



Cronecle

Newsletter of the Lower Hutt Women's Centre
Vol. 28 | No. 1 | Hōngongoi 2020

Viewpoint

By Pamela Govan,
LHWC Manager

**Kia ora koutou, Namaste, Salaam,
Hola, Bula vinaka, Faka lofa lahi atu**

In February this year I began the journey of managing the Lower Hutt Women's Centre. What a journey these 5 months have been. No doubt you also have had your own unique experience of the Covid pandemic, the Black Lives Matter movement and other events in the first half of 2020.

This journey is certainly different to what I expected, and different to when I first experienced the Centre through Self Esteem for Teens in the 90's. Over the past decades I have connected with the Centre through workshops, groups, library, drop in and various celebrations.

I had the privilege of being on the Board in my twenties and now I have been given an opportunity to look after the Centre and work with some of the women who taught me that it can be safe to stand in my power all those years ago. I have a big role to fill because of the women who had the vision to create this Centre, the women who continue to dedicate their time and energy to this space and the responsibility to take care of the Centre so it can continue to support those that are yet to come.

Lower Hutt Women's Centre Survey

Thank you to everyone who completed the Lower Hutt Women's Centre survey late last year and early this year. The analysis of the survey was completed in April. In summary, the survey analysis shows the gender roles that affect every



aspect of a woman's life don't seem to have changed significantly, neither have the inequalities women frequently experience. As a result, our survey has found that the needs of women and the issues women face have remained the same.

Snapshot of 2019/20 key responses

Issues faced by women:

- whānau/parenting
- finances
- autonomy/independence/identity
- physical health
- mental health
- gender inequality/stereotypes
- self-image/esteem, and abuse.

For self development women continue to need:

- support/encouragement
- self-acceptance/confidence
- education/activities
- personal time/self-care, and counselling support.
- improvements identified:
- working to appeal the Centre to a younger audience, and
- increasing the Centre's visibility so more local women are aware of its existence and services we provide.

A full copy of the survey results can be found on our website [here](#) or you can contact us for a copy.

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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: 04 920 1009

Email: info@lhwc.org.nz

Web: www.lhwc.org.nz

Poem

the next time he points out
the hair on your legs is growing back
remind that boy
your body is not his home
he is a guest
warn him to never
outstep his welcome
again

- rupi kaur



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

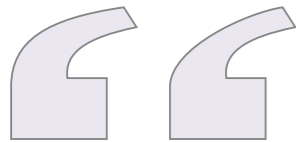
How to book:

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



Poipoia the kakano Ki pua wai
Nurture the seed and it will blossom

First Samoan fa'afafine at Massey University to receive a PhD in Media Studies

On June 24, Angie Enoka will become the first Samoan fa'afafine to graduate with a Doctor of Philosophy in Media Studies at Massey University. Ms Enoka hopes that her academic success will encourage other fa'afafine to look at education as a career option and hopes more Pacific people take on postgraduate studies.

"When you grow up in the Islands, there's such limited opportunity with lots of competition because it's your only window to the world. When you've finally made it, it's a never-ending world of learning and you feel that it's never enough," she says of her lengthy academic journey.

Ms Enoka, whose research focused on the portrayal of Pacific Island seasonal workers by the New Zealand media, will be among a few that will be ratified as a PhD 'In Council' at a meeting of the Massey University Council.

"I hope this achievement will encourage many Pacific people, both young and old, to take on further studies and to be part of the pool of Pasifika researchers in Aotearoa."

Ms Enoka developed a love for communication at secondary school in Samoa. She followed her communication passion, which led her to a New Zealand government scholarship to study journalism at the then Auckland Institute of Technology (now AUT), and later gained a Bachelor of Applied Communication at the Manukau Institute of Technology, where she was among the first graduates for this degree in 2004.

She enrolled with Massey University as a part-time student in 2011, studying a postgraduate degree in Communication Management while working full time. Juggling studies with a full-time job was hard, but one area of respite for her was Massey's writing retreats for Pacific students.

