only on Friday morning. If you want to bring your children please turn up earlier, with time to settle your children in and bring some food for their morning tea. Please make enquiries about babies because they need a lot of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

Tuesday evenings in 2018

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
June 26	Respecting self and others
July 3	Striving for pure motives
July 10	Putting yourself in neutral

Friday mornings in 2018

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
June 22	Developing self knowledge
June 29	Self love
July 6	Acknowledging self in terms of awareness
July 13	Acceptance and use of strengths



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

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, 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 March – July 2018

Painting Workshops	p 11
Meditation for Women	p 11
My Mother My Self	p 11
Assertiveness for Women	p 13
Circle of Security Parenting Course	p 14
Self Esteem for Teens	p 15
Self Development for Women	p 16
Self Defence for Women	p 17



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

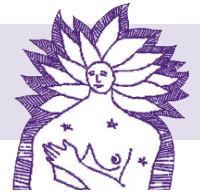
Enrolment: Enrol by payment or deposit to Lower Hutt Women's Centre. Phone 920 1009 for deposit details.

Facilitator: Linda Wood

Please bring a contribution for shared lunch



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, 19 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: Friday, Saturday and
Sunday: 6 April, 7 April, 8 April

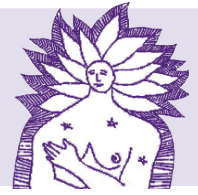
Times: Friday 7-9.30pm, Sat 10-5pm, Sun 10-4.30pm

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

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

Facilitator: Ally Andersun

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, 9 May 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

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 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

Circle of Security® Parenting™ Course

Facilitator: Kay Riddler

Dates: 8 Weeks beginning Thursday 3rd May with a break on 24th May and finishing 28th June.

Time: 10-12noon

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

Creche: Will be provided. Please let us know you will need this.

Phone to book a place and place confirmed on payment.

About the Course:

This course is for Mums with children aged up to 5 years old.

At times we all feel lost about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you.

Over the course of the eight sessions, the focus moves from discussing secure attachment and children's needs, to reflecting on self and developing new skills and resources for relating to your children. Video clips of parents and children are used to introduce you to attachment theory in an accessible manner – while enhancing observational skills, and engaging in reflective dialogue regarding your strengths and struggles in parenting.

“we spoke about filling her child's cup finding multiple times every day to snuggle her, cuddle her, talk with her, hold your arms open, make eye contact, delight in her, hug her, protect her. To consistently be available to her. Because in the filling of her child's cup, it just may be that her forever empty will also feel a little less lonely.” www.circleofsecurity.com

The no blame approach provides space for looking at barriers that you may experience in meeting your child's needs and to reflect on these in ways that will support conscious choices and the kind of parent you would like to be.

Rather than focusing on strategies for how to react to children's behavior – it teaches understanding and responding to the needs underlying the behavior. It emphasizes the importance for parents in maintaining a balance between being “wise and kind” – able to follow the child's need whenever possible and being “bigger and stronger” than the child – able to take charge when necessary.

The Circle of Security® Parenting™ programme is based on decades of research about how secure parent-child relationships can be supported and strengthened and offers a map for understanding your relationship with your children.

Facilitator Bio:

Kay is a certified Circle of Security® Parenting™ program facilitator and is a mellow parenting practitioner with over 15 years social work experience working with parents/families and individuals. She is a mother, grandmother and registered social worker. Kay is passionate about minimizing the blame and shame game while supporting parents to build strengths without ignoring their struggles.

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

Self Esteem for Teens



An eight-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.

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. Fully booked at present — you can register for the waiting list.

Self Defence for Women

Learn how to defend yourself with physical and mental skills. This workshop will include a mix of action, discussion, and practice. This course is suitable for Teens to Adult.

10 participants maximum.

Saturday, 26 May 2018

Time: 10am-3pm with a shared lunch

Cost: \$15 enrollment confirmed on payment

Enrolment:

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

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>

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.



Rupi Kaur: The Poet Every Woman Needs to Read

By Erin Spencer

Rupi Kaur's first book, *Milk and Honey*, is the poetry collection every woman needs on her nightstand or coffee table.

Accompanied by her own sketches, the beautifully honest poems read like the everyday, collective experiences of today's modern woman. She experiences love, loss, pain and healing in different chapters of her life. Sometimes she feels as though she has shattered in a million pieces, but eventually, she finds strength after picking up the pieces and ultimately survives.

Kaur's book is divided into four chapters that each address a different kind of struggle, culminating in a different kind of growth. I was fortunate enough to chat with the young writer about what got her to this very new and exciting chapter in her life as a published poetess.

For starters, can you tell me a little about yourself?

