

# Cronecle

Newsletter of the Lower Hutt Women's Centre

Vol. 26 | No. 2 | Pipiri 2018



## Viewpoint: Trash Talk

By Katie Monteith, LHWC Board Member

I want to talk some trash right now. I'm talking about the kind of trash we used to export to China to be recycled.

On 1 January of this year, this practice was banned due to the Chinese government addressing the country's increasing pollution-related health issues. New Zealand used to send 15 million kgs of waste plastic alone to China every year. This waste is now stockpiling around the country, as councils try to figure out what to do with it.

A small amount of trash is going to Malaysia, Indonesia and Thailand. However, instead of shipping our trash overseas to be recycled and become someone else's problem, we need to deal with our own waste, and that starts by minimising how much we create.

### Let's All Do Our Bit

We can all do our bit. I'm no tree hugger. Well, I kind of am, but I'm also a member of this disposable culture. I got a single use plastic bag at the supermarket today. I had taken a backpack, but I bought too many things. When I got home, I used that bag to line my kitchen bin, but for a day's worth of use (at the most!) that bag will take 100+ years to break down. A paper bag takes 1-2 months to break down in soil.

I support a ban on single-use plastic bags. I will just have to adjust. I'm nearly there when it comes to plastic bags, but we need to do a lot more than that.

Former US Vice-President



Al Gore, who has campaigned for environmental issues since the 1980s, says if you care about the environment, you go between hope and despair. I am a 70/30 split on that, but we have to get this environmental party started. It's 2018 and we know the facts: There is no Planet B.

We need to drastically reduce our carbon dioxide emissions or we face catastrophic and irreversible climate change. We need responsive and bold policy from our governments, councils and the private sector. On a personal level, we have to change some of our daily habits.

It can be overwhelming; it can feel like there is nothing we can do

that makes any difference, but we can all play our part. Living more sustainably can actually save us money. It can take a bit more time and effort, but it feels so damn satisfying.

My top five tips for living more sustainably:

1. Give a flying ferret about climate



It's time to give a flying ferret about climate change.

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

Web: [www.lhwc.org.nz](http://www.lhwc.org.nz)

## Combatting Climate Change

*Continued from previous page*

change.

2. Reduce, reuse and recycle. Think about the lifespan of anything you purchase.
3. Use public transport, car share, cycle, walk, buy fuel-efficient vehicles.
4. Grow your own produce, or buy local and seasonal. Compost if you can.
5. Freeze your vege scraps and meat bones to make stock.

**Bonus tip.** Hand soap instead of plastic dispensers that have plastic refills. Often, taking an old-school approach helps to avoid plastic and other disposable items. One last thing: Carry reusable bags with you at all times.

There are some awesome organisations working on these issues in your community and around Aotearoa. To name a few such organisations, check out:

- Common Unity Project Aotearoa (<https://www.commonunityproject.org.nz/>)
- Sustainable Coastlines (<http://sustainablecoastlines.org/>)
- Generation Zero (<http://www.generationzero.org/>)
- Bommerang Bags (<http://boomerangbags.org/>)

Get amongst it!

## 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>

## Poem

### Still I Rise

You may write me down in history  
With your bitter, twisted lies,  
You may trod me in the very dirt  
But still, like dust, I'll rise.

Does my sassiness upset you?  
Why are you beset with gloom?  
'Cause I walk like I've got oil wells  
Pumping in my living room.

Just like moons and like suns,  
With the certainty of tides,  
Just like hopes springing high,  
Still I'll rise.

Did you want to see me broken?  
Bowed head and lowered eyes?  
Shoulders falling down like teardrops,  
Weakened by my soulful cries?

Does my haughtiness offend you?  
Don't you take it awful hard  
'Cause I laugh like I've got gold mines

Diggin' in my own backyard.

You may shoot me with your words,  
You may cut me with your eyes,  
You may kill me with your hatefulness,  
But still, like air, I'll rise.

Does my sexiness upset you?  
Does it come as a surprise  
That I dance like I've got diamonds  
At the meeting of my thighs?

Out of the huts of history's shame  
I rise  
Up from a past that's rooted in pain  
I rise  
I'm a black ocean, leaping and wide,  
Welling and swelling I bear in the tide.

Leaving behind nights of terror and fear  
I rise  
Into a daybreak that's wondrously clear  
I rise  
Bringing the gifts that my ancestors gave,  
I am the dream and the hope of the slave.  
I rise  
I rise  
I rise.