"I found the retreats very inspirational and it was really helpful for me to take time away from work and away from

distractions at home, just to write. It was the most immensely valuable opportunity the University has offered for intensive writing, time away from the normal demands of work and domestic life. There was also social time for participants to discuss challenges and successes of their PhD journey."



During her postgraduate degree, Ms Enoka was the recipient of Massey University's School of Communication, Journalism and Marketing Merit Certificate for scholarly excellence, being one of the top students in most of her courses. She graduated with Distinction and fast-tracked her academic ambition by taking on a PhD, where she was the only Pacific PhD student on the Wellington campus for years.

During her research, Ms Enoka's brother passed away at the age of 43. "I paused my research after that happened. It really hit home. He was my only brother but I learned from a friend to keep one foot forward and keep moving."

Despite the setbacks, she's proud to be graduating and says that she's learned that anyone is capable of completing a PhD. "The key is, you really need to have the drive and commitment, a lot of passion for your topic of choice, make space to allow you to write freely without distractions and most importantly get really good grades in

your degree."

Being a proud fa'afafine is a motivator for her success. "I am a proud fa'afafine and have enormous pride in my Samoan identity. This is a significant milestone for me personally and for my family, for me to be able to reach the highest qualification at university.

Hopefully my story will change some of the mindset that fa'afafine are not just entertainers, fashion designers or comedians, as we can also be in the world of academia."

Her research topic analysed New Zealand regional media coverage of Pacific workers in the Recognised Seasonal Employer scheme, while those workers were living in regional communities, looking at the first five-years of the scheme from its inception in 2007.

"I was motivated by hearing first-hand stories from the workers about difficult conditions but noticed that

the media circulating in their host communities did not consult with them, choosing to publish only stories from employers and government perspectives. My research explored the share of voice and themes in the community news to verify that the workers themselves were not part of the story unless there was 'trouble', in which case they were typically talked about, but almost never given a chance to respond."

Samoan-born, Ms Enoka's research makes important recommendations about media diversity and training, to ensure it can fulfil its watchdog function, particularly in regional communities, in addition to alerting the New Zealand public more broadly to patterns in the way the scheme has been reported to them, and to broader patterns of racialised discourse.

The topic was challenging, but she feels her research has important implications for the media profession encouraging them to think critically

about the implications of their institutionalised practices, the extent to which they repeat government agency policies without scrutiny, and enabling them to better understand the portrayals of Pacific people in media articles and to consider the implications of these representations for Pacific communities and their sense of self and their place in New Zealand.

Ms Enoka is from the village of Togafu'afu'a on the island of Upolu in Samoa. Her father Tumaai Aloisio Enoka is from the village of Safotulafai, Savai'i and her mother, the late Rosa nee Fidow-Enoka is from the village of Safotu, Savai'i. She is the youngest of three children and the first in her family to graduate with a PhD.

Ms Enoka's research was supported by Massey University supervisors: Associate Professor Elspeth Tilley from the School of English and Media Studies and Professor Frank Sligo from the School of Communication, Journalism and Marketing.

Angie Enoka, Massey University, Samoa

<https://gaynewzealand.com/first-samoan-faafafine-at-massey-university-to-receive-a-phd-in-media-studies/>

Circle of Security® Parenting™ Course

For Mothers of Pre-School Children

Facilitator: Kay Riddler

Course Duration: 8 weeks beginning Monday, 12 October 2020

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.

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 manner—while enhancing observational skills, and engaging in reflective dialogue regarding your strengths and struggles in parenting.

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

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

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

Circle of Security® PDF: <https://lhwc.org.nz/wp-content/uploads/2018/03/full-circle-new-small.pdf>

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.

