

Cronecle

Newsletter of the Lower Hutt Women's Centre

Vol. 26 | No. 3 | Whiringa-ā-Nuku 2018



Viewpoint

By Teresa Heinz-Housel, LHWC Newsletter Editor

When I was a professor at a tertiary institution in Michigan, I lived in a neighbourhood close to the university's campus. I paused many times in front of our living room window to look out at the neighbours' gardens and tall trees in the historic neighbourhood. If I glanced out the window around 5:30pm, I frequently saw one of my young colleagues walk past on his way home from work.

His intentional, frenetic nature always struck me. Although he was not a science professor, he wore a white lab-like coat with his name stitched in red across the top-right pocket. The outfit communicated his earnestness toward his subject.

Several weeks ago, I was greatly saddened to learn that this colleague had suddenly passed away. Neither the university, nor his family, and friends publicly shared the cause of death. I heard only that he was "stressed." I always thought that he worked extremely hard in a field that is known for being high-pressure with never-ending work.

The Silence Around Mental Health

I do not know the exact causes of my former colleague's "stress," but his untimely death re-prompted me this week to think about the importance of general wellness and mental health. My next two research projects will examine mental health in academia, so the topic is quite significant to me.

As is the case in many fields, open discussion about mental health in academic careers is sorely needed. In March 2014, an anonymous blog in the *Guardian's* "Academics Anonymous" series described the funeral of "J.," who committed suicide and was the blogger's family friend. "J." was a British doctoral student who had long-struggled with mental health issues and interrupted



his studies several times to regain his health.

The blogger wondered if the stress of doctoral work had caused the suicide. "I have experienced the effects on my mental health, and I have witnessed the culture of acceptance surrounding this issue," the blogger states. "Among the people I do know who have done PhDs, I have seen depression, sleep issues, eating disorders, alcoholism, self-harming, and suicide attempts."

The *Guardian* blog received an unprecedented high response from academic readers who described their stressful work demands. The readers' forum posts referred to the culture of silence that historically surrounds the issue of mental health in a profession where not being able to cope is viewed as personal weakness.

Stress, mental health, and general wellness, of course, are issues that impact many people beyond my profession. This editorial's writing

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Save the Date!

LHWC Fundraiser

Screening of film, "Māui's Hook" (2018)

Wednesday, 7 November at 6pm

Light House Cinema Petone

See more details on page 2!

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Women's Centre opening hours

Mon-Tues 10-2pm
Wednesday to Friday 9:30 - 3:30pm

Contact us

186 Knights Road, Waterloo

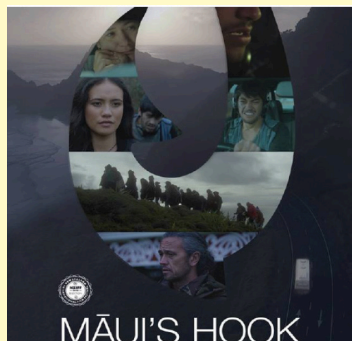
Lower Hutt 5011

Phone: 04 9201009

Email: info@lhwc.org.nz

Web: www.lhwc.org.nz

The LHWC Invites You To Movie Fundraiser “Māui’s Hook”



The new film by Māori psychologist and filmmaker Paora Joseph (Tātarakihī: Children of Parihaka) invites open discussion of suicide through the brave testimony of five grieving families travelling to Cape Reinga.

Invoking the skills, cunning, and defiance of the legendary tupuna, the

title of this stirring film by psychologist and filmmaker Paora Joseph also alludes to the line on a map traced by the bus trip he takes us on from Parihaka to Te Rerenga Wairua (Cape Reinga). The travellers who join this hikoī wairua are five families, four Māori, one Pākehā, each grieving the suicide of someone very close. In the bravest, most sobering of interviews, these five families each gather to tell the story of the person in their midst who took their life.

Joseph conducts and films wānanga with the families as they journey north to release and farewell their loved ones. Addressing the demographic most commonly reflected in our tragic suicide statistics, he introduces their fictional surrogate in young Tama (Niwa Whatuira), who observes the suffering of loved ones left behind and comes too late to apprehend that while his pain and anger need not be permanent, death most surely is.

“Māui’s Hook is a courageous journey exposing the raw reality of pain, grief, and loss for whānau in the aftermath of suicide; yet spiritually uplifting and healing for those involved, and the viewer too. It highlights how the solutions for addressing and preventing suicide in Māori communities, particularly rurally, will come from those Māori communities.” — Dr Monique Faleafa, CEO Le Va, Pasifika health provider.

When: Wednesday, 7 November.. Film starts at 6pm. Please arrive by 5:30pm for pre-film welcome and raffle prize.

Where: Light House Cinema, 52 Beach Street, Petone

Tickets and Payment Options: Tickets are \$20.

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

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

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

Mental health a pressing issue in NZ

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coincides with Mental Health Awareness Week from 8–14 October in New Zealand. This year’s theme, “Let nature in, strengthen your wellbeing – Mā te taiao kia whakapakari tōu orange,” focuses on how being aware of nature, such as by being outside or even looking out the window at the sunset, can help us relax and re-focus.

In New Zealand and elsewhere, greater awareness and public acceptance of mental health issues is a contributing factor to more people seeking assistance and receiving diagnoses, and vice versa. According to the New Zealand Mental Health Foundation, in the 2012/13 New Zealand Health Survey, one in six New Zealand adults have been diagnosed with a common mental disorder such as depression, bipolar disorder, and/or anxiety disorder at some time in their lives.

