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Newsletter of the Lower Hutt Women's Centre

Vol. 27 | No. 1 | Poutū-te-rangi 2019



Viewpoint

By Stephanie Brockman, LHWC Manager

Last week I was looking on the Net for something and a newsflash came up: "Nuns were made to be sex slaves". Then, as I read further on, the Pope was recorded as saying, "Yes, it is true. An order in Paris has been closed down because of sexual slavery, and it is probably still going on, as just because we know about it doesn't mean we have stopped it."

My reaction was shock and horror. I'm not religious, I'm not Catholic. I don't have anything to do with religious institutions. I suppose I imagine the young women going to be nuns, probably young and not so experienced in the world going to what I can image they thought a safe place, and then experiencing rape or other kinds of abuse, and then silenced. Also, reports of forced abortions were recently allowed to be reported in a Catholic magazine.

One report I read stated nuns had been trying to tell their stories for years, but had been shut down. There have also been many reports about the large-scale historical abuse of boys in orphanages, schools, and churches worldwide.

Certainly, I'm not just thinking it's only a Catholic thing. The Royal Commission into child abuse in Australia uncovered abuse in many religious communities, and other kinds of communities, too.

Abuses of Institutional Power

If these stories came from any other kind of institution, they would be closed down. A child care centre in the Hutt has just been closed down because of reports of mistreatment of children.

These religious institutions just keep going on. Why are they not closed down? It seems to me that in religious institutions the focus is on the individual, that one



person was rogue or bad. What about institutional abuse, corrupt systems, and institutional abuse of power? It is easy to blame a person, and so the emphasis moves away from a corrupt system.

Whenever I think of those nuns, I feel sick. This is a global organisation, with school, churches, hospitals, and social service agencies operating probably in most countries. Is that why we just sweep away matters of abuse of nuns, children, and others? These institutions are so powerful that we can't step back from it and see it for what it is. Are we too afraid of the consequences of calling the institution to account?

In this month's issue of the LHWC newsletter, we feature examples of women who were not afraid to take on institutions and fight for people who are victimised and often most vulnerable.

We have an Inspirational Women story from New Internationalist magazine (page 16). She is fighting modern day colonisation of the indigenous people of her area.

The newsletter also highlights the movie about another inspirational woman, Celia Lashlie. See the ad for the film on page 2 and a profile of her activism on page 17.

Both the women's examples reflect the changes made possible when we speak out and fight against abuses of institutional power.

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Women's Centre opening hours

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

Contact us

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Lower Hutt 5011

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Email: info@lhwc.org.nz

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Poem

He Tells Her

He tells her that the earth is flat —
 He knows the facts, and that is that.
 In altercations fierce and long
 She tries her best to prove him wrong.
 But he has learned to argue well.
 He calls her arguments unsound

And often asks her not to yell.

She cannot win. He stands his ground.

The planet goes on being round.

I love it.

From the poem *Differences of Opinion* by Wendy Cope

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



Celia

is returning to New Zealand cinemas
 nationwide on February 28th 2019

following sell-out sessions at the
 2018 New Zealand
 International Film Festival!

Be sure to book tickets at your
 nearest cinema as dates are limited.

For all cinema locations across New Zealand
 and for more information, check out our website.

If your town isn't on the list, contact your
 local cinema to request the film or to
 organise a private screening.

www.celiafilm.com @CeliaMovie @celiafilm

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>



Community Events

MARCH

>Monday, 11 March—Sunday, 31 March

Kaia the Kākā: Family Adventure In Nature

“Come and help me and my chicks in Central Park! Kraaark!” Kaia the Kākā is trying to make Central Park her home! But she is in trouble. Swift predators are advancing. Can you help make it safe for her chicks?

Head to the park for a free, wild adventure, using your smartphone and Facebook Messenger. Search for clues, discover hidden artworks, send kaia photos, and answer her questions to save the day! Start at the map sign at the main gates. Then you’re off on a race against time to help Kaia and her chicks at various points around Central Park.

You’ll need:

- Mobile phone, tablet, or device that has mobile data and can take photos
- Facebook Messenger installed on that device
- An adult to accompany children, and manage them in Facebook Messenger
- A snack and water is also handy to keep you going.

When: Monday, 11 March–Sunday, 31 March (all days 8am–8pm)

Where: Central Park, Brooklyn Road, Wellington

Restrictions: All Ages

Tickets: Free admission

Websites: Kaia the Kākā Facebook Page: <https://www.facebook.com/KaiaTheKaka/>

>Monday, 11 March—Sunday, 28 April

Weta Workshop Sculpting Session

Inside our dedicated off-premises tour space, get up close to the props, costumes, and creatures created for The Lord of the Rings, District 9, The Chronicles of Narnia, and more! Learn secrets behind the movie magic. Your guide, a Weta Workshop crew member, will spill the stories of our creative process.

In the 1.5 hour sculpting workshop, led by Weta Workshop crew, learn tips and techniques as you begin to create a fantastical three-dimensional character. Take your creation home!