Maya Angelou

# ***Who should pay for all the harm from alcohol?***

**A one-day conference**

**Te Papa, Wellington  
Wednesday, 15 August 2018  
9am–4:30pm**

- Hosted by Alcohol Action NZ and SHORE & Whariki Research Centre
- This interactive conference will address the harms, the misery and particularly the costs of alcohol in New Zealand.
- Eight national and international experts spanning health, justice and economics include Rawiri Ratu speaking on the Waipiro Treaty Claim, Dr Annette Beautrais on suicide, and Dr John Marsden who will address the issue of who is currently paying for all the harm from alcohol.
- There will be a concluding Panel involving all speakers
- Morning tea, lunch and afternoon tea provided as part of registration:

|       |                         |
|-------|-------------------------|
| \$150 | Standard                |
| \$50  | Students and Unemployed |

**Registration form is available at**  
**[www.alcoholaction.co.nz](http://www.alcoholaction.co.nz)**

**Alcohol costs New Zealand billions of dollars  
and untold misery**



## Community Events

### ONGOING

#### THROUGHBLUE — SUPPORT GROUP FOR WOMEN WITH EXPERIENCE OF DEPRESSION

Any woman in Wellington is welcome to attend our regular meetings, which have been running for the past 12 years. There is a wide spectrum of experience of depression in the group — from very mild to more severe. Some people may have experienced depression in the past and come along to help manage relapses. It is a very diverse group and ranges in number from week to week — from 3 to 14 people.

It is a friendly and non-threatening environment and most newcomers find it to be very welcoming and inclusive.

ThroughBlue is not affiliated with any religious organisation or church. You are welcome to participate as much as you wish in terms of talking about your experience, or to sit and observe without having to say anything, depending on what suits you. There is a structure to the meetings, with a new topic and techniques on how to manage depression each week.

The group is facilitated by professional NZAC qualified counsellors. We ask for a donation of \$10 waged and \$5 unwaged per meeting to cover food and go towards some of the venue hire costs.

**Times:** 7pm–9pm Monday night at 61 Hopper Street and 12:30pm–2:30pm Friday day at 32 Salamanca Road in Wellington.

**TO COME FILL OUT THE ONLINE FORM:** <http://www.throughblue.org.nz/p/contact-us.html>

Our counsellor will then call to let you know about the group and arrange your first meeting.

## ThroughBlue

Support group for women with experience of depression

### JUNE

#### >THURSDAY, 21 JUNE AND THURSDAY, 28 JUNE

##### WerkShop

A comedy and variety (but mostly comedy) open mic featuring LGBTQAI+ folks and their friends. Comedians, drag queens, musicians and more werk their new bits in a basement gay bar. Come play, or just come watch! Sign up for a mic spot at 7:45pm. Show starts at 8:00pm.

##### When:

Thursday, 21 June, 8pm–9:30pm

Thursday, 28 June, 8pm–9:30pm

**Where:** Ivy Bar, 49 Cuba Street, Wellington

**Restrictions:** R18

**Admission:** Free

#### >FRIDAY, 15 JUNE AND SATURDAY, 23 JUNE

##### Waru

Eight scenes, created by Māori women directors and each 10 minutes or so long, add up to a portrait of the events surrounding the tangi of a young child.

**With:** Tanea Heke, Roimata Fox, Ngapaki Moetara, Awhina-Rose Ashby, Maria Walker, Kararaina Rangihau, Merehaka Maaka, Acacia Hapi, Antonio Te Maioha, Miriama McDowell, Amber Curren

**Directed by:** Briar Grace-Smith, Casey Kaa, Ainsley Gardiner, Katie Wolfe, Chelsea Cohen, Renae Maihi, Paula Jones, Awanui Simich-Pene

##### When:

Friday, 15 June, 7pm–8:25pm

Saturday, 23 June, 7pm–8:30pm

**Where:** Ngā Taonga Sound & Vision, 84 Taranaki Street, Wellington

**Restrictions:** All Ages

**Ticket Information:** Full Price: \$10; Concession: \$8; Additional fees may apply

**Phone Sales:** 0800 BUY TIX (289 849) — Ticket Outlets

**Website:** <https://www.ngataonga.org.nz/>

#### >TUESDAY, 19 JUNE

##### Out On the Shelves: A Night for Rainbow Young People

InsideOut will be here to help you find awesome LGBTQI+ reads with their resource: “Out on the Shelves - Connecting rainbow young people with the stories that represent them.” There will be comfy beanbags and a positive talk from InsideOut about the language of gender and sexuality.