Women particularly struggle with mental health issues. According to the Mental Health Foundation, women in New Zealand are 1.6 times more likely to have been diagnosed with a common mental disorder (20 percent) than men (13 percent), and the rates for women are higher in all age groups.

The complex reasons for women’s mental health issues stretch across genetic and environmental factors as many women balance so many stressors, all within a larger culture of gender inequality. To learn more about how mental health impacts women, please check out the LHWC’s library books on the topic. The LHWC’s workshops and ongoing events also help women develop tools for supporting their wellbeing, including mental health.

Poem Me Too.

She takes the stand
With the voice of millions on her back
And speaks the fact that we all know,
far too well to be true -
Me too.

She is heard but not believed,
She is heard with faith deceived .

When will it be enough -
Is one in six not enough?
Is one sister, one friend
still - not enough?

one colleague, one mother, one wife, one lover -
one teacher, one doctor, one preacher, one
author -
one husband, one son, one brother.
Which one will it take, to stop
the non-consensual clock
and make us realise that -

Time. Is. Up.

Author: Ruth

Source: <https://hellopoetry.com/poem/2736066/me-too/>



Community Events

OCTOBER

>Monday, 15 October–Sunday, 11 November

Cool Sh*t Happens - Pop Up Store

Cool Sh*t Happens is an eight-week pop up store run by eight young local Wellington designers. The store has a range of local handmade art, jewellery, clothing, plants, gifts, and more. Come and support some young local designers who are giving it a go and hoping to inspire others to do the same.

Designers include:

- Jean Chua art & illustration
- Lunar Blue Designs
- Havilah
- My Friend Dani
- Qualms
- Good Boy
- Beauty and the Wind
- What Naimeh Makes

When: Monday, 15 October–Sunday, 11 November. Hours: Monday–Wednesday and Saturday, 10am–6pm, Thursday and Friday, 10am–8pm, and Sunday, 10am–5pm

Where: Pop up Store, 134 Vivian Street, Wellington

Restrictions: All Ages

Ticket Information: Free

Website: <https://www.facebook.com/coolsh.thappens/>

>Tuesday, 16 October–Monday, 22 October

KM130: Celebrating 130 Years of Katherine Mansfield

Katherine Mansfield (1888–1923) is New Zealand's most internationally famous author. She was a writer of short stories, poetry, letters, journals, and reviews, and changed the way the short story was written in the English language. She was a rebel and a modernist who lived her short life of 34 years to the full.

Between 22 July–22 October, Wellington celebrates 130 years since Katherine Mansfield's birth with a city-wide programme of events, exhibitions, and performances. A full schedule of events is available at the website.

When: Tuesday, 16 October–Monday, 22 October

Where: Katherine Mansfield House & Garden, 25 Tinakori



Leitis in Waiting

Road, Thorndon

Restrictions: All Ages

Tickets: Check individual events for ticket details (door sales only)

Website: <https://www.katherinemansfield.com/KM130/category/km130>

>Thursday, 18 October and Thursday, 29 November

The Wellington Feminist Poetry Club

Welcome to the club. Join The Wellington Feminist Poetry Club this month as the nerdiest kids in school deliver you a whip-smart and biting night of spoken word poetry. The capital's sharpest literary students will be taking the podium with moving, lyrical, and even comedic stories of modern girlhood, queer resistance, or anything they well please.

The curriculum is enticing, the reading list is moreish, and the homework, nonexistent. It's the most entertaining extracurricular activity about.

Just \$5–\$10, sliding scale. Our 2018 headliners are: Tarns Hood on October 18 and Mary Rainsford on November 29.

If you'd like read at one of our events, get in touch with Hugo Grrrl. Male-identifying people welcome, too. Please note: Seating is not allocated, so arrive early to nab a good vantage point. Latecomers may not be admitted, and door sales are cash only.

When: Thursday 18 October and Thursday 29 November, 7:30–9:30pm both days

Where: The Fringe Bar, 26 Allen Street, Wellington

Restrictions: R18

Ticket Information: General Admission \$5, door sales only.

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

>Friday, 19 October

Leitis In Waiting

“Leitis in Waiting” is the story of Joey Mataele and the Tonga leitis, an intrepid group of transgender women fighting a rising tide of religious fundamentalism and intolerance in their South Pacific kingdom. The

film follows Joey, a devout Catholic of noble descent, as she organises an exuberant beauty pageant presided

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over by a princess, provides shelter and training for a young contestant rejected by her family, and spars with American-financed evangelicals threatening to resurrect colonial-era laws that criminalize the leitis' lives. With unexpected humour and extraordinary access to the Kingdom's royals and religious leaders, Joey's emotional journey reveals what it means to be different in a society ruled by tradition, and what it takes to be accepted without forsaking culture and tradition. "Leitis in Waiting" is an inside story, created by a Polynesian transgender woman who once competed and won the crown in Joey's beauty pageant.

When: Friday, 19 October, 7–8pm

Where: Nga Taonga Sound & Vision, 84 Taranaki Street, Wellington

Restrictions: All Ages

Ticket Information: General

Admission: \$10.25 (\$10 + \$0.25 fees);

Concession: \$8.20 (\$8 + \$0.20 fees)

Phone Sales: 0800 BUY TIX (289 849)

Website: <https://www.ngataonga.org.nz/events/leitis-in-waiting>

>Saturday, 20 October–Saturday, 8 December

Course for Parents of Teenagers

Improving Relationships With Your Teens. The course covers:

- how teenage brain changes impact behaviour and why parents may be frustrated in their attempts to communicate
- how the human brain responds to stress and what this means for parenting
- ways we can view long-term human relationships, and how as children and as adults we are motivated to seek or avoid contact
- ways we can view family dynamics and respond differently

Course Outcomes:

- increase confidence in interactions with teens
- reduce use of anger with teens
- increase effectiveness in parenting teens
- improve quality of relationship with teens

We aim to build your capability to

Whiringa-ā-Nuku October 2018

Also known as Te Rima o Kōpū (Ngati Awa), Tatau urutahi (Ngati Kahungunu)

Southern hemisphere: October to November, Northern hemisphere: April to May.