When: Monday, 11 March–Sunday, 28 April (phone for days; 4:30–6:30pm all offered days)

Where: Weta Workshop, 127 Park Road, Miramar

Restrictions: R13

Tickets: Adult: \$95

Buy Tickets: Weta Workshop: <https://www.wetaworkshop.com/visit-us/special-events/>

> Monday, 11 March—Saturday, 23 March

NZ Fringe Festival

The NZ Fringe is Wellington’s cutting-edge festival of art, from the edges. For three weeks of March, this annual festival features more than 700 events from over a thousand artists from around New Zealand and the world. It features world premieres, new artists, and established companies, creating new, cutting edge art in theatres, houses, galleries, cafes, bars, street corners, walls, and even car parks.

NZ Fringe includes contemporary work in art forms including (but never limited to) audio, busking, cabaret, clowning, comedy, circus, dance, film, fashion, improvisation, music, online, physical theatre, podcast, poetry, puppetry, spoken word/storytelling, theatre, visual, and digital art.

When: Monday, 11 March–Saturday, 23 March (9am–12am all days)

Where: Box Office, 4 Bond Street, Wellington

Restrictions: All Ages

Buy Tickets: (04) 212 4725

Website: NZ Fringe: <https://www.fringe.co.nz/>

>Wednesday, 13 March—Wednesday, 31 July

Buddhism and Meditation for Under 35s

Every Wednesday evening at 7pm (starting 28 March), we’ll meet up to discuss a unique topic, exploring Buddhism, and how applying Buddhist practices can be helpful in our own busy, high stress, modern-day lives. At the end of each session, we have a guided group meditation appropriate for all levels of experience.

Anyone under age 35 is welcome and no experience is required. Bring your thoughts, ideas, questions, and aspirations, or just yourself. Koha, dana, donations gratefully received to help us cover costs at the centre, but please don’t let money be a barrier to attending. You’re always welcome.

When: Wednesday, 13 March–Wednesday, 31 July (all dates 7–9pm)

Where: Wellington Buddhist Centre, 6–8 Broomhedge Street, Wellington

Restrictions: All Ages

Tickets: Free

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 Website: Wellington
 Buddhist Centre: <https://wellingtonbuddhistcentre.org/>

>Saturday 16 March

Wellington Pride Parade

Now in its third year, the theme for the 2019 parade is Fire: ahi - hei whakaatu i to hiahia mo to hapori | ignite your passion for your community.

Starting at 6pm on Tennyson Street, the parade will make its way through Wellington's Courtenay Place area, concluding at the waterfront adjacent Mac's Brewery. Spectators can line the streets and join in the celebrations with the parade participants, consisting of a diverse range of floats and walking groups.

The Wellington Pride Parade is part of Wellington's Pride Festival which runs from 8 to 24 March 2019, and also coincides with Out in the Park and the capital hosting the 2019 International Lesbian, Gay, Bisexual, Trans and Intersex Association (ILGA) World Conference.

Anyone interested in participating or volunteering for the event, can register their interest on wellingtonprideparade.co.nz or email hello@wipp.nz.

When: Saturday 16 March, 6–10pm
 Where: Courtenay Place, Tennyson Street, Wellington
 Restrictions: All Ages
 Ticket Information: Free
 Websites: Wellington Pride Parade: <http://www.wellingtonprideparade.co.nz/>

>Wednesday, 20 March

Boy Erased: Exclusive NZ Release

Starring Troye Sivan, Lucas Hedges, Nicole Kidman, Russell Crowe, and Joel Edgerton, "Boy Erased" tells the story of Jared (Hedges), the son of a Baptist pastor in a small American town, who is outed to his parents (Kidman and Crowe) at age 19.

Jared is faced with an ultimatum: Attend a conversion therapy program, or be permanently exiled and shunned by his family, friends, and faith. Boy Erased is the true story of one young man's struggle to find himself while being forced to question every aspect of his identity. Rating: TBD

This movie event is a fundraiser for OUTline, Rainbow Youth, and Diverse Church. These three organisations work to support LGBT people who may be suffering from conversation therapy and other crisis needs.

When: Wednesday, 20 March, 6–9:30pm
 Where: Embassy Theatre, 10 Kent Terrace, Mt. Victoria, Wellington
 Restrictions: All Ages
 Ticket Information: Seated Ticket: \$33.75 (\$30 + \$3.75 fees)
 Phone Sales: 0800 BUY TIX (289 849)

>Friday, 22 March

Pride Silent Disco Waterfront Tour

March is Pride month in Wellington, and to celebrate, our tours, and playlists are totally inspired by queer artists and icons. Think Gaga, Cher, Scissor Sisters, Lizzo, George Michael, and more. We will donate a portion of the proceeds to a local LGBTQIAA+ charity.

Not sure what to expect? Check out the video on our homepage for a little taste of the fun you can have on one of our tours.

