

# Cronecle

Newsletter of the Lower Hutt Women's Centre

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## Summer Break Dates

We will be closing on 21 December and re-opening on 22 January 2019

By Teresa Heinz Housel, LHWC  
Newsletter Editor

Having grown up in the United States, one of the benefits that I appreciate most about New Zealand's health care system is the access to public health services. Some family members have managed serious and terminal illnesses with private insurance, but other relatives went untreated because they could not afford private insurance or to pay cash to a doctor or hospital.

Two weeks ago, I had my biennial mammogram screening through BreastScreen Aotearoa at my local hospital. My family has a history of breast cancer on both the paternal and maternal sides, so I am always anxious as I await the results. I try to eat well and exercise, but as a close friend said to me last week, "You can't outrun genetics."

Last week after my screening, I got the call that I had always dreaded: Something suspicious appeared on the x-ray and I needed to go back for tests. I booked immediately for the following morning.

The attending doctor and nurses were professional and kind at Hutt Hospital, but it was at times a terrifying week as I completed the tests and awaited the results. I used the meditation techniques that I had learned in Ruth Pink's meditation workshops at the Lower Hutt Women's Centre to remain calm during the additional scans and biopsy. The doctor remarked several times that I appeared to be "somewhere else." I was so thankful to be able to draw on those meditation techniques to somewhat quell my anxiety.

The results, thankfully, were benign in the end, but the experience reminded me how important it is for women to be educated and proactive



about their health. According to the Breast Cancer Foundation NZ, breast cancer is the number one cancer for women in New Zealand. More than 3,000 women are diagnosed each year, and more than 600 people die from the disease each year. One in nine women who are diagnosed everyday will be Maori.

I obtained my free mammogram through BreastScreen Aotearoa for well women aged 45-69. There have been 27 percent fewer deaths since this free screening started nationally in December 1998, but 30 percent of eligible women are not in the free screening, according to the Breast Cancer Foundation NZ.

I have tried to keep up with my screenings since my early 30s because of my family's history of breast cancer. However, the Breast Cancer

Foundation NZ reports that 70 percent of women diagnosed with breast cancer will be aged 50 and above, and 90-95 percent of the women have no breast cancer in the family.

My mammogram picked up microscopic cells that could have been pre-cancerous had they not been benign. Mammograms can detect small breast cancers as small as two millimetres, whereas tumours often grow to two or three centimetres (the size of a walnut or cherry) before they can be felt,

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

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

[My screening through BreastScreen Aotearoa] experience reminded me how important it is for women to be educated and proactive about their health.

## Pro-active education and national screening support women's health

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according to the Breast Cancer Foundation NZ.

These health scares are truly rattling. I try to appreciate every day and not get upset by small issues that just waste time, but it's easy to let time pass as we navigate through busy days of adult responsibilities. If anything, the experience reaffirmed the importance of health education, prevention, and early detection.

Use the BreastScreen Aotearoa services if you fall within the age range, or contact your GP for a referral for a free diagnostic mammogram if you have a high risk of breast cancer or show symptoms or signs. You can also get mammograms at private radiology clinics.

Please check out the resources about women's health at the LHWC. The LHWC's library offers many books about women's health. You can also find informative pamphlets related to women's health and wellness around the centre. If you have any questions, ask one of the LHWC staff or volunteers, and they will point you in the right direction.

For more information about breast cancer, please visit <http://www.breastcancerfoundation.org.nz/>. To learn more about BreastScreen Aotearoa and the eligibility criteria, visit <https://www.breastcancer.org.nz/aboutBC/Detection/Screening-tests/BSA> or phone 0800 270 200. You can also register for the screenings online: <https://www.timetoscreen.nz/breast-screening/sign-up/>.

## 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?

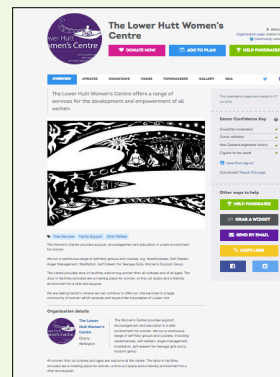
Does my haughtiness offend you?  
Don't you take it awful hard  
'Cause I laugh like I've got gold mines  
Diggin' in my own backyard.

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.

## 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

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

Source: "Still I Rise" from *And Still I Rise: A Book of Poems*. Copyright © 1978 by Maya Angelou. Used by permission of Random House, an imprint and division of Penguin Random House LLC. All rights reserved.