Hold your Own

When time pulls lives apart

Hold your own

When everything is fluid, and when nothing can be known with any certainty

Hold your own

Hold it 'til you feel it there

As dark, and dense, and wet as earth

As vast, and bright, and sweet as air

When all there is, Is knowing that you feel what you are feeling

Hold your own

Ask your hands to know the things they hold

I know the days are reeling past in such squealing blasts

But stop for breath and you will know it's yours

Swaying like an open door when storms are coming

Hold

Time is an onslaught, Love is a mission. We work for vocation until

In remission, We wish we'd had patience and given more time to our children

Feel each decision that you make

Make it, hold it

Hold your own

Hold your lovers

Hold their hands

Hold their breasts in your hands, like your hands were their bras

Hold their face in your palms like a prayer, Hold them all night, feel them hold back, don't hold back

Hold your own, Every pain

Every grievance, Every stab of shame

Every day spent with a demon in your brain giving chase

Hold it, Know the wolves that hunt

you

In time, they will be the dogs that bring your slippers

Love them right and you will feel them kiss you when they come to bite

Hot snouts digging out your cuddles with their bloody muzzles

Hold

Nothing you can buy will ever make you more whole. This whole thing thrives on us feeling always incomplete

And it is why we will search for happiness in whatever thing it is



we crave in the moment, And it is why we can never really find it there. It is why you will sit there with the lover that you fought for In the car you sweated years to buy

HŌNGONGOI (Tuhoe)

Also known as Te Aho turuturu (Ngati Kahungunu), Te Rua o Takurua (Ngati Awa)

Southern hemisphere: July to August,

Hōngongoi means to sit close to a fire, while the word turuturu refers to the persistent dripping of the rain. Hōngongoi is the second month of Winter.

Source: The Māori Oracle

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

Wearing the ring you dreamed of all your life

And some part of you will still be unsure that this is what you really want

Stop craving, Hold your own

But if you're satisfied with where you're at, with who you are

You won't need to buy new make-up, or new outfits, or new pots and pans

To cook new exciting recipes

For new exciting people

To make yourself feel like the new exciting person, you think you're supposed to be

Happiness, the brand, is not happiness

We are smarter than they think we are

They take us all for idiots

But that's their problem

When we behave like idiots

It becomes our problem

So hold your own

Breathe deep on a freezing beach

Taste the salt of friendship

Notice the movement of a stranger

Hold your own

And let it be

Catching

Kate Tempest

<https://www.youtube.com/watch?v=ZnrBcQeH9fl>

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

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 2020	
9 June	Coming to grips with feelings
16 June	Talking about ourselves
23 June	Beliefs about self
30 June	Expressing pride in self
7 July	Letting go of the past
14 July	Respecting self and others
21 July	Striving for pure motives
28 July	Putting yourself in neutral
4 August	Having the courage to be imperfect
11 August	Developing courage
18 August	Willpower
25 August	Anger as a strength
1 Sept	Developing self knowledge
8 Sept	Self love
15 Sept	Acknowledging self
22 Sept	Enhancing self in terms of awareness
29 Sept	Acceptance and use of strengths
6 Oct	Positive thought and talk
13 Oct	Messages about self
20 Oct	Accepting responsibility for self

Friday mornings in 2020	
12 June	Having the courage to imperfect
19 June	Developing Courage
26 June	Willpower
3 Jul	Anger as a strength
10 Jul	Developing self knowledge
17 Jul	Self love
24 Jul	Acknowledging self
31 Jul	Enhancing self in terms of awareness
7 Aug	Acceptance and use of strengths
14 Aug	Positive thought and talk
21 Aug	Messages about self
28 Aug	Accepting responsibility for self
4 Sept	Coming to grips with feelings
11 Sept	Talking about ourselves
18 Sept	Beliefs about self
25 Sept	Expressing pride in self
2 Oct	Letting go of the past
9 Oct	Respecting self and others
16 Oct	Striving for pure motives
23 Oct	Putting yourself in neutral

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 1pm–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

2020 Dates:

- Sunday, 5 July
- Sunday, 2 August
- Sunday, 6 September
- Sunday, 4 October
- Sunday 1 November
- Sunday 6 December

Time: 1pm–4pm

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

Enrollment: Enrolment not necessary; you can just turn up

Enquiries: Ally Andersun or Stephanie Brockman, phone 920 1009

If you’re interested, please phone or come along

About our workshops

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

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

Workshop Topics for July - December 2020

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

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 2020

Time: 1pm–2:30pm **Cost and Enrolment:** No charge. You do not need to book; you can just turn up.

Creche: Creche provided

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.