Wear comfy shoes, bring water, an open mind, and the whole family. (Over 5's only and no buggies, please. Babes in arms welcome). Meet outside the TSB Arena on the waterfront, 15 minutes before the tour is scheduled to start. Please arrive early to collect

your headset, as the tours will start promptly at the time stated. Our tour finishes at Te Papa.

Please read the terms and conditions on our website. Guests waive all liability for damage, injury, or loss on tours. We run rain or shine, but if Wellington lives up to its nickname as the windy city we may have to cancel or postpone tours. Severe weather will constitute a cancellation, so please check our social media if you're unsure.

When: Friday, 22 March, 8–9pm
 Where: TSB Arena, Queens Wharf
 Restrictions: All Ages
 Ticket Information: General Admission: \$28.62 (\$25 + \$3.62 fees)
 Phone Sales: 0800 BUY TIX (289 849)
 Website: BooBoo Magoo's Silent Disco: <https://concreteplayground.com/wellington/event/booboo-magoos-silent-disco-adventure-tour>

>Monday 25 March

Guided Walk: The Main Garden–150 Years of Change

On this walk we hear how the landscape of the Main Garden has been changed extensively over the years, to produce the garden we see here today. Meet at the Founders' Entrance, Glenmore Street for this easy 90-minute walk. This walk is led

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Poutū-te-rangi March 2019

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

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

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

Source: The Māori Oracle

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by the Friends of Wellington Botanic Garden.

When: Monday 25 March, 11am–12:30pm

Where: Botanic Garden, 101 Glenmore Street, Wellington

Restrictions: All Ages

Ticket Information: Public (cash only): \$5; Friends of Wellington Botanic Garden: Free. Door Sales Only

>Tuesday 26 March

Medications for The Heart

The Heart Foundation are holding free sessions across the region to discuss heart medications. Run by registered pharmacists, we will talk about all of the various groups of medications, what they do, common side effects, etc. Whānau are encouraged to come along and learn more about your heart condition. Speaker: Mara Coler, Clinical Pharmacist, HVDHB

When: Tuesday 26 March, 5:30–7pm

Where: Walter Nash Centre, 22 Taine Street, Taita, Lower Hutt

Restrictions: All Ages

Ticket Information: Free; please register on Eventbrite <https://www.eventbrite.co.nz/e/medications-for-the-heart-tickets-52997177986>, or by contacting Annette on (04) 472 2780, or annettes@heartfoundation.org.nz.

Tuesday, 26 March

Dr Julie's Mum Squad: Sugar, Hormone & Exercise Event

Dr. Julie Bhosale, internationally renowned family wellbeing and nutrition expert, and Cara McNaughton-qualified personal trainer specialising in postnatal exercise are holding a special mums wellbeing evening.

Dr. Julie will provide an informative session on the relationship between sugar, hormones, energy, and fat loss, plus the impact of sleep loss/deprivation (which can occur many years after having a baby). Cara will

also provide information on exercise and weight training inline, especially with the changes post-baby and the best movement when you are time limited.

So bring your friends, sisters, and mothers along, and save with a double ticket! Please note that door sales will be \$5 extra on the night and subject to availability.

When: Tuesday, 26 March, 7–9pm

Restrictions: All Ages

Ticket Information: Single Ticket:

\$18.43 (\$17 + \$1.43 fees) ; Double

Ticket: \$31.70 (\$28 + \$3.70 fees)

Phone Sales: 0800 BUY TIX (289 849)

Website: <https://juliebhosale.co.nz/>

Tuesday 26 March

Imposter Syndrome: Navigate Fear & Self-Doubt

I'm not sure I can do this, they've overestimated my abilities, I think I'm going to get found out, I'm scared I've taken on too much, what if I fail and I can't do it? Do you feel no matter how hard you work it's never quite enough? Do you worry what other people will think? Do you tend to avoid taking risks or taking on challenges through fear that you're not quite ready yet? Do you hold exceedingly high expectations of yourself and always aim for perfection?

Does this sound familiar? You're not alone. In this session we'll look at what Imposter Syndrome is, why it affects so many women, and how we can navigate those nagging feelings of self-doubt to be our best and unlock our potential. Understand the impacts of fear of failure, perfectionism, and our people-pleasing tendencies. This session offers practical tips to help build self-efficacy, resilience, and navigate those feelings of fear and inadequacy.

When: Tuesday 26 March, 6–8pm

Where: The Thistle Inn, 3 Mulgrave Street, Thorndon

Restrictions: All Ages

Ticket Information: General

Admission: \$100.38 (\$95 + \$5.38 fees)

Bring a friend (\$45 off): \$152.12 (\$145

+ \$7.12 fees)

Early Bird: \$79.88 (\$75 + \$4.88 fees)

Phone Sales: 0800 BUY TIX (289 849)

Website: <http://inspireyourlife.org/>

APRIL

>Saturday, 27 April

She Has To Be Loved

There are many tribute shows out there, but nothing as Kiwi as this show that has been two years in the making. More of a homage than a tribute, She Has To Be Loved is a celebration of New Zealand female recording artists from 1979–2009.