## Community Events

### DECEMBER 2018

#### >Monday, 10 December–Sunday, 14 December

##### A Very Beths Xmas Party

The Beths have continued from strength to strength since releasing their debut album *Future Me Hates Me* in August. They've received international acclaim from some of the biggest names in music like Pitchfork, NPR, Rolling Stone, triple j, Noisey, and Stereogum, and have played lots of shows around the world. To celebrate, the band have announced two very special shows in Wellington and Leigh. All proceeds going to Girls Rock Camp Aotearoa and Women's Refuge.

**When:** Friday, 14 December, 9pm

**Where:** Meow, 9 Edward Street, Te Aro, Wellington

**Restrictions:** R18

**Ticket Information:** \$20

**Buy Tickets:** <https://www.undertheradar.co.nz/tour/9226/Beths-NZ-Xmas-Shows.utr>

**Website:** <http://www.facebook.com/events/498669110620960/>

#### >Friday, 21 December

##### Womans Wisdom Workshops

Schamet Horsfield is a women's wisdom workshop facilitator. She creates a lovely and beautiful space for women to empower, strengthen, support, and explore women's topics as a wonderful way of healing the feminine spirit.

Schamet's intention is to create a fun, safe, supportive, spiritual group of women who can come together in meditation, prayer, healing, share wisdom, and grow together deepening our connections with our intuition, our body, mind, soul, the earth, our higher self, and with each other. Each workshop we will begin with a guided meditation, gratitude circle, and we will deepen our understanding about woman's topics, empowerment, education about of body, mind, spirit, energy, tapping into our own innate wisdom, and with our higher self.

We meet Fridays around full moon magic. The full moon lands on different nights each month, so the facilitator tried to find Fridays that are consistent and close to the magic of the full moon energy. We meet once a month and each month is a different topic. See website for more details.



**When:** Friday, 21 December, 7pm–9pm

**Where:** Diamond in the Bay Yoga, 23 High Street, Wellington

**Restrictions:** All Ages

**Ticket Information:** \$20; \$15 for full-time students and unwaged. Phone: (027) 5182476

**Website:** <http://www.diamondinthebay.co.nz>

### JANUARY 2019

#### >Saturday, 12 January and Saturday, 20 January

##### The Ruby Slipper Revue: A Fundraiser Cabaret

Click your heels and say goodbye to Kansas: It's The Ruby Slipper Revue! A glittering and gay variety show for all the friends of Dorothy. Starring a cast of the capital's finest vaudevillians and theatre folk, this camp cabaret is a veritable smorgasboard of drag kings, queens, and everything in between. An evening of colour and pride not to be missed.

The profits of this event will be going to two incredible and hardworking local charities. On January 12, we'll be donating to OuterSpaces. On July 20, we'll be donating to the Sexual Abuse Prevention Network.

**When:** Saturday, 12 January and Saturday, 20 July, both days 8pm–10pm

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

**Restrictions:** R18

**Ticket Information:** Early Bird Ticket: \$16.38 (\$15 + \$1.38 fees); General Admission: \$23 (\$20 + \$3 fees); Phone: 0800 BUY TIX (289 849)

**Website:** <http://www.facebook.com/events/513261499099748/>

#### >Saturday, 19 January

##### Wellington Pasifika Festival

Experience the sights, sounds, and flavours of the wider Pacific right here in Wellington. There will be delicious food to buy, free family-friendly activities, and perfor-

mances by traditional and contemporary Pacific artists. The festival highlights our tight-knit Pacific communities, our arts, cultural and political landscape, and user-friendly city parks and environments.

**When:** Saturday, 19 January, noon–6pm

**Where:** Odlins Plaza, 21 Cable Street, Wellington

**Restrictions:** All ages

**Admission:** Free

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

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## >Monday, 28 January

### Sarah Millican

Award-winning comedian and writer Sarah Millican is back with a new show! Control Enthusiast marks 10 years since Sarah established herself as one of the leading lights of the British Comedy scene by winning the Best Newcomer Award at the 2008 Edinburgh Fringe.

In the subsequent years, Sarah has gone on to host three series of her critically acclaimed BBC2 series, "The Sarah Millican Television Programme," and has become a familiar face on shows such as "QI," "Live at the Apollo," and "The Royal Variety Performance."

In October 2017, she released her first book, which is part autobiography, part self-help, part confession, part celebration of being a common-or-garden woman. Sarah is also a founder member of Standard Issue, a smart, funny magazine-style podcast made for women by women.

GP ON-SALE: FRIDAY, 3 AUGUST 9AM

**When:** Monday, 28 January, 7pm

**Where:** The Opera House, 111–113 Manners Street, Wellington

**Restrictions:** R16+ (may contain course language and adult themes)

**Ticket Information:** Phone 0800 111 999

**Official Tour Website:** <https://www.eventfinda.co.nz/tour/2018/sarah-millican-control-enthusiast>

## FEBRUARY

## >Saturday, 2 February

### Te Rā te Raukura

Te Rā o te Raukura 2019: Featuring Three Houses Down and General Fiyah, local entertainers, and more. The rides, the family festival, the show.