The name Whiringa-ā-Nuku talks about the beauty of the earth. 'Whiringa' is a decorative but practical plaiting on the edge of a garment and 'Nuku' refers to wideness and the earth itself. Spring growth is at its best.

Source: The Māori Oracle

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

deepen your relationship with your teen and thereby help change your teen's behaviour.

When: Saturdays, 20 October–8

December, 1:45–4:15pm all days

Where: Mitre 10 Mega Petone, 25 Bouverie Street, Petone, Lower Hutt

Restrictions: Adults Only

Ticket Information: Individual: \$120;

Couple: \$195; Door Sales Only

Website: <http://www.parenthelp.org.nz/parenting-course/>

>Wednesday, 24 October–Friday, 2 November

Patu!

Following the release of "Merata: How Mum Decolonised the Screen" in August this year, we agreed it was time to rescreen "Patu!"

"Patu!" is a hard-hitting view from the frontline of protests that engulfed the country during the 1981 Springbok Tour. Directed by Merata Mita, footage was supplied by a who's who of New Zealand cinema.

The result is a powerful example of agitprop and oppositional filmmaking, from a staunchly anti-racist and Māori perspective. As the film shows, the people filming the action were always at risk of violence from police and pro-tour supporters, while Mita was harassed by police during the editing of the film.

Despite these difficulties, the film was released in 1983, and the film's

significance has been recognised with its inscription on the UNESCO Memory of the World register in 2012.

"Many people gave their time, money, and equipment to see Patu! completed, and it could never have been done otherwise. I was asked repeatedly if I thought I was the right person to make the film, or why I was making it. The reason I was asked the question was that some people told me they feared that the film would not be accurate because it would have a Māori perspective!

"The Pākehā bias in all things recorded in Aotearoa was never questioned. The other reason they gave was that my politics extended no further than the Māori and the marae, and was I sure I understood the international ramifications of the tour. Yes, 'Patu!' has a Māori perspective but it does not override the mass mobilisation of New Zealand's white middle class, neither does it take credit from those who rightly deserve it, everyone who put themselves on the line.

"My perspective encourages people to look at themselves and examine the ground they stand on, while fighting racial injustice thousands of miles across the sea." – Merata Mita

When: Wednesday, 24 October; Wednesday, 31 October; Thursday, 1 November; Friday, 2 November; 7pm–8:45pm all days

Where: Nga Taonga Sound & Vision, 84 Taranaki Street, Wellington

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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

Ka tangi te wharauora, ko ngā karere a Mahuru

When the shining cuckoo calls, he is the messenger of spring

Mā pango, Mā whero, ka oti te mahi.

By black and by red the work is done.

He tānga kākaho koia kia kitea e te kanohi, tēnā ko te kokjonga ngākau e kore e kitea.

If the reeds used in thatch are not straight, the eye can detect it; but the corners of the heart cannot be seen.

Kāore te kūmara e kōrero mō tōna māngaro

The kūmara does not say how sweet it is

He rangi tā matawhāiti;

He rangi tā matawhānui

The person with a narrow vision sees a narrow horizon;

The person with wide vision sees a wide horizon

Tama tu, tama ora; tama noho, tama mate

He who stands, lives; he who sits, perishes

He maurea kai whiria!

Ignore small smatters and direct effort toward important projects

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Restrictions: All Ages

Ticket Information: General

Admission: \$10.25 (\$1 + \$0.25 fees);

Concession: \$8.20 (\$8 + \$0.20 fees)

Phone Sales: 0800 BUY TIX (289 849)

Website: <https://www.ngataonga.org.nz/events/patu>

>Saturday, 27 October

Women Supporting Women

Four awesome local women coaches have gathered together to bring you this awesome event. In the spirit of women helping raise each other up, this collaboration aims to help inspire and empower women to overcome the challenges we face and be their best.

With a focus on helping our daughters in the process with similar struggles – comparison, self-doubt, authenticity, confidence, social media and technology usage as well as self-care, self-love, and resilience to enable us to live a life full of meaning and purpose and be our best.

This month marks 125 years of women's suffrage. To celebrate, we're giving the first 125 tickets away for free! AND you can bring your daughter for free (suitable for 12 years and over only). Please note: All free tickets have now been sold.

Over the last few decades, life has evolved and changed for women, and we have become more powerful with more opportunities. Yet at the same time, we are busier and with more worries. Often we find ourselves still doubting our worth, we still think twice about taking seats at leadership tables, we still lack confidence to take risks and lean in, and we still struggle to be what is expected of us, sometimes at the expense of our values, dreams, and authenticity. We want to break this cycle and focus on this one thing we, as women, control and that is our own self-efficacy, and we want the same for our daughters.

There will also be some great prizes to win at the event as well as tea and coffee on arrival, and an opportunity

to browse stands and support local women in business.

To find out more about the speakers and how you can sponsor this event or be there with a stand, see the official website. The intention is for attendees to leave feeling empowered and inspired, but with practical tools to aid your own self-efficacy and development and something you can share with your children. It will also provide a platform for valuable



networking and sharing of stories across a diverse group of women, and a catalyst for mother-daughter conversations and shared experiences.