You'll know all the songs, and you'll want to sing along to favourites by Sharon O'Neill, Jenny Morris, Margaret Ulrich, Bic Runga, Boh Runga, Anika Moa, Carly Binding, Gin Wigmore, and others.

Join live band, Quiet Storm, as they follow the chart success of some of New Zealand's most beloved female musicians, tell their stories through their songs, and recognise the contribution they've made to New Zealand music.

When: Saturday, 27 April, 7:30–9:30pm

Where: Old St Paul's, 34 Mulgrave St, Thorndon

Restrictions: All Ages

Ticket Information: General

Admission: \$38.88 (\$35 + \$3.88 fees)

Group 10+: \$33.75 (\$30 + \$3.75 fees)

Phone Sales: 0800 BUY TIX (289 849)

Website: <http://www.quietstorm.co.nz/>

MAY

>Wednesday, 8 May

Overcoming Stress, Anxiety, and Depression

Depression, panic, anger, and addictions are all symptoms of the mind trying to process information. Learn how to eliminate the causes and the symptoms will go. Learn how the body physically responds to anxiety and stress, why we end

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up with symptoms of depression, panic, anxiety, and sleep disorders, and how to reduce or eliminate these from our lives.

Find out more about the influence of nutrition and management techniques, and discover how symptoms are often reduced after this one session.

By the end of the workshop, you'll be able to:

- Describe the body's physiological responses to anxiety and stress
- Recognise the symptoms of a variety of triggers
- Assess the influence of life style
- Create a personal management strategy
- Describe more about the real causes of stress, anxiety, and depression

When: Wednesday, 8 May, 7:30–9:30pm

Where: Wellington High School, 249 Taranaki Street

Restrictions: R16

Ticket Information: Wellington Community Education Centre: \$20.00

Buy Tickets: 04 385 8919

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

Saturday 11 May

Something for Mum Market

Gorgeous local designer clothing and beautiful, unique jewellery and accessories. Treat your Mum or yourself, before enjoying a tasty lunch from one of our gourmet food stalls.

When: Saturday 11 May, 10am–4pm

Where: Wellington Underground

Market, Jervois Quay

Restrictions: All Ages

Ticket Information: Free

Saturday 18 May

Waste Free Parenting Workshop With Kate Meads

Attend Kate Mead's longest-running and most popular workshop to become inspired and entertained

about ways you can minimise waste in your home whilst babies are around!

What else? You will receive a free pack full of waste minimisation products, including a couple of cloth nappies to have a go at!

Ticket Info: The 'Individual' Ticket admits one person, and you receive one free pack of waste minimization products. The 'Couples' Ticket admits two people to the workshop, but you will receive one free pack. So, if you'd like to get a pack each, make sure you book individual tickets! There are limited spaces and packs available.

Please note: Bringing your baby to the workshop is fine, but please be mindful that if they get upset you may need to pop out and settle them. It is preferable not to bring babies older than 6 months to an evening workshop, as it can be too late for them, and disruptions can be quite distracting for other attendees.



Something for Mum Market

If you bring quiet toys to settle them, this can be ok.

We don't need you to print off your tickets, as we have the ability to scan your ticket from your smartphone or device as you arrive at the workshop. Please arrive 15 minutes before the workshop start time, to collect your free pack and find a seat.

When: Saturday 18 May, 10am–12:30pm

Where: Avalon Pavillion, Avalon Park, Taita Drive, Avalon, Lower Hutt

Restrictions: All Ages

Ticket Information: Individual

Ticket: \$28.62 (\$25 + \$3.62 fees)

Couple's Ticket: \$28.62 (\$25 + \$3.62 fees)

Phone Sales: 0800 BUY TIX (289 849)

Websites: <http://www.thenappylady.co.nz/>

JUNE

Wednesday, 5 June

The Sleep Workshop

Having trouble falling asleep or staying asleep? Need 'extra help' on a regular basis? Find out more about the purpose of sleep, why you can't sleep, and what really is the most common cause.

Tired of being tired? More and more of us are having issues with our sleeping patterns. We'll discuss why this may be, what's worth trying, and what else you can do about it, both at the time and on an ongoing basis. 2 hour interactive talk only \$20.

By the end of the seminar, you'll be able to:

- Describe what sleep is for
- Discuss some of the causes of problems with sleep patterns
- Recognise the most common cause of insomnia
- Identify some ways to help you get a good night's sleep

When: Wednesday, 5 June, 5:30–7:30pm

Where: Wellington High School, 249 Taranaki Street, Wellington

Restrictions: R16

Ticket Information: Buy Tickets: (04) 385 8919

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

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

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

E kore au e ngaro, he kākano i ruia mai i Rangiātea.
I will never be lost, for I am a seed sown in Rangiātea.

Ko Hine-tītama koe matawai ana te whatu i te tirohanga.
You are like Hine-tītama, a vision at which the eyes glisten.