Te Rā o te Raukura follows the Wai

## Hakihea December 2018

Also known as Akaaka nui (Ngati Kahungunu)

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

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

Source: The Māori Oracle

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

Māori principles and is a water-only event, a Para Kore (Green Event Participant) and Auahi Kore (Smokefree) event.

**When:** Saturday 2 February, 10am–4pm

**Where:** Te Whiti Park, White Lines East, Waiwhetu, Lower Hutt

**Restrictions:** All ages

**Ticket Information:** Free Admission

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

## >Thursday, 7 February–Sunday, 10 February

### Madiba the Musical: A Celebration of Nelson Mandela's Life

Revolutionary leader Nelson Mandela, known by his tribe as Madiba, would have been 100 this month. This international production is interwoven with stories of the fight against apartheid and forbidden love in a troubled land.

The musical pays tribute to New Zealand and the dramatic part it played in bringing an end to apartheid.

Also timed to mark 25 years since the abolition of apartheid in South Africa, Madiba the Musical features African dance and vocal traditions set alongside eternal love songs and stirring anthems in a show that tells of Mandela's lifework as a lawyer and activist for peace through the story of young artist Will, who is the victim of apartheid in South Africa.

**When:** Thursday, 7 February, 7:30pm–10pm; Friday, 8 February, 7:30pm–10pm; Saturday, 9 February, 1:30–3pm; Saturday, 9 February, 7:30pm–10pm; Sunday, 10 February, 6pm–8:30pm

**Where:** The Opera House, 111–113 Manners Street, Wellington

**Restrictions:** All ages

**Tickets Information:** From \$68; phone 0800 111 999

**Website:** <http://madibamusical.co.nz>

## >Friday, 8 February–Wednesday, 13 February

### I Am Not Margaret Mahy

The eccentric life behind one of New Zealand's wildest imaginations. Witch, jungle child, bewildered student, detective, librarian, shark: Margaret Mahy

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I Am Not Margaret Mahy

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defied definition at every turn, embodying aspects of her characters in the many lives she lived.

This delightful adaptation reveals the unconventional woman behind the stories that ignited our imaginations: Her witchy ways, bag lady tendencies, and never-ending search for adventure. It's a reminder to us all that you can grow old, but you don't have to grow up. Based on Mahy's essay, "Notes of a Bag Lady."

Adapted by Jane Waddell. Director: Stella Reid. Producer: A Mulled Whine. Preview 8 Feb. in Circa Two; \$25–\$35.

"Waddell is at her best when personifying Margaret as a cheeky, rebellious child.... she narrates with mischievous energy." —Theatreview

**When:** Friday, 8 February through Saturday, 2 March (call for times, as the performance times vary)

**Where:** Circa Theatre, 1 Taranaki Street, Wellington

**Restrictions:** All Ages

**Ticket Information:** Adult: \$35; Under 25s: \$25; Phone (04) 0801 7992

**Website:** <http://www.circa.co.nz/package/i-am-not-margaret-mahy/>

### >Wednesday, 20 February

#### Challenging Discrimination and Prejudice In Aotearoa

As part of the Children's Holocaust Memorial, we will hold a series of presentations and panel discussions on broader social and human rights issues.

New Zealand has one of the highest levels of bullying in the OECD and discrimination against minorities remains a key issue. In this forum, we discuss why and how you can stand up to bullying and challenge discrimination in Aotearoa today. All forums will be live-streamed on the Holocaust Centre of New Zealand's Facebook page.

About the speakers: Dianne Davis will moderate this session. Dianne is the Deputy Chair of the Holocaust Centre of New Zealand. Peter Fa'afiu is the Chair of Amnesty International New Zealand. Louisa Wall is the Member of

## Social Justice Speakers Programme 2018/2019

As part of the Children's Holocaust Memorial, we are running a series of Public Forums addressing human rights and social justice issues.

<p><b>FORUM 1</b></p> <p><b>The Refugee Experience in New Zealand: Two Unique Perspectives</b></p> <p>4 December 2018   5:30–7pm</p>	<p><b>FORUM 2</b></p> <p><b>Challenging Discrimination &amp; Prejudice in Aotearoa: What It Means to Stand Up</b></p> <p>20 February 2019   6–7:30pm</p>	<p><b>FORUM 3</b></p> <p><b>Disability Rights: Historic &amp; Contemporary Views</b></p> <p>13 March 2019   5:30–7pm</p>
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All Forums will be live-streamed on the Holocaust Centre of New Zealand's Facebook page <https://www.facebook.com/HCNZWellington/>

## Children's Holocaust Memorial

16 NOV – 29 MAR 2019  
Monday – Saturday



Parliament for Manurewa.