InsideOut works to make Aotearoa a safer place for young people of minority genders and sexualities. You can find out more at [www.insideout.org.nz](http://www.insideout.org.nz) or [www.outontheshelves.insideout.org.nz](http://www.outontheshelves.insideout.org.nz).

**When:** Tuesday, 19 June, 5:30pm–8pm

**Where:** Lower Hutt War Memorial Library, Corner of Queens Drive and Woburn Road, Lower Hutt

**Restrictions:** All Ages

**Admission:** Free

#### >SATURDAY, 30 JUNE

##### Doc Edge Presents: Finding Vivian Maier

This film examines the life and work of career nanny and photographic documentarian, Vivian Maier, and her amazing collection of 100,000 photographs that captured Urban America's most interesting marvels and peculiarities from 1950s–1990s.

**When:** Saturday, 30 June, 4:30pm–6pm

**Where:** Ngā Taonga Sound & Vision, 84 Taranaki Street, Wellington

**Restrictions:** PG18

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**Ticket Information:** Single Ticket: \$12.70

**Buy Tickets:** (09) 3600329; Additional fees may apply  
Single ticket (incl. GST + booking fee). \*Door sale available if the session is not sold out prior to screenings.

## JULY

### > WEDNESDAY, 11 JULY

#### Self-Care In Business Workshop

Almost all of us have experienced a workload that is just too heavy and multiple deadlines on top of juggling our everyday lives, business owner or not. How many of you ended up trying to push through, soldier on and suck it up...and then instead, you ended up exhausted, overwhelmed, made poor decisions, were irritable and stressed, experienced imposter syndrome and/or let it ruin your free/family time?

This short workshop will give you insights and tools to help set you practice self-care and stop you from burning out.

**When:** Wednesday, 11 July, 9am–11am

**Where:** Hutt Valley Chamber of Commerce, 15 Daly Street, Lower Hutt

**Restrictions:** M

**Ticket Information:** Self-Care In Business Chamber Member: \$25; Self-Care In Business Non-Chamber Member: \$45

**Buy Tickets:** (027) 579 2943; Additional fees may apply

**Website:** <https://www.burntoutwithbatwings.com/>

### > SATURDAY, 14 JULY–SATURDAY, 8 DECEMBER

#### The Monthly

We all remember the first time Aunt Flo came to visit. Join us for The Monthly at the Scruffy Bunny Theatre. The experienced female improvisers of Best on Tap create spontaneous theatre just for you, inspired by your suggestions. The Monthly is a showcase of all-female improv; women's stories, told by women, for a diverse audience (even blokes).

**When:**

Saturday, 14 July, 7pm–8pm

Saturday, 11 August, 7pm–8pm

Saturday, 8 September, 7pm–8pm

Saturday, 13 October, 7pm–8pm

Saturday, 10 November, 7pm–8pm

Saturday, 8 December, 7pm–8pm

**Where:** The Scruffy Bunny Theatre, 100 Courtenay Place, Wellington

**Restrictions:** All Ages

**Ticket Information:** General Admission: \$10; Additional fees may apply

**Phone Sales:** 0800 BUY TIX (289 849) – Ticket Outlets

### > THURSDAY, 26 JULY–THURSDAY, 29 NOVEMBER

#### Male Tears: A Poetry Show

We are the hysterical feminists the Internet warned you about. 'Male Tears' is an epic night of poetry from badass and bitter Wellingtonian female-identifying people and queers.

Prepare for hilarious and biting commentary on girlhood and LGBTQIA resistance in the social-media era: stories of growth, rebellion and beautiful, youthful anger. It's a night of politics and poetry not to be missed.

**When:**

Thursday, 26 July, 7:30pm–9pm

Thursday, 16 August, 7:30pm–9pm

Thursday, 27 September, 7:30pm–9pm

Thursday, 18 October, 7:30pm–9pm

Thursday, 29 November, 7:30pm–9pm

**Where:** The Fringe Bar, 26 Allen Street, Wellington

**Restrictions:** R18

**General Admission:** \$5 (Door Sales Only)

**Website:** <https://www.facebook.com/events/328571714333353/>

### > SATURDAY, 11 AUGUST

#### Big Girls On Parade: Shine a Light On Your Rights

In this special Suffrage 125 event, join us at Wellington Museum for an illuminated parade with our Suffragist centrepiece! Features Big Girl puppets and lanterns in a radiant celebration of women's rights along Wellington's Waterfront. Musical instruments and costumes welcome!