Other Groups Meeting at LHWC

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 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.

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.

Meeting time: 6–7:30pm

Day: Second Monday of each month

Facilitator: Kimberley Bignall

Cost: No cost

Dates for 2020:

- Monday 13 July
- Monday 10 August
- Monday 14 September
- Monday 12 October
- Monday 9 November
- Monday 14 December

Enrolment: Enrolment not necessary; just turn up

Phone: Reach Kimberley on (027) 327 4466

Email: kimberley@bignell.co.nz



Self knowledge is no guarantee of happiness, but it is on the side of happiness and can supply the courage to fight for it.

Simone de Beauvoir

Self Development for Women Using Action Methods

Facilitator: Ally Andersun

Course Duration: Friday evening, Saturday, and Sunday 16, 17, 18 October 2020

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

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

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

Women new to actions methods are welcome.

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

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 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: Five minimum for course to commence and 10 maximum.

About Diana:

Diana is known for her gentle and supportive approach. Her teaching is based on her own experiences of stress and anxiety and she enjoys sharing simple practises and techniques that don't require lots of time and effort to be effective.

Dates: Six weeks beginning
Thursday 20th August 2020

Times: 7pm–9pm

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

Enrolment:

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

Phone 9201009 for deposit details.

Facilitator: Diana Rickman

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.

Dates: Six weeks beginning
Wednesday, 14 October 2020

Times: 7pm–9pm

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

Enrolment:

Enrol by payment or deposit to Lower
Hutt Women's Centre. Phone 9201009
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.

Dates: Six weeks beginning
Wednesday, 5 August 2020

Times: 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.

Facilitators: Ally Andersun and Kay
Riddler



Building Healthy Relationships: With a Focus on Co-Dependency/ Women Who Love Too Much (Parts One and Two)

Part One

Facilitator: Ally Andersun

Course Duration: Two-day weekend course—Friday, 7pm-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).

Date: Friday 9, Saturday 10 and Sunday 24, 25, 26 July 2020

Part One is a weekend workshop that will give participants the opportunity to explore their own issues around co-dependency and process addiction. It will give 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 which reflect different aspects of this issue that some women have in relationships. Co-dependency can be seen as a pattern of behaviour in which you find yourself dependent on approval from someone else for your self-worth and identity. It is often shown by when your sense of purpose in life wraps around making satisfying the other person's needs and 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 that want to look at the damaging or dysfunctional relationships they have been or are in.

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

Part Two

Facilitator: Ally Andersun

Date: 14, 15, 16 August 2020

Course Duration: Two-day weekend course—Friday, 7pm-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). You need to have attended part one at some stage to participate in this course. This weekend will be an opportunity to explore; relationships from the past, your primary relationships, and how they are acting out in your relationships today.

This provides an opportunity to examine dynamics of co-dependency (women who love too much) and relationship addiction. If you have difficulty with relationships—partners, children, parents, then this workshop may help you in understanding how to look at your behaviour in the relationship and where that behaviour comes from. This workshop will help women that want to look at the damaging or dysfunctional relationships they have been or are in. Using the group work process and action methods we will begin the process of personal recovery.

Six minimum and 10 maximum for the course to commence. Note: Participants must be prepared to attend all sessions of the workshop.

Self Esteem for Teens



A eight-week self-esteem course for girls aged 13 to 17 years.

Do you want:

- to learn more about yourself
- to have fun?
- to be more confident?
- to grow in self respect
- to grow in self worth?
- to grow in self esteem?
- to accept yourself as you are?
- to develop an understanding and respect of yourself and others?

We're all different. Who are, what we like and don't like, our cultures, and our backgrounds. There is no one else quite like you. Once you accept yourself, there is no reason to hold anything back. This is your world. Honour it as your own and enjoy its gifts.

Facilitator's Bio: Stephanie Brockman has a Bachelor of Counselling and a Bachelor of Education (Adult). She has facilitated groups for many years.

Dates:

Eight weeks beginning Thursday,
30 July 2020

Times: 4pm–6pm

Cost: \$20
Phone to register interest

Enrolment:

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

Facilitator: Stephanie Brockman
and Naomi Millane

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.