When: Saturday, 27 October, 9:30am–12:30pm

Where: Rydges Wellington, 75 Featherston Street, Wellington
Restrictions: R12

Ticket Information: General

Admission: \$33.75 (\$30 + \$3.75 fees);

Early Bird: \$16.38 (\$15 + \$1.38 fees)

Phone Sales: 0800 BUY TIX (289 849)

Website: <http://inspireyourlife.org/women-supporting-women/>

>Saturday, 27 October

Seed and Seedling Swap

Bring along your spare seeds, seedlings and garden stuff to swap with others. Everyone welcome, even if you have nothing to share—there is always more than enough to go around!

When: Saturday, 27 October, 11am–1pm

Where: Eastbourne Community Library, 38 Rimu Street, Eastbourne, Lower Hutt

Restrictions: All Ages

Ticket Information: Free

Website: <https://library.huttcity.govt.nz/>

nz/cgi-bin/spydu.exe/MSGTRN/OPAC/HOME

NOVEMBER

>Petone Winter Markets 2018

We're back! We're more of a Winter/Spring market series this year. Put it in your calendar now! We are excited to bring you an awesome selection of locally made and designed creations from all around the Wellington region!

Interested in becoming a stallholder? You will need to become an approved Wrought exhibitor to sell at either Petone Winter Markets or Wrought Makers' Markets—complete this form to apply:
<https://www.wrought.co.nz/exhibitor-application.html>

Please note that Wrought Makers' Markets and Petone Winter Markets are in no way connected to, or affiliated with, any of our venues. We are just here to bring you the best local makers and their creations!

When: Saturday, 3 November, 10am–2pm

Where: Petone Baptist Church, 38 Buick Street, Petone, Lower Hutt

Restrictions: All Ages

Ticket Information: Free

Website: <https://www.wrought.co.nz/>

>Saturday, 10 November, Saturday, 8 December

The Monthly – Ladies on a Plate

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). Ladies (on) a plate - the women of The Monthly take on the heights and depths of cuisine.

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Spontaneous theatre created on the spot and inspired by your foodie feelings!

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

When: Saturday, 10 November; Saturday, 8 December (both days 7–8pm)

Restrictions: All Ages

Ticket Information: General

Admission: \$10.25 (\$10 + \$0.25 fees)

Phone Sales: 0800 BUY TIX (289 849)

>Saturday, 23 November

Coven: A Party for Women and Gender Minorities

... something wicked this way comes. Gather around the cauldron, witches, because COVEN is back. It's a sapphic seance, a butch bewitching, a homosexual hexing. COVEN is a big queer party for women and gender minorities, featuring devilishly good DJs, delicious boozy potions, and spellbinding live music from some of Aotearoa's best aural enchanters.

It's a gathering; a space to relax, bond, cast a curse or two or dance up a storm for the goddesses. So come make some magic with us this September and November at Ivy. You'll be charmed, I'm sure. Tickets a lucky \$13 on Eventfinda or \$15 on the door.

COVEN is a party for queer women and gender minorities. If those words don't describe you, we kindly ask that perhaps you consider not attending this event. Let's keep this night a safe, inviting community event for those who need it. Please get in touch with any questions or queries.

A 'Cloak Check' will be available to keep your robes, brooms, and paraphernalia safe throughout for just \$2.

The COVEN doors open at 8pm, our musical guests go live at 9:30pm and the spell ends at 11pm when we open

up the bar to the general public again. Please note that doors go one-way from 9pm, so make sure you arrive before then! You're of course welcome to leave and return, but may just need to queue to re-enter after the 9pm cut-off.

Make sure to follow Hugo Grrrl for updates on our bi-monthly COVEN events throughout 2019, as well as a host of other exciting and affordable local queer gigs.

MUSICAL GUESTS!

Our November 3 show stars: Arcee

You haven't heard female rap until you've heard Arcee. Arcee, aka Rona Wignall, began rapping when all good rappers do. At birth. A little later (2012) she dropped her first major track "Go Hard". The song has had 10,000 hits (and counting) on YouTube and has been dubbed 'a f*cking mean song' by many a kiwi hip-hop fan.

Arcee has since Supported Ladi6, Scribe, and Six60. Last year Arcee got together with Darryl Matthew Suasua and recorded Arcee's debut album "The Arcee LP" released to the world with a four-star review on August 15.

When: Saturday, 23 November, 8pm–11pm

Where: Ivy Bar and Cabaret, 49 Cuba Street, Wellington



Restrictions: R18

Ticket Information: General

Admission: \$13.33 (\$13 + \$0.33 fees); Last Chance Tickets: \$16.38 (\$15 + \$1.38 fees)

Phone Sales: 0800 BUY TIX (289 849)

Website: https://www.facebook.com/events/216438899016630/?notif_t=event_calendar_create¬if_id=1532590779953504

>Friday, 30 November

Naked Girls Reading: The Women of History Edition!

Ahoy, adventurers! Get ready to burn your bras, brandish your breakthroughs, and blast off for this scandalous literary expedition. It's Naked Girls Reading: The Women of History Edition!

Join us as we trek our way through the literary legacy of history's most extraordinary girls and women: the pioneers, the picketers, the rebels, and the revolutionaries! We'll be celebrating and remembering the radical work of the writers, makers, and rule breakers who came before us in this very special Naked Girls Reading edition. It'll be a voyeur's voyage not to be missed.