**When:** Saturday, 11 August, 6pm–9pm

**Where:** Wellington Museum, 3 Jervois Quay, Queens Wharf

**Restrictions:** All Ages

**Admission:** Free

**Website:** <https://www.museumswellington.org.nz/big-girls-on-parade-shine-a-light-on-your-rights/>

## Pipiri June 2018

Also known as Aonui (Ngati Kahungunu), Matahi a Puaka (Ngai Tahu), Te Tahi o Pipiri (Ngati Awa). Southern hemisphere: June to July, Solstice around 21 June. Northern hemisphere: December to January, Solstice around 21 December.

Meaning 'to huddle together' Pipiri marks the first month of the Māori year. It is heralded when Matariki (the Pleiades) and Puanga (Rigel) appear on the horizon at dawn. This year it is expected on 10 June. Matariki signals the time of final harvest when the very last of the Kumera is lifted and stored. Matariki (or Puanga on the West coast of New Zealand) is a very special time. At Matariki, people celebrate the gifts of the harvests and honour their ancestors. At this time we tell the stories of our whakapapa (family histories), sing songs to the ancestors, and feast while putting special foods out for the ancestors themselves. We also celebrate Maruaroa o Takurua (the Winter Solstice) which coincides with Yuletide in European Paganism. It is named for Hine Takurua, one of the two wives of Te Ra. The Sun. Hine Takurua is the Goddess of Winter and at the Winter solstice, she sends her husband into the care of the Goddess of Summer, Hine Raumatī. This coincides with the European Pagan traditions of Yule, with the Oak King and the Holly King. At this time we celebrate the turning point of the seasons. The Sun will soon begin warming the earth as we move closer, and Spring will be well on its way in a month. Traditional celebrations honor the preserved foods and for Māori, grateful thanks are offered to Hine Takurua for her gifts from the sea.

Source: The Māori Oracle

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

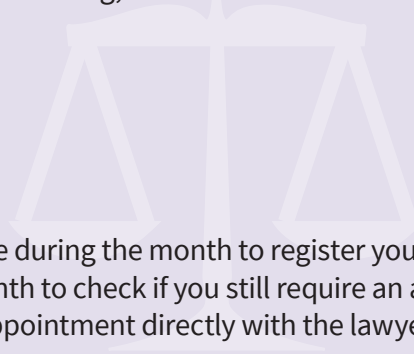
## Free Legal Advice

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

### Me aro koe ki te ha o Hine-Ahu-One

Pay Heed to the mana of women

### Ko Hine-tītama koe matawai ana te whatu i te tirohanga

You are like Hine-tītama, a vision at which the eyes glisten

### E kore e mimiti te aroha mōu

My love for you will never wane

### Ko Hinemoa, ko ahau

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

### He iti kahurangi

A little treasure

### Hapaitia te ara tika pumau ai to ranatiratanga mo nga uri whakatuipu

Foster the pathway of knowledge to strength, independence and growth for future generations

**Source:** Massey University Māori 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 |
|---------------|-------------|

### Wednesday

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

### 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 |
|-------|---|

## 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

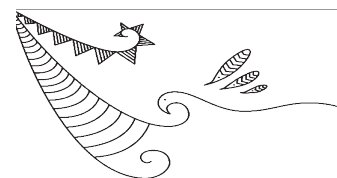
Creche: Creche is provided for pre-school children only without extra charge only on Friday morning. If you want to bring your children please turn up earlier, with time to settle your children in and bring some food for their morning tea. Please make enquiries about babies because they need a lot of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

## Tuesday evenings in 2018

|            |                                      |
|------------|--------------------------------------|
| June 12    | Expressing pride in self             |
| June 19    | Letting go of the past               |
| June 26    | Respecting self and others           |
| July 3     | Putting yourself in neutral          |
| July 10    | Having the courage to be imperfect   |
| July 17    | Developing courage                   |
| July 24    | Willpower                            |
| July 31    | Anger as a strength                  |
| August 7   | Developing self knowledge            |
| August 14  | Self love                            |
| August 21  | Acknowledging self                   |
| August 28  | Enhancing self in terms of awareness |
| Sept. 4    | Acceptance and use of strengths      |
| Sept. 11   | Positive thought and talk            |
| Sept. 18   | Messages about self                  |
| Sept. 25   | Accepting responsibility for self    |
| October 2  | Coming to grips with feelings        |
| October 16 | Beliefs about self                   |
| October 23 | Expressing pride in self             |
| October 30 | Letting go of the past               |
| Nov. 6     | Respecting self and others           |
| Nov. 13    | Striving for pure motives            |