I write verses, prose, and poetry. I grew up reading everything I could get my hands on. I was moved by the ability of books to pull one out of their reality and into someone else's. I thought it was the most powerful thing....I want to put words to feelings we have trouble putting into words. Like the breath before the kiss, I want to make the mundane beautiful.

What would you say you draw inspiration from?

Moments. People's stories. Their experiences. And the way those experiences make them feel. The way people hurt. And how badly I want them to heal.

What is your writing process like?

I try to write everyday. But with school, travelling, and doing shows it's become a lot more difficult.... Usually I know when I have to write because I begin to feel this tug in my heart. It's almost like an anxiety building up in my stomach. This buildup is basically all the ideas my mind has turned into poetry over the past few days because I get inspiration through my interactions with the world.

The process begins by listening to Qawwalis by Nusrat Fateh Ali Khan. I give myself time to sink into his voice and his words. and then when I'm finally ready, when I feel fully in tune with myself and the emotions I will switch to something instrumental. No words. The words get in the way of the writing. I will open up my text edit document. The same one I always use. And I just begin.

Freewriting. Rewriting. Entering. Backspacing. Copying. Pasting. Until I stop. Until it feels like I've gotten out everything that needed to be written and then I will put it away. And come back to it with fresh eyes some other time.



What prompted you to share your writing?

Back in November of 2013, what moved me to share was the idea that I was tired of being quiet. I felt like, for the first time ever, what I had to say was so much more powerful than my fear of what people might think. It was almost as though I had no choice. It seemed more important for me to express solidarity with women going through similar struggles than to continue being that "polite, shy, quiet girl".

What was it like to have your poems published?

To have those poems published was like a dream come true. The way a small child might dream of visiting Disneyland, I dreamed of writing books. Never did I think my poems would become that. But to see the book come to fruition was such a graceful blessing.

Your illustrations really add to the poems, did you study art at all or is it just something you enjoy doing?

I started drawing and experimenting with visual art when I was 5....I'd explain the style of illustrations I use with my poems as "childlike, and semi-scribbled". They are simple enough that they don't take away from the poetry. I chose this style because it created juxtaposition

with the words. To show that the subject of the poem is experiencing and dealing with things you wouldn't wish upon another person. I'd like to think that when paired together they might almost leave the reader feeling slightly uncomfortable.

Some of the poems cover tougher issues like violence and abuse. Is it harder to write about these things? Is it cathartic?

So very cathartic! It's not as difficult to write about these topics as it is a relief to be able to express them.

What do you hope readers will get out of your book?

Comfort and peace. I want it to be something they always refer back to. Something they read when they need a hug or some understanding and no one is around to understand them. Something they can carry around with them. I want the book to be what I needed around me when I was growing up.

Article Source: https://www.huffingtonpost.com/erin-spencer/the-poet-every-woman-needs-to-read_b_6193740.html

our backs
tell stories
no books have
the spine to
carry

women of colour - rupi kaur



*Save the Date***2018 Women's Studies Association Pae Akoranga Wāhine (WSA/PAW) Conference**

To mark 40 years of WSA/PAW conferences and 125 years of women's suffrage in Aotearoa/New Zealand, the WSA/PAW 2018 conference aims to further promote feminist scholarship and activism.

The conference will be an opportunity to advance current feminist engagements, while acknowledging and understanding the challenges of the past. We are committed to supporting many perspectives including those of Māori, Pasifika, Tauīwi, Pakeha and ethnic minority women.



This conference will provide a forum for enduring feminist concerns including gendered violence, equal pay, reproduction, race, ethnicity, sexuality and class. It will also provide an opportunity to consider contemporary perspectives that emphasise

intersectionality including issues around environmental sustainability, new reproductive technologies, transgender and women's rights in work places.

This two-and-a-half-day conference is part of a longer conversation in New Zealand about women's rights and feminist activism in the community and academia. Further information: Conference submissions and registration will occur through the Stout Centre, Victoria University of Wellington.

Details of that web address will be publicised later and there will be directions to it from the WSA/PAW website.

Conference Details:

Conference Theme: Feminist Engagements in Aotearoa: 125 Years of Suffrage and Beyond

Hosted by Victoria University of Wellington/Te Whare Wānanga o Te Ūpoko o Te Ika a Māui

Dates: Friday, 21–Sunday, 23 September, 2018

Location: Rutherford House, Victoria University Pipitea Campus, Wellington

About Women's Studies Association (NZ)/ Pae Akoranga Wāhine

Women's Studies Association (NZ) is a feminist organisation formed to promote radical social change through the medium of women's studies. It is a small, voluntary, non-profit organisation, independent of any institution.