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 2020 (all dates on Saturday):

Workshop 1: 8th August 2020

Workshop 2: 10th October 2020

Workshop 3: 14th November 2020

Time: 10am–4pm

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

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

Tutor: Linda Tilyard

Please bring a contribution for shared lunch



Weaving with Harakeke

We provide all materials including harakeke (flax).

Learn the correct kawa (protocols) of cutting harakeke, preparing, weaving, and leave with a finished product.

Come along and experience making something from natural fibres in a supportive and fun environment.

Attend one or as many as you like. If you attend more than one workshop you can begin to learn the skills so you can remember when you are by yourself at home, and independently make a kono or konoae.



Dates:

Sunday, 13 September Konoae two cornered basket

Sunday, 8th November Kono four cornered basket

Times: 10am–4pm

Cost: \$10. Phone to register interest

Enrolment:

Enrol by payment or deposit to Lower Hutt Women's Centre. Phone 9201009 for deposit details

Black Lives Matter

I needed to share some of my story because it is the story of many others who are too scared to speak up.

This is my investment towards change and towards a brighter future for everyone who looks different, sounds different or struggles to fit in or be accepted in this country.

As a mother, I am driven to speak up in memory of the grown man who cried for his mama in his final minutes on this earth.

I am here, sharing my voice and my heart with you all, in the hope we can be kinder and more accepting of each other's differences. This simple shift will transform lives in the most magical way – try it.

My voice is my response to my daughter crying out for her mama when the world has been unkind because of the colour of her skin.

My hope is that my daughter Maimai will have an easier future in this country. Speaking up is the best legacy I can pass on to her and generations to come.

Maimai's story

"Even if we look different on the outside, we are the same on the inside", says Maimai Mvundura, 8. Photo / Dean Purcell

My name is Maimai and I like warm hugs. I have lots of friends and I really love going to school. At first, being the new girl was really hard. I had to be brave.

I remember trying to join into a circle where some girls were having lots of fun. 'You can't play with us. You're black. Go away!' I had gone away. Another day, I tried to join in again.

'This group is for princesses only.'

I told them I was a princess and that my mummy and daddy call me 'princess' at home.

They laughed and called me a liar. 'There are no black princesses. Stop following us.' I told mummy I did not want to go to school any more because I was invisible. No one could see me

and no one wanted to be my friend.

I wanted to have blonde pig tails and blue eyes. I knew the girls would like me then and I could join in the circle.

'Mummy was my first friend at school'

Mummy promised to be my friend at school. The next day, the bell had rung for morning tea. Mummy was there, waiting for me with her sandwich. I had a friend at school!

Mummy was my first friend at school. She was always there at morning tea and lunch time after that.

Then one day, the principal and other teachers came into our classroom and hugged me. They talked about being kind. They told the whole class that I was their friend and that I was a princess looking for friends to play with.

At morning tea, some girls came and invited me to sit with them. They called me 'Princess Maimai'. I was too happy



to eat my lunch.

At lunch time, I was too busy playing to eat. I had friends to run and play on the slide with. That was the best day ever!

The teachers and the principal came into our class the next day and again and again.

Every day, they reminded the class that I was a princess and that the school was a kind school and everyone had to be friendly. Those were the rules.

I started to have more and more friends at school – school was fun!

Then a new girl came.

She told me she didn't like me because I was the ugliest girl she had ever seen.

Mummy told me I was beautiful, that the new girl was lying and that I was to ignore her mean words. Another day, she

told me I looked like the black pigs on her daddy's farm.

I cried until my tummy hurt. Mummy told me that as long as I liked myself, I didn't need to be liked by everyone, and that if someone doesn't like me, there will always be someone else who will.

Sometimes, everyone gets invited to parties except me. One day, a sad thing happened. My friend told me that her mummy had told her not to play with me because I am a black girl.

My friend wanted us to be secret friends. I felt sad because we couldn't play any more.

'Having different coloured skin doesn't mean I am mean or will hurt anyone'

Even if some people have not always been nice, most people are kind to me and tell me I am beautiful and have good manners.