Deborah Hart is a panel member of the Human Rights Review Tribunal, and Executive Director of the Arbitrators and Mediators Institute of New Zealand.

**When:** Wednesday, 20 February, 6pm–7:30pm

**Where:** Te Ahumairangi Ground Floor, National Library, corner of Molesworth & Aitken Streets, Thorndon

**Restrictions:**

All ages

**Tickets:** Free

Admission

**Websites:** National Library Events: <http://natlib.govt.nz/events/challenging-discrimination-and-prejudice-in-aotearoa-what-it-means-to-stand-up-february-20-2019>

Holocaust Centre of New Zealand Facebook Page: <http://www.facebook.com/HCNZWellington/>

### MARCH

#### >Sunday, 3 March

#### Newtown Festival

You are invited to a free celebration with one of Wellington's most exciting, diverse, and vibrant communities.

The absolute stand-out feature of the Festival is the wide range of music and other performance. We showcase emerging and established performers from our diverse community and from

the vibrant Wellington music scene, as well as visiting national and international artists.

In 2019, the Fair will again feature 14 music stages and all-day free entertainment for all ages: parades, street performers, outdoor circus, street sports, and games.



Newtown Festival

Newtown is famous for its cafes and bars. During the Festival many of them come out into the street,

where they are joined by more than 420 other stalls providing a huge variety of ethnic and international food as well as crafts, fashion, homewares, and much more!

Newtown Festival is also a leader in waste management at events, with our goal being Zero Waste. Our food stalls are all encouraged to use compostable containers and cutlery. We feature waste management stations where volunteers help Fairgoers to put their waste into the right bin.

**When:** Sunday, 3 March, 9am–8pm

**Where:** Newtown, Riddiford Street

**Restrictions:** All ages

**Tickets:** Free Admission

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

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

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

And here's my next tip, the eighth, for those who are worried about receiving dangerous emails in their inbox, but don't know how to recognise them, or what to do with them. Eek!

We all get unsolicited commercial emails, but how to differentiate nuisances - easy to recognise, report/unsubscribe and delete - from landmines waiting to detonate if you click on them? How can you tell if an email contains a malicious link or attachment, or is trying to scam you out of money or your personal information?

Fortunately there are a few general tricks you can learn to spot red flags for malicious activity, and easy solutions if you find any. Whew!

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## #8 Five easy ways to recognise and get rid of malicious emails

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### How can I tell? Red flags ...

- 1. The sender address isn't correct**  
Check that the name of the sender and their email is someone you know and is correct. If the details are not showing, hover your mouse over the address and check it's ok. If not, do not open the email.
- 2. The sender doesn't seem to know you**  
Is your name spelled out in the email, is it spelt correctly, and are you being addressed as you would expect from the sender? For example, your bank would use your full name. Does the signature match how this sender would usually sign their emails to you? Usual style?
- 3. Embedded links have weird URLs (website addresses)**  
Always first hover over any links in the email, DO NOT click immediately.  
Does the destination URL match EXACTLY the destination site you would expect?  
Will it download a file, or offer to?  
When in doubt, always use a saved shortcut or Google the correct URL.
- 4. The language, spelling, and grammar are 'off', no subject in the title**  
Is the email full of spelling errors, or does it look like someone used an online translation service to translate the email to your language? Is the subject box blank?
- 5. The content is bizarre or unbelievable**  
If it is too good to be true, it probably isn't true – sad but true. You can recognise when email spam is trying to phish for money by its promises to deliver huge gains in return for a small investment.  
This type of spam is widely known as *Nigerian Prince* for obvious reasons ...

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### So is it really malicious?

The trick is to weigh all of the elements listed above if you want to rule them out as spam or malicious. Each of them, by itself, is a red flag - even if the other elements look legitimate. And, even if all the red flags listed above have been cross-checked and appear sound, that doesn't rule out the possibility that the email is still malicious.

Sender addresses can be spoofed/forged, signatures can be stolen or mimicked, URLs can be typosquatted/faked, accounts can be hacked, and the spelling and grammar translation services are improving rapidly as spammers have noticed this improves their success rate. It is also not always immediately clear from the content of the email if it is spam, scam, or actual truth.