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

These unclad, clever ladies have picked their favourite bits of iconic groundbreaking literature to recite for you. Expect tales of all sorts of revolutionaries; from Linda Lovelace to Jenny Shipley, from Joan of Arc, to Malala Yousafzai. We'll be sauntering through the literary landscape of all female excellence in an evening. We'll see all you brave bookworms there!

And remember, you can't spell 'literature' without 't' and 'a'! And it's not just for the ladies! Our events are open to everyone, from all walks of life, of all genders, all sexualities, all everything. Come along.

Please note: Seating is not allocated so arrive early to nab a good vantage point. Latecomers may not be admitted, and door sales are cash only.

When: Friday, 30 November, 8–10pm

Where: The Fringe Bar, 26 Allen Street,

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Wellington

Restrictions: R18

Ticket Information: General Admission: \$23 (\$20 + \$3 fees); Last Chance Ticket: \$28.62 (\$25 + \$3.62 fees); VIP: \$38.88 (\$35 + \$3.88 fees)

Phone Sales: 0800 BUY TIX (289 849)

Website: <https://www.facebook.com/events/204967250267679/>

DECEMBER

>Saturday, 1 December

Drag School Musical! - A High School Musical Tribute Show!

Drag meeting High School Musical?! Looks like it's the start of something new! Mx Capital Drag 2018 Kelly Forna is producing a one-time only spectacular where Wellington's incredible drag queens and kings will be performing hit songs from the High School Musical trilogy, and it's going to be a bop to the top. Get ready to sing along because this is definitely going to be a night to remember.



Weaving Class

Tickets available: VIP: \$35 includes an autographed poster from the cast, a guaranteed by the front of the stage, and a complimentary High School Musical-themed cocktail (can also be substituted for a mocktail if needed)! You definitely want to getcha head in the game for these tickets, once they're gone, they're gone. Limited seating. but plenty of standing space!

Support the Lower Hutt Women's Centre

Ways you can support us:

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

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

The LHWC Board of Trustees

Doors open 8pm. Show starts 9pm. Any enquiries please contact Alex at kellyfornianz@gmail.com

When: Saturday, 1 December, 9–10pm

Where: Ivy Bar and Cabaret, 49 Cuba Street, Wellington

Restrictions: R18

Ticket Information: VIP: \$38.88 (\$35 + \$3.88 fees);

General Admission: \$23 (\$20 + \$3 fees)

Phone Sales: 0800 BUY TIX (289 849)

Website: www.facebook.com/kellyfornianz

>Saturday, 1 December–Sunday, 2 December

Raranga – Weaving Class – Weekend Class

Introduction to raranga. Learn basic traditional weaving methods to create a bouquet of flowers and basket with harakeke (flax). In this class you will learn a brief history of sustainable harvesting methods used in Maori culture. Suitable for all levels.

Content:

Includes introduction to traditional raranga practices and sustainable harvesting of harakeke. The class also covers basic protocol and cultural considerations for the practice of raranga. In addition, the class looks at weaving techniques used for creating flowers and introductory basket making.

Objectives: Introduce basic protocols and practical techniques of raranga.

Outcomes:

- Gain an understanding of the history, protocols and practices involved in raranga
- Learn sustainable harvesting processes
- Learn weaving techniques, resulting in the completion of a bouquet of flowers and a small basket

Materials cost: No cost

Required materials:

- A pair of sharp scissors
- Craft knife
- 4 pegs

This class is held in the Mixed Media Studio, MM1.

When: Saturday, 1 December–Sunday, 2 December, 10am–4:30pm both days

Where: The Learning Connexion, 182 Eastern Hutt Road, Taita, Lower Hutt

Restrictions: All Ages

Ticket Information: Weekend Class: \$150

Phone Sales: Buy Tickets

Website: <https://www.tlc.ac.nz/>

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

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

October 9	Talking about ourselves
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
Nov. 20	Putting yourself in neutral
Nov. 27	Having the courage to be imperfect
Dec. 4	Developing courage
Dec. 11	Willpower
Dec. 18	Anger as a strength

2019

January 22	Developing self-knowledge
January 29	Self-love
Feb. 5	Acknowledging self
Feb. 12	Enhancing self in terms of awareness
Feb. 19	Acceptance and use of strengths
Feb. 26	Positive thought and talk
March 5	Messages about self
March 12	Accepting responsibility for self
March 19	Coming to grips with feelings

Friday mornings in 2018

Oct. 19	Developing courage
Oct. 26	Willpower
Nov. 2	Anger as a strength
Nov. 9	Developing self-knowledge
Nov. 16	Self-love
Nov. 23	Acknowledging self
Nov. 30	Enhancing self in terms of awareness
Dec. 7	Acceptance and use of strengths
Dec. 14	Positive thought and talk
Dec. 21	Messages about self

2019

January 25	Accepting responsibility for self
Feb. 1	Coming to grips with feelings
Feb. 8	Talking about ourselves
Feb. 15	Beliefs about self
Feb. 22	Expressing pride in self
March 1	Letting go of the past
March 8	Respecting self and others
March 15	Striving for pure motives
March 22	Putting yourself in neutral
March 29	Having the courage to be imperfect

Support Group Who Have Experienced Rape or Sexual Abuse

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

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

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

“The traumatised child doesn't have the luxury of self reflection.”

– John Briere

“I thought I was so alone with this problem, but hearing about how others have coped helps enormously.” – Dr. Kim McGregor in *Surviving and Moving On*

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

Healing is not only possible but essential.

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

Day: The first Sunday of every month

2018 Dates:

Sunday, 4 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



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.