## Friday mornings in 2018

|           |                                      |
|-----------|--------------------------------------|
| June 15   | Anger as a strength                  |
| June 22   | Developing self knowledge            |
| June 29   | Self love                            |
| July 6    | Acknowledging self                   |
| July 13   | Enhancing self in terms of awareness |
| July 20   | Acceptance and use of strengths      |
| July 27   | Positive thought and talk            |
| August 3  | Messages about self                  |
| August 10 | Accepting responsibility for self    |
| August 17 | Coming to grips with feelings        |
| August 24 | Talking about ourselves              |
| August 31 | Beliefs about self                   |
| Sept. 7   | Expressing pride in self             |
| Sept. 14  | Letting go of the past               |
| Sept. 21  | Respecting self and others           |
| Sept. 28  | Striving for pure motives            |
| Oct. 5    | Putting yourself in neutral          |
| Oct. 12   | Having the courage to be imperfect   |
| Oct. 19   | Developing courage                   |
| Oct. 26   | Willpower                            |
| Nov. 2    | 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

**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 (please note date for August)

**2018 Dates:**

Sunday, 1 July  
Sunday, 12 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 July — July 2018

|                                     |      |
|-------------------------------------|------|
| Resilience                          | p 10 |
| Painting Workshops                  | p 11 |
| Self Esteem for Teens               | p 11 |
| Understanding the Blues             | p 12 |
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Now is the time for all good women to stand up and say who we will be.

## Resilience: The Identification and Use of Resilience in Everyday Life



Resilience is the ability to have difficult feelings, experiences, mistakes, disappointments or loss, and to be able to move through them in constructive ways that allows us to maintain our authenticity and grow from the experience.

Resilience is a crucial ingredient in what determines how high we rise above what threatens to wear us down, from battling an illness, to relationship breakup, to carrying on after a national crisis.

Resilience can be defined as the capacity to cope and bounce back. In this course, participants will identify strategies and techniques to recognise unhelpful ways of being and replace them with a mindset that enhances resilience.

We are resilient in many ways, and this course will assist in participants connecting with their capacity for resilience. A person connected to their capacity for resilience will return to equilibrium after a disturbance.

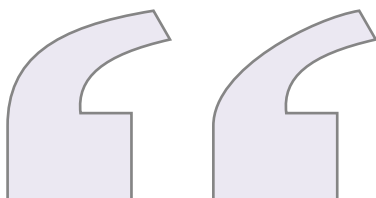
**Dates:** Six weeks beginning Wednesday, 4 July 2018

**Times:** 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.  
Phone 9201009 for deposit details.

**Facilitator:** Ally Andersun



I raise up my voice—not so I can shout, but so that those without a voice can be heard...we cannot succeed when half of us are held back.

—Malala Yousafzai

## 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 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



## 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.

**Dates:**

Eight weeks beginning Thursday, 2 August 2018 (eight-week course)

**Times:** 4–6pm

**Cost:** \$20

Phone to register interest

**Enrolment:**

Enrol by payment or deposit 9201009 for deposit details.

**Facilitators:** Stephanie Brockman and Amber White

## Understanding the Blues



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

This group is a structured educational group.

### Is this the group for me?

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

The topics we may cover are:

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

**Dates:** 6 weeks beginning Thursday, 2 August 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 569 2711 for deposit details.

**Facilitator:** Julie Smart

## 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.

Assertiveness is considered a balanced response, being neither passive nor aggressive. An assertive person responds as an equal to others and aims to be open in expressing their wishes, thoughts and feelings.

Adequately expressing feelings and desires requires important personal and interpersonal skills. In our interactions with other people, whether at home, at work, or with clients or colleagues, assertiveness can help us express ourselves clearly, openly and reasonably, with no need to disregard others in the process.

**Dates:** Six weeks beginning  
Wednesday, 15 August 2018

**Times:** 7–9pm

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

### Enrolment:

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

**Facilitator:** Stephanie Brockman

# Building Healthy Relationships: Co-Dependency/ Women Who Love Too Much (Part Two)



**Part Two Workshop Available:**

**Friday, 24 August; Saturday, 25 August; and Sunday, 26 August 2018**

**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

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

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

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

**Six minimum and 10 maximum for course to commence.**

**Note: Participants must be prepared to attend all sessions of the workshop. Enrol for each workshop separately.**

## Anger as a Strength



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

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



**Dates:** Six weeks beginning Wednesday, 26 September 2018

**Times:** 7–9pm

**Cost and enrolment:** \$40 waged/\$20 low or unwaged. Phone to register interest. Enrol by payment or deposit to Lower Hutt Women's Centre.