This one time, my friend told me my skin looked like chocolate and asked to lick my face. This was a good thing because chocolate is sweet. I told her she could taste my face. It was so funny!

I don't know why some children are mean. I always smile at everyone so they know I am kind, so they don't feel scared.

Having different coloured skin doesn't mean I am

mean or that I will hurt anyone.

I think many girls are just like me. Even if we look different on the outside, we are the same on the inside.

I like LOL dolls and Lego. I swim and run fast and tell funny jokes.

My name is Maimai. I am an African princess and I will be your friend.

Full story available here

https://www.nzherald.co.nz/nz/news/article.cfm?c_id=1&objectid=12339059

Are You a Guilty Feminist?

- **The comedian Deborah Frances-White discusses the perfectly funny side of oh-so-imperfect feminism.** By Alisha Haridasani Gupta • Published Feb. 22, 2020 Updated Feb. 25, 2020, 4:23 a.m. ET • <https://www.nytimes.com/2020/02/22/us/guilty-feminist.html>
- For some women, feminism has become another thing to feel inadequate about. — Deborah Frances-White, comedian and host of “The Guilty Feminist” podcast
- In 2015, Deborah Frances-White, a London-based stand-up comedian, decided she wanted to be a better feminist. At the time, Frances-White felt like she was living a life of double standards: She didn’t want to be seen as a “decorative” object but would also obsess over her weight; she would advise women on powerful leadership techniques, then apologize profusely for “bothering” a man when she called him for work.
- A lot of the feminists in the public eye were wonderful,” she said in an interview with In Her Words. “They were inspiring. They were so sure of what they knew. And I would look at my hypocrisy and insecurities and think, ‘Am I good enough?’”
- She started sharing her secrets over lunch with the comedian Sofie Hagen, and shortly thereafter their podcast, “**The Guilty Feminist**,” was born. The concept of feminism has, of course, evolved over the past few decades, with each new wave defining it slightly differently. For Frances-

White, feminism is a fight for equality and inclusion for the entire gender spectrum and for minority groups. Each podcast starts with the trope, “I’m a feminist, but ...” and she and a rotating roster of co-hosts go down their list of laugh-out-loud feminist fails. One opens with: “I’m a feminist, but ... one time when I was in a women’s rights march and popped into a department store to use the loo, I got distracted trying on face creams and when I came out, the march was gone.”

- • The point and the appeal of highlighting these contradictions is to laugh at them and then discuss ways to get better, Frances-White explained. “Get it out, look at it, put it on the table and deal with it.” She added: “We’re trained to feel guilty about everything as women.
- For some women, feminism has become another thing to feel inadequate about.” I caught up with Frances-White during her book tour around the U.S. to discuss imperfect feminism and white privilege. The conversation has been lightly edited and condensed for clarity.
- **You mention in your book that you were part of the Jehovah’s Witnesses in Australia and you’ve also said that it’s a system where women rarely have decision-making roles. What was that like, and is that why you decided to leave?**
- The most senior position for a woman is ‘elder’s wife,’ which has a “Handmaid’s Tale” ring to it. Even the Kingdom Hall cleaning roster and the most basic admin work are done by men. I had a slow awakening that this wasn’t for me. I needed to create a more feminist space in the real world for myself after that experience.

- **So you left and moved to London at 19. Why did you decide to become a comedian?** I always loved making people laugh at school and was funny on the debate team. When I became a Jehovah’s Witness, I had to quit all the extracurricular stuff, so I always made the congregation laugh. I used to joke with people when door-knocking and get invited in. I even snuck off with some other young Jehovah’s Witnesses and formed a comedy improvisation group. When I left, the first place I went was a comedy improv class. Being in the moment is the opposite of a high control group mentality. It opens you right up.
- **Do you think that making jokes and laughing about something as big and meaty as feminism ends up trivializing it?**
- No, I think it’s the opposite. The power of the joke is so underestimated. A joke is one of the most powerful ways to reinforce or even form a worldview. Jokes are weapons. Comedy can be used as structural violence, you have to remember that — it’s a way of isolating. It can also be used to include.
- **So, to build on your metaphor, you’re using comedy as a weapon to bring down the patriarchy? Is that the aim?**
- A man wrote to me a year or so ago and he said: ‘I just want to say I started listening to your podcast because I hate feminists and wanted to know what the enemy was up to. But 18 months later, you’ve worn me down. Sometimes what you say still annoys me, but keep saying it because it’s working.’
- I was so blown away by this and I wrote back and I said, ‘What kept you listening for 18 months?’ And he said it was funny. I have had some