We believe that a feminist perspective necessarily acknowledges oppression on the grounds of race, sexuality, class, and disability, as well as gender. Māori are the tangata whenua of Aotearoa. We address racism and promote biculturalism in our work and activities as aims of our organisation.

The main aims of the Association are:

To undertake, promote and disseminate research about women, by women from a feminist perspective.

- To inform and educate women about women in culturally appropriate ways.
- To encourage the preservation of existing material about women in culturally appropriate ways.
- To facilitate the establishment of women's studies courses with a feminist perspective.
- To undertake and promote the publication of material about women.
- To organise and participate in activities, conferences, seminars and displays in furtherance of the aims of the Association.



Members of the new Auckland Organising Group on their recent trip up north, working with Ruth Renner on the new website. Photo source: <http://www.wsanz.org.nz/about.htm>



Feminism is hated because women are hated.
Anti-feminism is a direct expression of misogyny; it is the political defense of women hating.

Andrea Dworkin

Treaty of Waitangi: Questions and Answers

What was the status of the Treaty in the early years?

Apart from Hobson's proclamations of sovereignty, the terms of the Treaty were initially kept, mainly because of the overwhelming economic, social and political power of the Māori majority.

New settlers required the assistance of tribes, particularly for food. For example, the tribes around Tamaki Makaurau (Auckland) supplied the town with nearly all its requirements of fruit, pumpkin, maize, potatoes, kumara, pigs and fish. Māori trade and economic interests grew in the 1840s and by the 1850s the greater part of the tax revenue came from Māori.

The Colonial Office continued to insist that the terms of the Treaty should be observed, as is testified to in letters written to Governors Hobson, FitzRoy and Grey. Concern grew about the exclusive preemption clause of the English version, which required that Māori who wished to sell their land could sell only to the Crown.

But the Crown was buying land and selling it at much higher prices. The Crown was also refusing to buy some land off willing Māori vendors and would set fixed prices which went against Article II of both Te Tiriti and the Crown's English version – "subject to the arranging of payment which will be agreed to by them" (Te Tiriti o Waitangi), and even "at such prices as may be agreed upon" in the English version.

Māori understanding of the Treaty was that they were required to give first offer to the Crown, but they could sell to other willing purchasers if the Crown refused to buy. Settlers were putting pressure on the Governor because they had to pay greatly inflated prices to the Crown.

In 1844, Governor FitzRoy waived the Crown's right to be offered first right of refusal to purchase land on the condition that a commission of 10 shillings per acre was paid to the government. Each sale had to be checked by Protectors, and certain sacred sites were not to be sold.

Fitzroy later changed the fee to one penny per acre. Whereas 600 acres had changed hands with the 10 shilling per acre fee, 100,000 acres went with the one penny fee.



The Colonial Officers were unhappy with these waivers, because profits made through the buying and selling of land had almost stopped. They also feared a decrease in the power of the Crown if Māori tribes competed with the Crown over land sales.

Grey was therefore directed to restore the Crown's first right of refusal to purchase (the English version) when he took office in 1845, by passing the Native Land Purchase Ordinance of 1846, which further undermined rangatiratanga.

From 1845 to 1854 Grey claimed to have purchased 32 million acres of land for £50,000, mainly in the South Island. Some of it was sold at inflated prices. This and other land dealings put the colony on a sound financial footing, but failure to uphold the conditions under which some land was sold (e.g. the protection of reserved lands and resources) created misery for dispossessed tribes.

There was increasing pressure from settlers for land through the 1840s and 50s. By then many tribes were

refusing to sell, and the Māori King Movement (the Kingitanga) had been set up with its base in the Waikato.

The three principles of this movement were that within its boundaries no further land would be sold, no alcohol would be sold, and the teaching of children was to be in the Māori language.

However, the settlers' desire to acquire land by any means possible led to the gov-

ernment declaring the Kingitanga in rebellion against the Crown, and using that as an excuse to seize Waikato land by force.

At the same time, agricultural prices, particularly for wheat, dropped and markets collapsed. Pastoral farming showed more advantages, but required much greater acreage, intensifying the demand for land.



Members of the Waitangi Tribunal at Orakei Marae in 1985. Left: Chief Judge Edward Durie, Justice Paul Temm and Sir Graham Latimer. Photo: Gil Hanly.

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

We are on YouTube

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

To find us go to:

<https://www.youtube.com/LHwomenscentre> and subscribe to our channel.

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

Donations

We welcome donations of:

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

Drop off items to the Women's Centre.

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

Lower Hutt Women's Centre philosophy

The Women's Centre:

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

Contribute to Cronecle

We welcome your input into the next edition of Cronecle – due out in June 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!