**Facilitator:** Ally Andersun



# 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.

**Dates:** Thursday, 13 Sept. 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

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

**Meeting time:** 6–7:30pm

**Dates for 2018:**

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

## Inner Child

Through the use of action and art, learn the techniques to develop a deeper understanding of yourself and your processes.

It is said that the child holds the key to our own healing and recovery, and this is an individual journey for each person.

This workshop is for women who have done previous self development work.

**Dates:** 12, 13 and 14 Oct. 2018

**Times:** Friday, 7pm–9:30pm, Saturday, 10am–5pm, Sunday, 10am–4:30pm

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

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

**Facilitator:** Ally Andersun

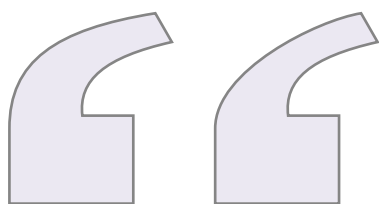
**Note:** Participants are expected to attend all sessions.

## 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.

10-3pm Please phone to register interest. Date set soon.



Each time a woman stands up for herself she stands up for all women.

Don't value your body over your being.

I am my own muse. I am the subject I know best. The subject I want to know better.

—Frida Kahlo

## Self Development for Women Using Action Methods

**Facilitator:** Ally Andersun

**Course Duration:** Friday evening (9 November 2018); Saturday (10 November 2018); and Sunday (11 November 2018)

**Time:** Friday 7am–9:30pm; Saturday, 10am–5pm; and Sunday 10am–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.

**5 minimum and 7 maximum**

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

# Circle of Security® Parenting™ Course

**Facilitator:** Kay Riddler

**Dates:** 8 Weeks beginning Thursday, 13 September 2018

**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](http://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.

## Farewell, Jo, Loving Friend and Colleague

**I**t was with sadness and an enormous sense of loss that the members of the Auckland Women's Health Council (AWHC) learnt of the death of our friend and colleague, Jo Fitzpatrick.

Although we knew she had experienced recent poor health, we were unaware of how serious this was, and her death has been a shock. It wasn't Jo's intention to be uncommunicative about the seriousness of her illness to her friends and colleagues; she wanted to tell people personally, but she became too sick, too quickly, and the shock that is felt by many members of the wider women's health community is felt by us all.

Jo's association with the AWHC goes back to the days, when as Director of Women's Health Action, she provided a place for AWHC to hold its meetings. Jo joined the AWHC committee in 2004, and she and her partner Alan also provided a meeting place in their home in Mangere for several years. Their hospitality was always warm and welcoming; we left nourished from Alan's soups.

### Loyalty, Cheerfulness and Warmth

In talking among ourselves and with others close to Jo, what shines through was Jo's sense of humour, her cheerfulness and vibrant dress sense, her loyalty as a friend and her warmth. Even those of us who had known her for shorter periods and had spent less time working with her felt supported and welcomed into the women's health community.

Jo was an astute judge of the political processes/dynamics that occurred at various meetings or within the health system. She had integrity and stood firm on issues and in her values. She brought humour and scholarship to the table. Her ability to interpret information quickly and provide direction to us was invaluable to the AWHC.

Jo was a very loyal friend and was especially close to Lynda Williams. Jo helped care for Lynda at the end of her life and was so gentle and loving. Jo knitted a number of things for Lynda, including a beautiful pair of soft slippers for her, which she put on her and gently massaged her tiny sore body. We were so grateful for the care and love our dear friend Jo showed our dear friend Lynda and wish we could have returned to her a little of what she gave to Lynda.

Jo was a woman who lit up the room with personality, intelligence and humour. She will be deeply missed by us all, not only for her in-depth contribution and insight into issues, but also for her warm friendship.

Our thoughts are with Jo's partner Alan, sister Jill, and their families.

## A Tribute to Jo Fitzpatrick

*Ruth Bonita provided this eulogy for Jo Fitzpatrick. It provides a glimpse into her remarkable life.*

We are all deeply saddened and shocked to be farewelling Jo today. It is almost impossible to believe that someone as vital and alive as Jo, has died, especially so suddenly, and without an opportunity for each of us to say our goodbyes. It was not as she wished. As she said to Jill in the last few days of her life, the race ran faster than predicted.