Continued on next page

men say, ‘No, you shouldn’t joke about men, you should make your show less feminist, more egalitarian.’ But this is unapologetically a space for women and people of minority genders. And if men listen in and sometimes feel a bit uncomfortable, that’s OK.

- **You mention that comedy can be used to include. How do you make sure that your comedy is as inclusive as possible?**
- When I first moved to London from Australia, I was told I’d have to be a very assertive

going on?’ And my boyfriend said, ‘You can’t drive my car the way you drive the Land Rover, like a tank down the middle of the road. In a VW Golf, no one is going to get out of your way.’ I had thought everyone else was polite. Turns out I’m an [expletive].

- If you’re driving a Land Rover, you have to be very authoritative about how you let other people in. You have to say, ‘It’s your turn, you’re going.’
- And people who are driving white bodies, male bodies,

learned more than anything is about my own privilege. So “The Guilty Feminist” podcast has had about 75 million downloads in the last four years, won several awards and you recently also released a book by the same name.

- **Did you ever imagine this would be so successful?**
- God, no! I was worried that I’d get kicked out of the feminist club. But I think it’s just because women are thirsty, and there is not much content made for us and by us that’s



driver because Londoners will not let you in. I was a nanny so I was like, I have to get good at driving before I drive any of these kids around. So I got in the car and drove around London and found that this was just a stereotype and an urban myth.

- Six months later, I drove my boyfriend’s car for the first time and I couldn’t get into traffic and I was like, ‘What’s

bodies that aren’t in wheelchairs, gender-conforming bodies, straight bodies sometimes need to say ‘Hey, Jennifer, do you have anything to say on this? Because I think you’ve done some interesting research and we want to hear it.’

- I have to say I started this podcast to really, I suppose, find space for my own oppression, and what I’ve

completely unfettered

- <https://deborahfrances-white.com/podcasts/>

Ihumatao

ko wai maatou - who are we?

We are the Save Our Unique Landscape (SOUL) campaign and we are led by mana whenua members whose families have resided in Ihumātao for many generations. Their whakapapa links to the whenua include Ngāti Mahuta, Te Ahiwaru, Waikato-Tainui, Te Akitai and Te Waiohūa. We are inclusive of residents, ratepayers, community members and interested parties. As a collective, we believe that having a Special Housing Area (SHA) in Ihumātao will not contribute to making Taamaki a liveable city, but destroy one of the few significant and unique historical, cultural, spiritual, social and environmental spaces we have left in Auckland.

te whakatakanga - our mission



To protect and conserve the whenua (land) at Ihumātao from Fletcher Building Limited's plans to build a high-cost housing development there.

te moemoea - Our vision



That the whenua is returned mana whenua to be held for the benefit of all the people Aotearoa to enjoy as an open, green, historic reserve. We want to see this whenua included in the Ōtuataua Stonefields Historic Reserve.

ngaa matapono - our values

- Kotahitanga (unity)
- Manaakitanga (care for)
- Aroha (compassion)
- Kaitiakitanga (guardianship)
- Rangimarie (peacefulness)
- Whakapono (belief, trust)

"We want a liveable city.

We need places to breathe, to dream, to connect to our ancestors, and engage with our history. At Ihumātao we can do this".

Why is this important?

The Ihumātao landscape (of which the land in question, Special Housing Area 62, is a part) is recorded on the United Nations International Council on Monuments and Sites (ICOMOS) at risk register. This rare cultural heritage landscape (including SHA 62) matters because its stories, relationships, built heritage, ecological values and archaeological sites are critical to our understanding of the histories and futures of our city and country.