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 September – December 2018

Painting Workshops	p 12
Self-Development for Women	p 13
Circle of Security® Parenting™ Course	p 14



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

Painting Workshops

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

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

Dates for 2017 (all dates on Saturday):

Workshop 5: 14 October

Time: 10am–4pm

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



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

Tutor: Linda Wood

Please bring a contribution for shared lunch

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.

**Participants must be prepared to attend all sessions of the workshop.
Fully booked at present — you can register for the waiting list.**

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, 8 October

Monday, 12 November

Monday, 10 December

Day: Second Monday of each month

Phone: 027 327 4466

Email: kimberley@bignell.co.nz

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

For Mothers of Pre-School Children

Facilitator: Kay Riddler

Dates: 8 weeks beginning Thursday, 18 October 2018

Time: 10am–12 noon

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

Creche: We provide creche, but you will need to register that with us on enrolment.

Phone to book a place and place confirmed on payment.

About the Course:

Over the course of 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 manne—while enhancing observational skills, and engaging in reflective dialogue regarding your strengths and struggles in parenting.

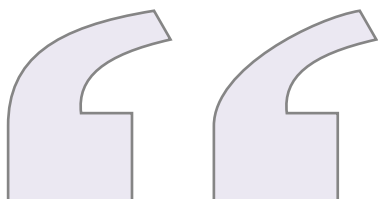
“We spoke about filling her child’s cup, finding multiple times every day to snuggle her, cuddle her, talk with her, hold your arms open, make eye contact, delight in her, hug her, protect her. To consistently be available to her. Because in filling your child’s cup, it just may be that her forever empty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

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.

This course emphasises the importance for parents in maintaining a balance between being “wise and kind”, able to follow the child’s needs whenever possible and being “bigger and stronger” than the child—able to take charge when necessary.

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 minimising the blame and shame game while supporting parents to build strengths without ignoring their struggles.



I myself have never been able to find out precisely what feminism is: I only know that people call me a feminist whenever I express sentiments that differentiate me from a doormat.

—*Rebecca West*

Margot Roth: Journalist, feminist, women's studies teacher, commentator

Margot Roth, remarkable journalist, feminist, women's studies teacher, sociologist, editor, commentator, and essayist, died on 3 October 2018 at age 97. Included here is a book review of her collected writings that also gives readers an insight into Roth's work.

By Angela Wanhalla

In *Roll on the Revolution*, the Margot Collective has produced an anthology of some of the most important and incisive feminist writings of Margot Roth covering a 70-year period. The collective should be congratulated on their editorial effort and for making visible the work of an intellectual who has made sustained critiques of the structural inequalities faced by women in Aotearoa/New Zealand.

Roll on the Revolution takes the reader on a journey of the evolution and development of a feminist thinker whose public writing preceded the rise of second-wave feminism in Aotearoa/New Zealand.

As Sandra Coney notes in her preface to the collection, Roth's early writings described the effects of suburban neurosis before Betty Friedan used "the problem that has no name" in her 1963 book, *The Feminine Mystique*, to describe the psychological and emotional effects of domestic drudgery and isolation.

A Lifetime of Feminist Work

Organised into four thematic sections, *Roll on the Revolution* showcases Roth's autobiographical writing, and a selection of her early feminist writing covering the years 1946 to 1959. The final section alerts the reader to some of her academic scholarship, but most of the anthology is dedicated to Roth's

involvement with *Broadsheet*, to which she contributed a column, the "Gripes of Roth," as well as her significant contributions to the Women's Studies Newsletter.

Roll on the Revolution begins with two autobiographical pieces published in the 1980s and '90s. The first touches on social mobility and class politics in shaping a sense of place and identity, and the second surveys her childhood in a family that valued education, as well as her working experiences before marriage.

During World War II, the mobilisation of men overseas opened up new employment opportunities for women, including Roth, who took up a position as a cadet reporter with the *New Zealand Herald*. No doubt her knowledge of the inner workings of the trade informed her later critiques of the media's discriminatory practices, both in its representation of women and in the limits placed on women's opportunities as reporters and newsreaders.

In the book's second section, three pieces of early feminist writing offer a perceptive and wry assessment of domesticity and gender relations in the 1940s and '50s. The first is from 1946, and sets out a critique of domesticity. Marriage and her role as wife, wrote Roth, was "destroying her own individuality" (p. 30). "No married woman should be expected to develop into nothing more than a comparatively useful amoeba on call about the house all hours of the day and night with no individuality of its own": the notion of the home as woman's place needed to be abolished" (p. 32).

Roth called for imaginative ways to enable women's access to education and state-funded childcare facilities, to end gender discrimination in

employment, and to achieve equal pay. Bookending this section is 'Housewives or human beings?', a radio talk that was reproduced in the *New Zealand Listener* in 1959. It offers a powerful critique of domestic routine, calling for 'relief from social isolation and the physical and mental exhaustion caused by a 24-hour day' (p. 40).

A Voice Before Her Time for Women's Equality and Visibility

In her columns for *Broadsheet* and the *Women's Studies Newsletter* between 1982 and 2015, Margot Roth challenged the gender discrimination inherent in media representation, especially around the reporting of violence against women and children. This is an issue that remains highly relevant, particularly in a market saturated by social media platforms that are failing to tackle online bullying and harassment of women.

Women's work and unpaid labour was another recurring theme. In a 1988 column, she noted women's work in the care sector 'props up the welfare system' (p. 69), a situation that has changed little today, with the contemporary care economy dominated by women who receive low rates of pay.