Today — and in days, months and years to come — we will remember the myriad ways in which Jo made a difference in so many fields and areas. She was a very principled woman who lived her life accordingly; she investigated issues fully, was always ethical and she never put herself before put the issue or the cause. She did things with a lot of grace and intelligence; she was warm, gentle and kind; and above all, Jo stood up for social justice and fairness and equal opportunities.

She networked widely and thought carefully about the big issues, and then found her own niche through becoming actively involved as a consumer representative in high-policy-level working groups for many key health system-planning activities. Jo was involved with Women's Studies Association and was involved in organising many conferences. She was also formerly the Women's Organiser at the NZ Labour Party.

Jo brought her formidable consumer lens to a wide range of issues including: organ donation, and assisted reproductive technology (ECART); Internet connectivity across the health sector, including electronic health records and patient portal development; being on the Consumer Panel of the National IT Board; chairing the NGO-Ministry of Health Working Party on the Regional Shared Care Project Consumer Empowerment Group; being on the Board of Diabetes NZ; and bringing her personal experience with diabetes and her professional expertise in governance to the organisation.

These comments from Diabetes NZ are reflected in statements from many others: "Jo was insightful, shrewd, perceptive, as well as understanding. And when she was fired up about something she would reveal those qualities that we remember her for — being strong, powerful and committed. Her passion and commitment were driven by her deep-seated values.



**Article Source:** Auckland Women's Health Council Newsletter (February–March 2018)



# The Ongoing Fight for Pay Equity and Better Working Conditions for Nurses and Midwives

**F**or two weeks in a row this past May, New Zealand saw two groups of the country's most dedicated careers in the health sector — predominantly women — participate in marches in cities and towns to express their distress over working conditions and remuneration.

Their concerns are not just for their own pay rates, but also for the safety of their patients. This is a significant women's health issue, not just because women patients are predominantly affected by the conditions under which nurses and midwives must work, but because women overwhelmingly dominate this particular workforce, and their personal physical and mental health and well-being is substantially impacted by these unacceptable conditions.

## The Midwives

Auckland midwife, Rachel Williams told the *New Zealand Herald*, "We are at breaking point. We cannot work the hours we are working and provide the care we are expected to give and still be alive ourselves."

Rural-based community midwives earn as little as \$7 an hour and urban midwives, \$12 an hour, and are on call 24/7. They are paid a set fee for a pregnancy and birth, irrespective of how many hours they attend a pregnant woman, complications with the birth, multiple births, and where the mother lives or how far they must travel to see her. They must pay their own travel expenses out of the fee, and get no subsidy or extra for rural women who may live at some distance from the midwife.

The issue is not simply about the impact of the working conditions on midwives, but an issue of the health and safety of the women and babies with whom overworked, burnt-out midwives are working. Midwifery has been in crisis for months, if not years, with a chronic shortage of both community-based and hospital-based midwives and women leaving the profession in droves.

Three years ago midwives took their claim for pay equity to the High Court. Although the action led to an agreement between the College and the Ministry of Health to design a new funding model for community-based (LMC) midwives, they are still waiting for their pay claims to be resolved.

Siobhan Connor, Wellington region chairwoman of the College of Midwives, said in a press release that coincided with the marches, that the Ministry of Health and the college had co-designed a funding model that solved the issues of pay equity and shortages of community midwives.

Health Minister, David Clark, assured the midwives that "we have heard them", but went on to say that "I think everybody knows that we won't address nine years of underfunding in one budget".

Karen Guillard said that midwives will be happy for a phased approach to achieving pay equity.

## The Nurses

Currently voting on possible strikes, New Zealand nurses have been saying for months that the conditions in which they are forced to work are unsafe, not only for them, but also for their patients.

On Saturday, 12 May, thousands of nurses and their supporters marched in 14 towns and cities around the country, pleading for better working conditions and pay. In Wellington, the march ended at Parliament and the nurses presented a petition of more than 30,000 signatures.

The petition states that nurses are working in unsafe environments and with inadequate staffing levels, particularly in mental health, medical/surgical wards and the community and aged care settings.

In 2017, as the result of a survey of nurses, the New Zealand Nurses Organisation put together a publication, *In Their*

*Own Words* (available at <https://www.nzno.org.nz/shoutout-forhealth>), a compilation of stories about health underfunding in Aotearoa from nurses, midwives, caregivers and other health professionals.