So when all else checks out but your gut tells you something is off, there are some other possibilities to keep in mind when deciding whether an

email could be misleading:

- ▶ **Companies just don't do this**  
NZ banks do not send you unsolicited emails asking for credentials (login info or passwords), do not use link-shortening services, and will certainly not ask you for your credit/debit card details or to click on a link to send your login information (user name, password). IRD and Microsoft will not email you to tell you that you owe them money or that your computer has a virus. There are certain things that organisations just will not do – but bad people like to fool users by seeming to come from a legitimate, scary company.
- ▶ **There are attachments**  
First and foremost, DO NOT, under ANY circumstances, open ANY attachments you were not expecting. It's as easy as that.  
If you receive an attachment without forewarning from a company or person you do not know, do not double-click on it. If it's from a friend or acquaintance, or company that you do business with, you need to check with the sender to see if it is safe to open.
- ▶ **There's a call-to-action button**  
Some dangerous spam emails do not come with malicious attachments but instead try to trick you into downloading a malicious file, courtesy of the **call-to-action** button. This button is simply a fancy embedded link that is meant to draw eyes and clicks. It may also flash on and off.  
You can check out the call-to-action button the same way you check out links – by hovering over it. If you're not sure, check with the sender and/or simply delete the email.
- ▶ **They are phishing for information**  
Another type of spam is the type that phishes for information – a fraudulent attempt to steal personal information, usually via email. This information does not necessarily have to concern you directly, it can be about the company you work for or someone you know well.  
Always be cautious, always stay suspicious, until you can verify that the person requesting this information is who they say they are.

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### What to do with a suspected malicious email

The answer is very simple: delete the email. You can ignore it and let it fester in your inbox or you can get rid of it and send it to trash, where it will be permanently dumped from your email client/provider in a set amount of time.

You may also want to report the email as spam before you delete – most email platforms (outlook, gmail etc) have this function built in, and some are better than others at tracking and blocking these types of emails. Reporting the malicious email as spam will not hurt – if anything it's giving your email provider important intel in the fight against malspam and can keep future similar emails coming to bother you again.

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### Safe practices when receiving email

If you want to be proactive against malicious emails, there are some recommended tips and tools that will enable you to safely perform all the checks recommended above. This includes checking and changing (if needed) some default settings in your email client (outlook, gmail etc).

- ▶ Keep all your Windows and antivirus programmes up to date –



## Online safety: Managing suspicious emails

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stops bad people exploiting security gaps and back doors - and scan regularly for viruses after updates.

- ▶ Install an anti-spyware programme if not included in your anti-virus – Malwarebytes is good – and update and scan regularly if using the free version.
- ▶ Close the preview window – allows you to delete suspect emails from your inbox before giving them a chance to do any harm.
- ▶ Use your spam filter to block unwanted email and stop big waves of known spam, and/or check your spam folder regularly to rescue safe email and block unwanted spam.
- ▶ Make sure you can see the full email address of the sender (try hovering over it if not showing) and you know it's ok before opening the email.
- ▶ Do not open any attachments that you weren't expecting.

If you are still unsure whether an email is malicious or just regular spam after checking all the points above, simply delete the email and go about your day.

However, if the email contains information you think could be important if legitimate, contact

the sender in another way (ie, not reply or clicking on a link) to see if they sent you something and whether it's safe to open. Hope this helps

Jenny ☺  
ICT Trainer/Adviser

NB Thanks to Malwarebytes for the idea and

information, also Westpac NZ.

Want more information? Try ...

- [Scamwatch.govt.nz](https://www.scamwatch.govt.nz/): how to recognise, avoid and take action against scams, and protect against identity theft, both online and offline.
- [Netsafe.org.nz](https://www.netsafe.org.nz/) has information about common online scams.

## Whakatauki

Puraho maku, kei ngaure o mahi.  
Let other acknowledge your strength.

Whāia e koe te iti kahurangi. Ki te tuohu me he maunga teitei. Seek the treasures of your heart, if you bow, let it be to a lofty mountain.

Kia mau ki to Maoritanga.  
Hold fast to your Maori heritage.

He kitenga kanohi, he hokinga mahara.  
To see a face is to stir the memory/tears are shed openly as we both knew them.

Ka mate kāinga tahi, ka ora kāinga rua.  
When one door closes another will open/ have a back up plan.

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

## 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

## About our ongoing events

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

All courses are held at the Women's Centre.