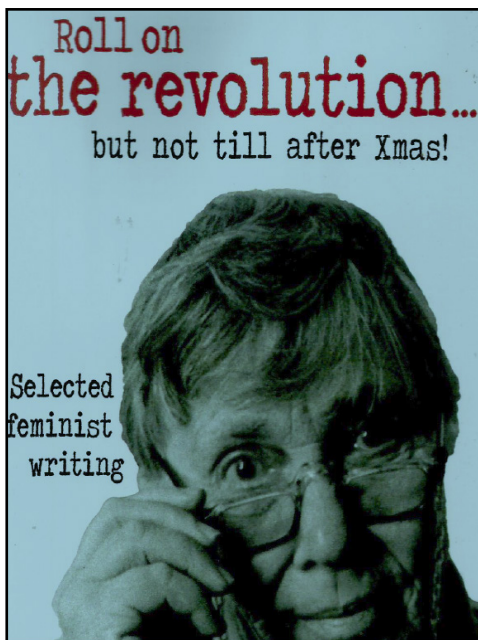
As one of Aotearoa/New Zealand's ground-breaking feminist thinkers, Roth covered issues of great weight in women's lives at the time, and revealed the structural and ideological basis of gender discrimination in Aotearoa/New Zealand society.

Roll on the Revolution inspires similar efforts that attend to writing histories of second-wave feminism, collating writings of inspiring women, and recording and assessing feminist efforts to change lives on matters that are as relevant and urgent today as in the past.

To Read More:

Roll on the Revolution ... But Not Until After XMas! Selected Feminist Writing (2016). Edited and selected by Hilary Lapsley, Pat Rosier, Mary Mowbray, Claire-Louise McCurdy, Linda Hill, Prue Hyman, Jenny Rankine, and Anne Else. Auckland: Women's Studies Association Pae Akoranga Wahine.

Angela Wanhalla is Associate Professor & Rutherford Discovery Fellow (2014–2019) in the Department of History and Art History at the University of Otago.



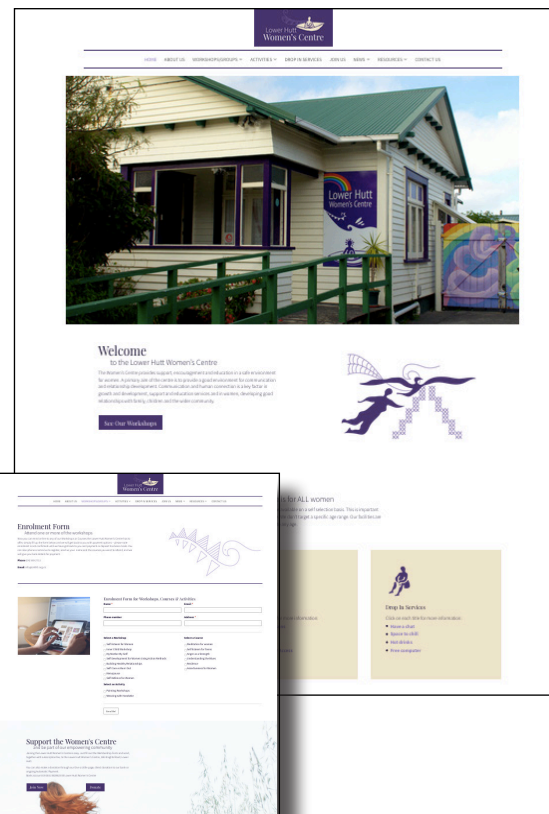
Register for Workshops Online with Redesigned LHWC Website

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/>.

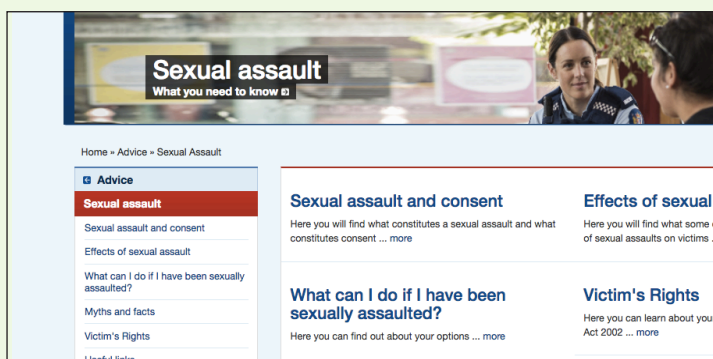
Next, click on the "Workshops/Groups" tab at the top of the page.

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.



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>

Braided Women Gathering

*Celebrating and living the sacred
feminine together*

*Claiming our
power for
change*

Staveley Campsite, Canterbury

Friday 16th November – Sunday 18th November 2018

Tickets available online.

*For more information contact Annie 021 620087 in
Johnsonville, Wellington.*

Braided Women Gathering is a charitable trust dedicated to:

**Being Heart centred, fostering new growth, celebration,
hope, reflection, ritual and sharing circles, renewal, joy and
a deeper connecting with women in all stages of their life's
journey.**

**We are also dedicated to creating events that women can
attend, with our ticket prices covering only the cost of the
event.**

www.braidedwomen.co.nz

Against their will: Roma women in the Czech Republic demanding accountability for forced sterilisations

By Lea Surugue and Gisella Ligios

Marta Pusková was just 23 when she was sterilized. She had recently had her third daughter, and although she and her husband had hoped for a boy, they were happy to see their family expand.

More than three decades later, Pusková recalls the social worker who came to her house soon after the birth, urging her to go back to the hospital to get checked up for a blood condition.

"They gave me an injection with a pain killer and anaesthetic and said I had to undergo a surgery —nobody told me of what kind," she says. "They had me sign papers without telling me anything."