Ehara taku toa i te toa takitahi, engari he toa takitini.
My success is not my own, but from many others.

Tungia te ururoa kia tupu whakaritorito te tupu o te harakeke.
Set fire to the overgrown bush and the new flax shoots will spring up/clear away what is bad and the good will flourish.

Waiho i te toipoto, kaua i te toiroa.
Let us keep close together not far apart.

E kore e mimiti te aroha mōu.
My love for you will never wane.

E kore e ea i te kupu taku aroha mōu.
Words can't express how much I love you.

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

About our ongoing events

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

All courses are held at the Women's Centre.

Tuesday

6:30 – 8:30pm Self Esteem

Wednesday

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

Friday

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

First Sunday of the month

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

Computer Support for Women

Our computer lessons cater to a range of abilities, starting from complete beginners. Bring your questions to your lesson and Jenny will help you out.

Want to learn how to:

- surf the net? Find useful websites for news, shopping, books, timetables, health info, maps, online travel sites, social media, online radio
- use your laptop? (bring it along to your lesson)
- use your phone — android and iphone
- use your tablet or ipad
- email and set up an email account?
- become proficient in Microsoft Word, Excel, Powerpoint, or Visio?
- use Facebook, Skype, TradeMe, DropBox, or YouTube?
- scan documents and photos?
- manage and edit your photos?
- upgrading or downloading apps

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

Day: Wednesdays

Tutor: Jenny Holdt

Time: 9:30am–3:30pm

Appointments with the tutor are 30 or 60 minutes

Bookings: Bookings are essential and you must book in advance. You can book for 3 sessions at a time (usually 2 or 3 weeks in advance)
Call 920 1009 for an appointment

Free computer access

The Women's Centre has two public access computers available for all women to use during our opening hours.

Our computers

- Both computers run on Windows 10 and one is touchscreen

Other facilities

- Printing 20¢ per black and white page (*free during lessons*)
- Scanner
- Free internet access



Booking

Phone us on 920 1009 to book your time. You can book up to two hours for each session.

Self Esteem for Women

Our self esteem develops and evolves throughout our lives as we build an image of ourselves through our experiences with different people and activities.

Experiences during our childhood play a particularly large role in the shaping of our basic self esteem. When we were growing up, our successes (and failures), and how we were treated by the members of our immediate family, by our teachers, sports coaches, religious authorities, and by our peers, all contributed to the creation of our basic self esteem. The course is designed to give women the opportunity to develop awareness of how they live in the world, the influences on them, and how they have the ability and power to make changes in their lives.

Women will be given the opportunity to:

- develop skills to recognise the strengths in themselves
- look at the areas of self responsibility and self reflection
- be encouraged to develop awareness around how beliefs about self develop and grow
- build their emotional connection with themselves and develop a greater awareness of their own feelings and emotions
- feel a sense of personal power and belonging
- celebrate positive aspects of being a woman.

Self esteem workshops are run on Tuesday evenings and Friday mornings. Each workshop is separate. You may attend one or as many as you like. Self esteem runs on a 20-topic basis. Once the 20 topics have been completed, the cycle begins again.

Tuesday evening workshops

Time: 6:30–8:30pm

Cost: \$5

Facilitator: Julie Smart

Booking: You don't need to book; just turn up

Friday morning workshops

Time: 9:45am–12 noon

** This workshop starts at 10am and latecomers won't be admitted **

Cost: \$2

Facilitator: Stephanie Brockman

Booking: You don't need to book; you can just turn up

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

Tuesday evenings in 2019

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

March 15	Developing Courage
March 22	Willpower
March 29	Anger as a Strength
April 5	Developing Self-Knowledge
April 12	Self Love
April 26	Acknowledging Self
May 3	Enhancing Self in Terms of Awareness
May 10	Acceptance and Use of Strengths
May 17	Positive Thought and Talk
May 24	Messages About Self
May 31	Accepting Responsibility for Self
June 7	Coming to Grips With Feelings
June 14	Talking About Ourselves

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 in 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 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.

Day: The first Sunday of every month

2018 Dates:

Sunday, 7 April

Sunday, 6 May

Sunday, 3 June

Sunday, 1 July

Sunday, 5 August

Sunday, 2 September

Sunday, 7 October

Sunday, 4 November

Sunday, 2 December

Time: 1-4pm

Booking: Enrolment not necessary; you can just turn up

Facilitator: Ally Andersun, Bachelor of Counselling, NZAC ACC accredited

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



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

Workshop Topics for March – July 2018

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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

Workshop 4: 21 September

Workshop 5: 23 November

Time: 10am–4pm

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

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

Facilitator: Linda Wood

Please bring a contribution for shared lunch



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, 14 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.

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

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

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. 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 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.

Meeting time: 6–7:30pm	Monday, 12 August
Day: Second Monday of each month	Monday, 9 September
Dates for 2019:	Monday, 14 October
Monday, 8 April	Monday, 11 November
Monday, 13 May	Monday, 9 December
Monday, 10 June	
Monday, 8 July	

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

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 pre-

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?