### Tuesday

6:30 – 8:30pm	Self Esteem
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### Wednesday

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

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

### First Sunday of the month

1–4pm	Support group for women who have experienced rape or sexual abuse
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## 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 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
March 26	Talking about Ourselves
April 2	Beliefs about Self
April 9	Expressing Pride in Self
April 16	Letting Go of the Past
April 23	Respecting Self and Others
April 30	Striving for Pure Motives
May 7	Putting Yourself in Neutral
May 14	Having the Courage to be Imperfect
May 21	Developing Courage
May 28	Willpower
June 4	Anger as a Strength

### Friday mornings in 2019

January 25	Acknowledging Self
Feb. 1	Enhancing Self in Terms of Awareness
Feb. 8	Acceptance and Use of Strengths
Feb. 15	Positive Thought and Talk
Feb. 22	Messages about Self
March 1	Accepting Responsibility for Self
March 8	Coming to Grips with Feelings
March 15	Talking about Ourselves
March 22	Beliefs about Self
March 29	Expressing Pride in Self
April 5	Letting Go of the Past
April 12	Respecting Self and Others
April 26	Striving for Pure Motives
May 3	Putting Yourself in Neutral
May 10	Having the Courage to be Imperfect
May 17	Developing Courage
May 24	Willpower
May 31	Anger as a Strength
June 7	Developing Self Knowledge
June 14	Self Love
June 21	Acknowledging Self
June 28	Enhancing Self in Terms of Awareness
July 5	Acceptance and Use of Strengths
July 12	Positive Thought and Talk
July 19	Messages about Self

## Alcohol and Drug Wellbeing Group for Women

If you've experienced difficulties in the past or present with alcohol and drug misuse, and would like some support, then this group's for you. This group's aim is to promote wellbeing at whatever stage an individual may be. Wellbeing can be achieved by education, therapy, and going out to the community and enjoying experiences without the use of alcohol and drugs. This is a weekly support group for women who want ongoing support with drug and alcohol misuse. This weekly open group is available to all women.

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

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

**Day:** Friday afternoons every week (meeting dates for 2019 begin Tuesday, 22 January 2019)

**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 for Women 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 also 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

**2019 Dates:**

Sunday, 3 February

Sunday, 3 March

Sunday, 7 April

Sunday, 5 May

Sunday, 2 June

Sunday, 7 July

Sunday, 4 August

Sunday, 1 September

Sunday, 6 October

Sunday, 3 November

Sunday, 1 December

**Time:** 1-4pm

**Booking:** Enrolment not necessary; you can just turn up

**Facilitator:** Ally Andersun

If you're interested, please phone or come along

**Enquiries:** Ally Andersun or Stephanie Brockman; phone 920 1009

## About our workshops

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

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

### Workshop Topics for January – June 2018

Painting Workshops	p 11
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Women Who Run With the Wolves	p 17



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

## Painting Workshops

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

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

### Dates for 2019 (all workshops are on Saturdays):

Workshop 1: 23 March

Workshop 2: 25 May

Workshop 3: 27 July

**Time:** 10am–4pm

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

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

**Facilitator:** Linda Wood

Please bring a contribution for shared lunch





# Circle of Security® Parenting™ Course

## For Mothers of Pre-School Children

**Facilitator:** Kay Riddler

**Dates:** 8 weeks beginning Thursday, 21 February 2019

**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.

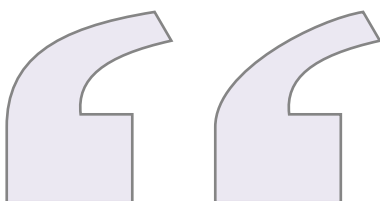
“We spoke about filling her child’s cup, finding multiple times every day to snuggle her, cuddle her, talk with her, hold your arms open, make eye contact, delight in her, hug her, protect her. To consistently be available to her. Because in filling your child’s cup, it just may be that her forever empty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



Feminism isn't about making women stronger. Women are already strong. It's about changing the way the world perceives that strength.

—G. D. Anderson

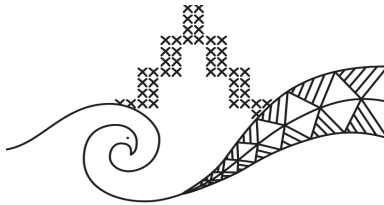
## Assertiveness for Women



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

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

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



**Course Duration:** Six weeks beginning Wednesday, 6 March 2019

**Times:** 7–9 pm

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

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

**Facilitator:** Stephanie Brockman

## Anger as a Strength



Anger is a misunderstood emotion and energy. This training is skill based on providing opportunities and techniques to express anger using tools of assertiveness. Anger is necessary for survival, but through the ways many women have learned to express anger or not express anger issues have been created.

Through these unhelpful learned methods of handling anger personal and relationship issues have been created. When problems arise around how to deal with conflict, or times when you want to speak up about a problem—people haven't learned constructive or helpful ways of dealing with these issues.