Her story is not unusual. Pusková is just one of hundreds of women from the Roma minority who were sterilized against their will from the 1970s to the start of the 1990s, in what was then communist Czechoslovakia. In 1971, the government passed a decree, which enabled local authorities to take steps to encourage the sterilization of Roma and disabled women. Later, financial incentives were established for these women to undergo the procedure.

Although coerced sterilization stopped being an official policy when communist Czechoslovakia dissipated, non-consensual sterilization of women continued in the Czech Republic throughout the late 1990s and into the early 2000s in some hospitals. The last known case dates back to 2007.

Widespread discrimination

Like Pusková, many Roma women who were sterilized were lied to, or not told the exact nature of the operation they would undergo. Although it was necessary to seek their written consent, few were actually given the paperwork in appropriate circumstances. Some were made to sign blank papers, which were then filled retrospectively.

Roma are the largest minority in the

Czech Republic, with up to 250,000 living in the country, and discrimination against this population has a long history. Today Roma women may no longer be coerced into sterilization, but they are still treated differently when they arrive at hospitals to give birth. They are still often not trusted by doctors to make informed decisions regarding their fertility. This climate of

self-empowerment. Their efforts to see justice served has given a new meaning to their negative experience.

The path ahead

While the three-year statute of limitation stills remains a major hurdle on the road to compensation, the women are adamant about what the outcome should be. The money would

cover their medical expenses, as today many have serious health complications.

In 2009 the Czech authorities expressed regret about the forced sterilizations, but emphasized "individual failures by health personnel". They distanced themselves from the abuse and denied that it was systematic.

In 2014, Czech ombudswoman Anna

Šabatová established a group to draft a new mechanism of financial compensation, but this legislation was later rejected by the government without reasons being given.

At the start of this year, a meeting was held in March between the women in Ostrava and the Minister of Justice Robert Pelikán. NGOs were asked to give the exact number of women who would claim compensation, allowing the government to make a financial assessment and to discuss a settlement outside the courtrooms. However, the recent resignation of the Czech government has brought uncertainty, complicating the situation further.

Two judicial cases are also pending before the European Court of Human Rights and the UN's Committee on the Elimination of Discrimination against Women, but it is hard to predict when a decision is expected.

"Compensation would be good and we deserve it. But nobody can give you back your health," says Marta Pusková. "Once it has happened to you, you'll never find real peace." Whatever happens next, the women are not giving up.

Article Source: July–August 2018 issue of *New Internationalist*; <https://newint.org/features/2018/08/02/against-their-will>



discrimination partly explains how the sterilizations were allowed to happen against their will.

A three-year statute of limitation has meant that the judicial system has let down most of these women, as they were more often than not too late in realizing the abuse had occurred or in starting legal proceedings.

Dramatic consequences

Sterilization had a devastating impact on the women's role in their community and their family lives, particularly because Roma culture puts great value on large families.

Olga Kováčiková, from Ostrava, remembers that her husband did not realize that she had undergone the procedure at first. "When he met his friends at the pub for a beer, he felt ashamed in front of the other men because his wife could not have children anymore."

Many of the women have needed psychological counselling. Elena Gorlova experienced anxiety and sadness whenever a baby was born in her close circle. "Even today, when I go shopping and see baby clothing, I feel I'm missing something in my life," she says.

But this dramatic turning point in their lives has also imbued the women with a fighting spirit and a sense of

Treaty of Waitangi:

Questions and Answers

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

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

The impact of British colonial intentions was softened by putting the Treaty into the context of the Queen wishing to establish a personal relationship with the Māori people. Some bilingual Pākehā settlers tried to point out the differences in understandings and intentions.

Some rangatira refused to sign as a result of this, and their knowledge of the effects of European colonisation on other indigenous peoples. Others, like Te Whero Whero of Tainui and Te Heuheu of Tūwharetoa, did not sign Te Tiriti because they judged the 1835 Declaration to be sufficient.

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

On the day leading up to the signing, much discussion



had taken place about the retention of land and the continuation of Māori authority and status.

These issues were of utmost concern to rangatira as a number of them had already had difficulties with Pākehā over land.

Te Tiriti o Waitangi clearly spelt out that Māori authority was not only

confirmed, but would also be further enhanced by the Crown. However, Hobson, who did not understand the Māori language, wrongly chose to presume sovereignty had been ceded and made a unilateral proclamation of sovereignty over the North Island (Te Ika a Māui) on 21 May

1840, on the grounds of the cession of sovereignty as stated in Article I of the Crown's English-language version. He claimed sovereignty over the South Island (Te Wai Pounamu) by reason of "discovery".

Major Thomas Bunbury, who had

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

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

The retention of land and the continuation of Māori authority and status....were of utmost concern to rangatira as a number had already had difficulties with Pākehā over land.

Where was Te Tiriti o Waitangi signed?

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

An English-language text was signed by 39 rangatira in Waikato and the Manukau, but on the basis of explanations in Māori. Some chose not to sign the Treaty and some were not approached about signing. Some, like Te Heuheu of Ngāti Tūwharetoa, had already signed the Declaration of Independence and saw no need for a further treaty arrangement with the British.

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



Raglan kuia (female elder) and activist Eva Rickard (in headscarf) and other prominent Māori radicals lead the protest march on Waitangi Day 1984.

Image source: Te Ara (The Encyclopedia of New Zealand); <https://teara.govt.nz/en/photograph/36378/waitangi-day-protest-1984>

We are on YouTube

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

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

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

Donations

We welcome donations of:

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

Drop off items to the Women's Centre.

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

Lower Hutt Women's Centre philosophy

The Women's Centre:

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

Contribute to Cronecle

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