Course Duration: An eight-week self-esteem course for girls aged 13–17 years, beginning Thursday, 9 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

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.

Women Who Run with the Wolves



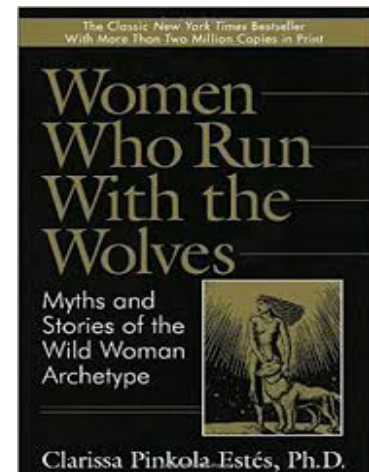
Dates: 7, 8, and 9 June 2019

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.

Course Facilitator: Ally Andersun

This workshop is fully booked. We will take names in case of cancellation.



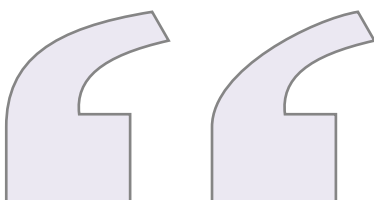
Register for Workshops Online with Redesigned LHWC Website

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.



We are the granddaughters of witches you weren't able to burn.

—Tish Thawer

Indian activist Soni Sori fights government oppression

By Dilnaz Boga

For her work to get justice for survivors of rape by security forces and the police, Soni Sori received the 2018 Front Line Defenders Award for Human Rights Defenders at Risk.

Sori organises Adivasi (indigenous) women to speak out against the sexual violence and assaults they have endured at the hands of the local police and the central government's security forces stationed there to fight what the government refers to as 'leftwing extremism'. Sori has gone public about her own experiences of sexual torture when she was jailed.



Soni Sori. Illustration Credit: Olivier Kugler

DB: What do Adivasi people think about their situation?

SS: The questions that I always get asked first by Adivasis is: Why are we getting beaten up by the police? Why do they barge into our homes and take our supplies, eat our chicken, rice and lentils, and beat us up like animals? We never asked the government for electricity, water supply, roads or schools. We are happy with our jal, jangal, jameen [water, forests and land]. We treat the police and the Naxalites [Maoists] alike. So how are we wrong? When women go to fill water from the tankers, placing their containers waiting in line, the forces patrolling the area fling [away] the vessels, saying, 'This water belongs to our government and not yours. You cannot have it.' Why such treatment?

I tell them that this land, forest, and water is yours and they want it, that's why they beat you. You need to fight this injustice. If someone is raping you, you need to talk about it. When I talk to them, these women feel encouraged. Then they say they will fight.

Even though there's no concept of mangalsutra [a necklace worn by a Hindu woman that identifies her as married] in the Adivasi communities, some girls in our community have started wearing it, thinking that would spare them from the police and paramilitary's lust for unmarried virgin girls. But still face humiliation and abuse.

DB: How do the men react to this violence?

SS: If the police see them, they will either be killed in an encounter [extrajudicial killing], jailed, or forcibly made to 'surrender' for being a Maoist. That's why they run or hide upon spotting the police. If they had someone to lead them, they would unite and resist.

They have a language barrier. They don't understand the constitution and law, and don't know how to invoke their rights. The Chhattisgarh government boasts of having made education accessible to all, but that's a lie. There's no education in the villages. If that were to happen, it would be very problematic for the government.

DB: What other problems do Adivasis face?

SS: Elders in the community oppose the celebrations of Hindu festivals. They are the old guardians of Adivasis. We feel that

these festivals are imports from an alien culture brought in by those who went 'outside'. Cultural appropriation is on the rise and our identity and survival are at stake.

But the new generation is a little disconnected from the ethical framework of the Adivasi community. Some of them view the elders' insistence on the Adivasi way of life as puritanical or backward. Also, the government takes Adivasi children away from jungles to educate them. What they are teaching them in those schools is just propaganda in favour of 'vikas' [development].

'Development' has destroyed our jal, jangal, and jameen. What kind of development is that? This is how Adivasi thinking is being tacitly influenced by the state. For example, if a father is being sent to jail, his son will be scared of going to court. The reason given is that it will hamper his studies. However, the boy

who lives in the village witnesses daily atrocities against his people, so will always stand up for his father. But if you bring the same boy to the city and educate him there, he will refuse to go to court for his father and instead feel embarrassed. All this is being done to divide us so that we forsake our land for the state to exploit.

DB: Do you think the state exploits this difference in thinking between children who grow up away from the forest and those who reside with their families?

SS: Yes. I recall visiting a residential school called Eklavya for boys and girls who come from far-flung areas in Katikalyan. This pretext was used to shift the kids to a city. I surveyed the school and found that there were only two toilets for 300 kids and there was no boundary wall for safety around the building. Girls studying up to the twelfth grade [the last school year] would have to go into the forest for defecation. There was no privacy even to bathe.