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



**Course Duration:** A six-week course beginning Wednesday, 1 May 2019

**Time:** 12:30pm–2:30pm

**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



Imagine your life is like a garden. What kind of garden do you want it to be? What flowers, fruit trees, or veggies do you want to flourish? Meditation is like gardening our mind and heart, regenerating the soil, helping the flowers to blossom. Meditation brings us into the magic and mystery of the present moment, and uses creative mind to develop our ability to love, and our many strengths and wisdoms. Do you think your garden is full of weeds? Sometimes weeds have special properties too. Your garden can also be a place to simply rest, and enjoy the beauty of nature.

Meditation is a simple technique for relaxing and refreshing the mind and body. It empowers us to establish a sense of groundedness and peace in the midst of change and the difficulties of life. Research has shown that meditation can bring about relief for a number of ailments like stress, pain, anxiety, and depression. It can also help us to develop mindfulness which supports us to live fuller, more vibrant lives. Dido 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 people who are new to meditation and those who are looking to revitalize their practice. **Six minimum for course to commence.**

## Facilitator Bio:

Dido has been teaching meditation for forty years. She trained in Tibetan Buddhism, and teaches it in simple secular ways, so its depth and wisdom can be easily accessible for our modern times, and we can apply it to our present circumstances. She teaches mainly women, and for those interested in nature, environment, and building a sustainable world. She's involved with permaculture, community building, and Transition Towns. She's published a book, *Storm Weathering: a Workbook for our Inner and Outer Climate*. More books are on the way.

## Dates:

Six weeks beginning Thursday, 7 March 2019

**Time:** 6:30pm–8:30pm

## Cost:

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

## Enrolment:

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

**Facilitator:** Dido Dunlop

## Continued-Recovery Group

**Continued Recovery** 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 on a monthly basis 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. The Centre is a safe and welcoming women's-only space a few minutes' walk from the Waterloo train station.

<b>Meeting time:</b> 6–7:15pm	Monday, 10 June
<b>Day:</b> Second Monday of each month	Monday, 8 July
<b>Dates for 2019:</b>	Monday, 12 August
Monday, 11 February	Monday, 9 September
Monday, 11 March	Monday, 14 October
Monday, 8 April	Monday, 11 November
Monday, 13 May	Monday, 9 December

**Please note:** To ensure everyone's safety and wellbeing we 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 contact us. The workshop's venue is the LHWC, but is an independently-organised support group.

**Facilitator:** Kimberley Bignall

**Cost:** No cost

**Enrolment:** Enrolment not necessary; just turn up

**Phone:** Reach Kimberley on (027) 327 4466 Adebisi 02102600822

Email: kimberley@bignell.co.nz riwanou@hotmail.com



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



## Part One and Two Workshops Available

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

**Facilitator:** Ally Andersun

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

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

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

## Part One: Friday, 12 April; Saturday, 13 April; and Sunday, 15 April 2019

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

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

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

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

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

## 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.

## Understanding the Blues



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

This group is a structured educational group.

### Is this the group for me?

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

The topics we may cover are:

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

**Please note:** Minimum of six participants for course to commence and 10 maximum.

**Dates:** Six weeks beginning Wednesday, 1 May 2019

**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 920 1009 for deposit details.

**Facilitator:** Julie Smart

## Self Development for Women Using Action Methods



**Facilitator:** Ally Andersun

**Course Duration:** Friday evening, Saturday and Sunday, 17, 18, and 19 May 2019

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

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

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

**Five minimum for the course to commence and 7 maximum enrolments.**

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

## 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.

### Facilitators Bio:

Stephanie Brockman has a Bachelor of Counselling and a Bachelor of Education (Adult). She has facilitated groups for many years.

Amber White has Diploma in Health Psychology, is a third-year Psychology student at Victoria University and completed the Introductory and Intermediate courses for Interactive Drawing therapy.

**Course Duration:** An eight-week self-esteem course for girls aged 13–17 years, beginning Thursday, 21 May 2019

**Times:** 4–6pm

**Cost:** \$20  
Phone to register interest

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

**Facilitators:** Stephanie Brockman and Amber White

## Women Who Run with the Wolves



More details in later newsletters.

Compliance causes a shocking realization that must be registered by all women. That is, to be ourselves causes us to be exiled by many others, and yet to comply with what others want causes us to be exiled from ourselves.

- Women Who Run with the Wolves

Illustration Credit: Livingly.com

**Dates:** 7, 8, and 9 June 2019

**Course Duration:** Two-day weekend course: Friday, 7–9:30pm; Saturday, 10–5pm; Sunday, 10–4:30pm

**Cost and enrolment:** \$40 wagedC/\$20 to Lower Hutt Women's Centre.





## Maya Angelou: A model of tolerance, understanding, forgiveness, and love

**Blog by Dr. Angelou's son, Guy Johnson**  
**4 April 2018**

**A**s we spend what would have been my mother's 90th birthday, I think of her melodious tones speaking about the need for tolerance, understanding, forgiveness, and love.