**Article Source:** Auckland Women's Health Council Newsletter (April 2018)

## 2018 Labour Government Health Spending Update

The Labour Government's 2018 budget delivered an extra \$3.2 billion in health spending, including \$2.2 billion additional spending to DHBs over the next four years. DHBs also get a capital injection of \$750 million to be spent over the next 10 years, and \$100 million available as emergency support. This brings operational DHB funding to \$13.2 billion in the 2018/19 year.

Over \$112 million over the next four years has gone to community midwives, with about half of going to an 8.9 percent increase in fees for 1,400 lead maternity carers.

Among the other health spending measures::

- GP visits \$20 to \$30 cheaper targeted to Community Services Card holders, estimated to number 540,000 people.
- Free GP visits and prescriptions will be extended to children under the age of 14.
- \$10.5 million over three years for an Integrated Therapies Mental Health Pilot scheme for 18–25 year olds, to provide "free counselling" and "evidence-based therapy" for young people.



Photo Credit: Alden Williams/Stuff  
**The Christchurch nurse's march on 12 May approaches Cathedral Square from Worcester Street.**



# Treaty of Waitangi: Questions and Answers

## How did the Crown gain control of Aotearoa?

In 1858 the numbers of Māori and non-Māori were equal, at about 67,000 each. In less than 20 years, the effect of contagious European diseases, conflict, land sales and alienation of land involving relocation, had resulted in a marked decline in the Māori population. At the same time, immigrant numbers had spiralled from only 2,000 in 1840. The huge influx of new settlers did not learn the Māori language, and arrived with a firm sense of their entitlement to land, fairly-bought or not.

As people of the British Empire period, many had racist attitudes towards Māori, believing in the inherent superiority of the British, particularly the English, way of life.

This was well expressed throughout the creation of the British Empire:

The native race is physically, organically, intellectually and morally, far inferior to the European. No cultivation, no education will create in the mind of the present native race that refinement of feeling, that delicate sensibility and sympathy, which characterize the educated European ... the Māori [is] an inferior branch of the human family. (A Bellara, Proud to Be White, citing Southern Cross, 1844, p. 18).

Once the numbers of Māori and Pākehā were similar, violence was used to take land. During the land wars, the number of British troops deployed was the equivalent of one soldier to every three Māori men, women and children.

In the South Island (Te Wai Pounamu) the Crown used "Sale Deeds" to claim ownership of huge areas of land,



which included much more than was agreed to. Rangatira were actually only allowing the use of the agreed tracts for agricultural purposes, but not the complete alienation of their land, and especially not the alienation of important food sources.

What is more, the Crown promised the retention by the hapū of a tenth of any land it "bought," but this was not honoured. The Crown's actions with South Island Māori included blatant fraud, application of duress and repeated denial of access to justice.

These patterns were repeated across generations. What has happened since 1840, up to and including the present day, has been a process of colonisation by successive Pākehā-controlled governments through military force and the use of laws to:

- Take Māori land and resources, destroying the economic base of hapū and iwi
- Impose systems based solely on English law
- Undermine Māori law, spirituality, health, education, language, and cultural, economic and political systems and institutions.

## The Treaty is sometimes called a covenant. What does that mean?

The Treaty is sometimes referred to as a covenant to describe a binding spiritual relationship. For example, in the Hebrew scriptures (Old Testament), a covenant is made between God and the people of Israel. In the Christian scriptures (New Testament), a covenant is made between God and all God's people. For some Māori and Pākehā Christians the Treaty was and is seen in the same way, being referred to as a sacred covenant.

For many hapū, both He Wakaputanga (the Declaration of Independence) and Te Tiriti o Waitangi are regarded as sacred covenants.

The Treaty of Waitangi is seen as a living document with a much wider context. There is concern about it being taken into the narrow legal framework where the aspect of the spiritual and morally-binding relationship is being ignored. However, even in Western law contracts remain in force unless there is an expiry date included, or until both parties agree to changes.



Throughout our history, ordinary Tauwiwi have supported Māori rights. Participants at the 2006 Tauwiwi Treaty workers' gathering in Hamilton.

**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](mailto:info@lhwc.org.nz) if you have a clip you'd like us to consider for one of our playlists.

## Donations

We welcome donations of:

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

Drop off items to the Women's Centre.

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

## Lower Hutt Women's Centre philosophy

The Women's Centre:

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

## Contribute to Cronecle

We welcome your input into the next edition of Cronecle – due out in December 2018.

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