The state has deliberately created such unbearable conditions so that the children ask to be shifted. I told the children that first they should demand more toilets and a boundary wall. I told them that if they don't fight for the right things, then Bastar (a district state of Chhattisgarh) will not survive, nor will the places where their parents live. Later, they protested against being shifted to an urban area. But the authorities shifted them anyway. This is how they manipulate and transform Adivasis' thinking at the school level.

DB: What do you think is the aim of this exercise?

SS: The aim is to impart such an education to young people that they start hating their own forest habitat and demand vikas like everyone else. We want development, too, but not the kind that destroys forests and communities to make space for big buildings. This is what is being fed to the young children these days, that the forests where their parents live should be cleared and new infrastructure built, where they will get jobs. That is why we want to open separate schools for them.

Article Source:

<https://newintgr/features/2018/12/17/interview-soni-sori>



New NZ film honours justice campaigner Celia Lashlie

By Nikki Macdonald

It was supposed to be a film about the last year of social justice campaigner Celia Lashlie's life. She died at 11.33pm on day three.

That was Monday, February 16, 2015. Lashlie was 61.

Known for her strident public commentary about the molycoddling of boys and the failures of social agencies and the justice system, Lashlie told her friends in January she had terminal pancreatic cancer.

January was for family. After that, she told journalist-turned-friend Amanda Millar, she would be ready to talk about her life's work. Lashlie hoped the documentary would help continue her work beyond her death.

Millar had met Lashlie in 2001 while filming a story for 20/20. Like many, she was drawn in by the wisdom and no-nonsense style that came from being the country's first female prison officer in a male prison and a former boss of Christchurch Women's Prison.

The pair had planned a series of mini-documentaries about social issues for the 2017 election. When she discovered she was dying, Lashlie wanted something instead that might keep her work alive.

But Millar had visited her in hospital earlier that week. She was too sick to even speak. So when Millar got the Saturday call to come with a camera, she

had no idea what to expect.

"That was her rallying, I think. I only see this now in retrospect. I think she knew this was her last opportunity. But she sure as hell wasn't going to tell us that," Millar says.

Treat the Problems, Not Symptoms

Lashlie sits in an armchair in her Wellington home, head resting against a quilt. She looks puffy and tired, but there's still fire in those eyes when she gets going. When she talks about poverty, about domestic violence, about prisons; about sons and about mothers. She talks, too, about the expectation that weighed upon her. Others talk about her uncompromising commitment: the hundreds of emails she'd answer every night from parents wanting advice about their wayward teenage sons.

Too late she realised all that giving was eroding her own health. "I had the warnings and I ignored them," she says.

The 90-minute deathbed interview forms the core of Millar's documentary Celia, which premieres at the New Zealand International Film Festival in Wellington on August 2.

Lashlie wanted the film to be all about the work. Millar never quite drilled down what motivated an educated middle class woman to work with prisoners, to campaign for rehabilitation instead of retribution, to call for agencies to treat causes, not the symptoms. Lashlie was

a private person, and that wasn't something she wanted to share.

"Stop Working with the Children, Turn to the Mothers"

Celia Lashlie's public profile came from media commentary and giving talks around the country about turning gorgeous boys into beautiful men.

Having worked with Lashlie for 15 years, Millar had archival footage to expand on Lashlie's dying words. In November 2014, she filmed the central North Island's Whakakotahitanga Domestic Violence Rehab Camp, a weekend camp where couples talk about their offending and relationships and bond over trust-building exercises.

Set up 12 years ago by Lashlie's childhood neighbour and Taumarunui domestic violence co-ordinator Gabe Quirke, it's a powerful window on just how complicated violent offending can be. A bloke asks the young men gathered to stand if there was violence in their neighbourhood, in their street, in their home. Their bums barely graze their seats.

Lashlie sits in a red chair and tells the young women "mothers are the most important person in a child's life".

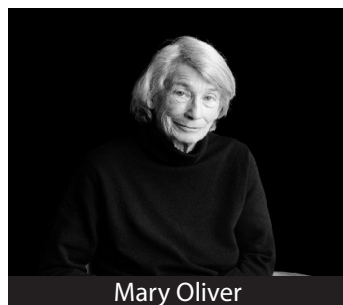
She used to tell her prisoners: "You want that life for yourself? You choose. There's another option. Get off your arse, get out there, address your issues and

Continued on next page

Poet Mary Oliver, an asute yet sensitive voice, passes away

Inspirational poet Mary Oliver died at age 83 January 17, 2019 at her home in Florida.

Oliver made herself one of the most beloved poets of her generation. She worked in the Romantic tradition of Wordsworth or Keats, but she also infused a distinctly American loneliness into her words—the solitary reflections of Thoreau gazing over a lake, or of Whitman peering from the Brooklyn Ferry at the shuffling tides below his feet. Hers were not poems about isolation, though, but about pushing beyond your own sense of emotional quarantine, even when you feel fear.