My mother's perspective was that human beings being social animals are strongest when they are unified. She

saw hatred and greed, not only as divisive, but as the forces of evil. She recognized that unlike positive virtues, neither greed nor hatred has to be taught; they come naturally and have to be untaught in order to free their possessor of their burdensome weight and baggage.

She saw one of our greatest challenges was learning to love ourselves, then having the courage and the wisdom to love others. She often said, "We don't know how or why love occurs. Truthfully, we don't

know that even gravity isn't a kind of love."

She felt that love was one of the most important emotions and was an instrumental key to unlocking the inner doors of our ignorance and fear.

My mother's principal message was one of inclusiveness; that despite our ethnic, religious, and cultural differences, we are more alike than unlike. She saw all our differences in language, orientation, and perspective as an indication of the richness of our imagination and creativity, and as elements of our nature that we should celebrate.

She saw that the world was in need of our attention and effort; from the hunger and poverty that are present in so many countries, to our wars, internecine conflicts and indiscriminate terroristic acts, to the destructive pollution, deforestation, and the reduction of the biodiversity of the life forms around us.

My mother would say, 'Don't just complain about the problems you see and do nothing; roll up your sleeves and get to work finding solutions and remedies. We do a disservice to our children and to the future by not addressing the problems that confront us. Nor should our efforts for change be thwarted or stifled by the obstacles arrayed against us. We must steel ourselves with courage and perseverance and battle on for what is right.'

For my mother the most important virtue was courage, because without courage none of the other virtues can be practiced consistently.

My mother's assessment of human beings was that we were neither gods nor demons, but that we carried elements of both within ourselves; that the onus was upon each of us to control the demons of anger, jealousy, and hate and find the spirit of a caring and forgiving God within our souls.

**Article Source:** <https://www.mayaangelou.com/>

[My mother] felt that love was one of the most important emotions and was an instrumental key to unlocking the inner doors of our ignorance and fear.

# Treaty of Waitangi:

## Questions and Answers

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

Apart from Hobson's proclamations of sovereignty, the terms of the Treaty were initially kept, mainly because of the overwhelming economic, social, and political power of the Māori majority. New settlers required the assistance of tribes, particularly for food. For example, the tribes around Tamaki Makaurau (Auckland) supplied the town with nearly all its requirements of fruit, pumpkin, maize, potatoes, kumara, pigs, and fish.

Māori trade and economic interests grew in the 1840s, and by the 1850s, the greater part of the tax revenue came from Māori.

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

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

Māori understanding of the Treaty was that they were required to give first offer to the Crown, but they could sell to other willing purchasers if the Crown refused to buy. Settlers were putting pressure on the Governor because they had to pay greatly inflated prices to the Crown. In 1844, Governor FitzRoy waived the Crown's right to be offered first right of refusal to purchase land on the condition that a commission of 10 shillings per acre was paid to the government. Each sale had to be checked by Protectors, and certain sacred sites were not to be sold.

Fitzroy later changed the fee to one penny per acre. Whereas 600 acres had changed hands with the 10 shilling per acre fee, 100,000 acres went with the one penny fee. The Colonial Officers were unhappy with these waivers, because profits made through the buying and selling of land had almost stopped. They also feared a decrease in the power of the Crown if Māori tribes competed



**Māori understanding of the Treaty was that they were required to give first offer to the Crown, but they could sell to other willing purchasers if the Crown refused to buy.**

with the Crown over land sales.

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

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

There was increasing pressure from settlers for land through the 1840s and 50s. By then many tribes were refusing to sell, and the Māori King Movement (the Kingitanga) had been set up with its base in the Waikato.

The three principles of this movement were that within its boundaries no further land would be sold, no alcohol would be sold, and the teaching of children was to be in the Māori language. However, the settlers' desire to acquire land by any means possible led to the government declaring the Kingitanga in rebellion against the Crown, and using that as an excuse to seize Waikato land by force.

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

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



**Members of the voluntary independent panel at the Waitangi Tribunal hearings of the Ngāpuhi claim, and authors of Ngāpuhi Speaks, 2012: Takawai Murphy, Ngāti Manawa, left; Susan Healy, Pākehā; Ingrid Hughens, Pākehā; and panel Kaitiaki Hori Moanaroa Parata, Tauranga Moana.**

**Image 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 March 2019.

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!