For mana whenua (local Māori), this place embodies sources of identity and wellbeing as well as family, community and tribal relationships.

This area is one of the last remnants of the archaeologically rich stonefields landscapes across Auckland. As part of the adjacent, but legally separate, Ōtuataua Stonefields Historic Reserve, the land in question holds the stories of the earliest inhabitants of our country. It is one of the last surviving places where the land and stone walls used by Māori for growing new crops, such as wheat and European vegetables for the Auckland markets prior to 1863, still exists. Here, the ancient and more recent gardens stand next to each other.

This cultural landscape connects with one of New Zealand's oldest continuously inhabited papakainga (village) and this connection will be irreparably broken by the proposed development. Houses built up to the existing boundary of the Historic Reserve will threaten its future.

The land was confiscated 'by proclamation' under the New Zealand Settlements Act in 1863 as part of the colonial invasion of the Waikato that drove mana whenua from their lands, ahead of the settler armies. Overnight they were made landless and impoverished. Now, that existence is further threatened by the commercial development.

The proposed development site is only a few kilometres from Auckland International Airport and should be considered as a promising cultural, heritage and ecotourism location. For many years there have been aspirations for social enterprise, local employment and sustainability initiatives that enable kaitiakitanga and tino rangatiratanga. These aspirations range from a mana whenua-led research, visitor and education centre, a food forest, a working farm, guided walkways, cultural experiences, and, open green space.

<https://www.protectihumatao.com/>

Treaty of Waitangi:

Questions and Answers



• 30 What about separate or parallel development? Isn't that apartheid?

- No Apartheid was a political system where one group held all the power and strictly enforced and imposed total separation of different groups in order to maintain that power, as was demonstrated in South Africa. The basic differences between apartheid and separate development are: Under apartheid it is the powerful group that enforces separation. With separate development, where it occurs here, it is the powerless group that has chosen to separate temporarily. Independent, culturally appropriate, enterprises in Aotearoa/New Zealand are being implemented as a Māori response to Pākehā monoculturalism. Pākehā institutional practice can be culturally inappropriate or uncomfortable for Māori (and other groups), making it difficult for them to succeed or receive the assistance they need. Separate, parallel, or independent development in a Māori way is a positive step to self-determination.

• 31 Why are there separate parliamentary seats for Māori?

- British voting restrictions were included in the 1852 Constitution Act, i.e. only adult male property owners with individual land titles could vote. Effectively, Māori contributed most of the revenue, through land sales and business, but had no representation. After the Māori Land Court was established in 1864, settler politicians feared that Māori men might soon acquire the right to vote because they would in

time possess an individualized right to property, and that this might cause a political "imbalance" in some North Island electorates. It was thought the creation of three or four

Māori seats would eliminate that threat by confining Māori voters to those seats. In 1867 two more factors combined to create Māori seats. The government wanted to capture Māori support for its pacification programme, and the West Coast gold rush tipped the number of seats in favour of the South Island, with the possibility of the capital moving south. As a result, in 1867 northern MPs introduced a Bill which provided for Māori representatives –who might be European –elected by Māori men. The Bill proposed four seats, three in the North Island and one in the South, and it was accepted mainly because it preserved the distribution of seats between the North and South Islands. An amendment made it mandatory that the Māori representatives be Māori –largely because the South Islanders were unhappy at the prospect of three more northern Pākehā MPs. If the number of seats had been proportional to population numbers –at the time there were 56,000 Māori and 171,000 Tauīwi –in a house of 70 members, 20 would have been Māori. The number of Māori seats remained the same until Mixed Member Proportional Representation (MMP) was introduced in 1993. The number of Māori electorates is now determined from the Māori roll on the same population basis as the General roll, although population distribution means that Māori electorates are mostly much larger geographically than General, leading to further inequalities.

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

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 October 2020.

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

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

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

Become a member

Benefits

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

Annual cost

Waged: \$27
Low or unwaged: \$15
Teenager: \$10
Child: \$5

Payment

Cash: pay at the Women's Centre
Online banking: Account number 03 0531 0528525 03
Reference: your name and 'join'.

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

We thank you for your support. Join us!