Mary Oliver

Oliver rarely discussed it, but she escaped a dark childhood. She told Maria Shriver, who interviewed her for a special poetry issue of Oprah magazine, in 2011, that she was sexually abused as a child.

"I was very little," she said. "But I had recurring nightmares; there's damage."

We are just now starting to have broader cultural conversations about women's trauma, about how so many women move through the world with heavy burdens. But for more than five decades Oliver gave voice to the process of confronting one's dark places, of peering underneath toadstools and into stagnant ponds.

And, when she looked there, she found forgiveness. She found grace. She found that she was allowed to love the world.

Source: <https://www.newyorker.com/books/page-turner/mary-oliver-helped-us-stay-amazed>

The Journey

One day you finally knew
what you had to do, and began,
though the voices around you
kept shouting
their bad advice –
though the whole house
began to tremble
and you felt the old tug
at your ankles.
"Mend my life!"
each voice cried.
But you didn't stop.
You knew what you had to do,
though the wind pried
with its stiff fingers
at the very foundations,
though their melancholy
was terrible.

It was already late
enough, and a wild night,
and the road full of fallen
branches and stones.
But little by little,
as you left their voices behind,
the stars began to burn
through the sheets of clouds,
and there was a new voice
which you slowly
recognized as your own,
that kept you company
as you strode deeper and deeper
into the world,
determined to do
the only thing you could do –
determined to save
the only life you could save.

Mary Oliver

NZ activist Celia Lashlie had broad vision for justice

Continued from previous page

raise your children."

Quirke continued the domestic violence couples camps. She says, "It was really difficult to carry on without her, but we knew that that's exactly what she would have wanted."

A Passion For Equal Opportunity

Lashlie was probably best known for her book *He'll be OK: Growing Gorgeous Boys into Good Men*. *He'll be OK* grew from a project with then-Nelson College principal Salvi Gargiulo, which saw Lashlie talking with 180 classes of boys ranging from Years 7 to 13.

Gargiulo's said that Lashlie's work with boys dominates her public legacy. Her passion was a much broader vision

for equal opportunity. She applied for a national job dealing with women's issues in prisons, and for the role of Children's Commissioner. But she was too outspoken for the establishment, Gargiulo says.

Kim Workman, a former prisons boss, says we need more Celias, but also more people in the establishment to take on their challenging ideas.

"I think everybody knows what we should be doing, but nobody wants to do it, because of the political risks... We don't seem to have the courage to bite the bullet."

Article Source: <https://www.stuff.co.nz/national/105573733/new-film-captures-the-legacy-and-final-days-of-social-justice-campaigner-celia-lashlie>

Treaty of Waitangi: Questions and Answers

How did the Crown gain control of Aotearoa?

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

As people of the British Empire period, many had racist attitudes towards Māori, believing in the inherent superiority of the British, particularly the English, way of life. This was well expressed throughout the creation of the British Empire:

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

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

In the South Island (Te Wai Pounamu), the Crown used "Sale Deeds" to claim ownership of huge areas of land, which included much more than was agreed to. Rangatira



were actually only allowing the use of the agreed tracts for agricultural purposes, but not the complete alienation of their land, and especially not the alienation of important food sources.

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

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

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



A still from Te Whare/The House, a Treaty education DVD, which depicts the history of the Treaty relationship as a contemporary flattening story.

Photo Credit: Copyright 2008 Ugly Films; Director/Writer Richard Green.

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

The Treaty is sometimes referred to as a covenant to describe a binding spiritual relationship.

For example, in the Hebrew scriptures (Old Testament), a covenant is made between God and the people of Israel.

In the Christian scriptures (New Testament), a covenant is made between God and all God's people. For some Māori and Pākehā Christians, the Treaty was and is seen in the same way, being referred to as a sacred covenant. For many hapū, both He Wakaputanga (the Declaration of Independence) and Te Tiriti o Waitangi are regarded as sacred covenants.

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

Source: Network Waitangi (2016). Treaty of Waitangi: Questions and Answers. Christchurch: Network Wait-

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

We are on YouTube

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

To find us go to:

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

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

Donations

We welcome donations of:

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

Drop off items to the Women's Centre.

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

Lower Hutt Women's Centre philosophy

The Women's Centre:

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

Contribute to Cronecle

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

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

The Women's Centre reserves the right to withhold publication of information which conflicts with the Centre's philosophy.

Thanks to all the women who helped out with this edition, and to the women who donate graphics to Isis International Manilla.

Become a member

Benefits

As a member of the Women's Centre you get free access to our library and can borrow books for up to a month. You also get sent a colour copy of our quarterly newsletter – by post or email.

Annual cost

Waged: \$27

Low or unwaged: \$15

Teenager: \$10

Child: \$5

Payment

Cash: pay at the Women's Centre

Online banking: Account number 03 0531 0528525 03 (Westpac)

Reference: your name and 'join'.

Your fees go towards the running and ongoing maintenance of the Women's Centre.

We thank you for your support. Join us!