

Cronecle

Newsletter of the Lower Hutt Women's Centre

Vol. 28 | No. 1 | Hakihea 12- 2020



Viewpoint

By Our Dearest Ally Andersun



The Lower Hutt Women Centre, the home of women, the sanctuary for me for more than half of my employed life, what a privileged position to be in, being paid for working in my cause. My perception is the ethnic strength that has held the Women Centre so generously was laid down by the Pacific Island women who gathered within her for their weekly Mama's group in the mid to late 80's. This holding has been a constant source of strength throughout the years of laughter, planning, meeting, gathering, learning, training, celebrating, mourning, consulting, challenging, dancing, singing, crying, growing, child rearing and loving, resolving, reinventing,

creating, enabling, reflecting, reviewing, playing, building, cleaning, food preparation, striving, education, vulnerability, realisation, ritual, empowerment. By their fruits ye will know them. Feminism is the backbone of empowerment for me, it also has my back. Behind us stands such wealth of knowledge, strength and conviction from our ancestors, of every walk of life, creed and culture. The women who have gone before us, and left us the legacy to carry on forward, are at our back in force to join and swell the movement for a humane existence for all. To free ourselves from the shackles that have bound our foremothers to the roles of only ever being a daughter, a wife, a mother. Reclaim ourselves as women, first and foremost, getting up from our knees and standing strong in our own truth of who we are, shedding the confines of stereotype and attitudes of being grateful for crumbs. The Lower Hutt Women Centre provides the space, energy and encouragement for all women to rise to that
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The Women's Centre will close for the summer break:

Tuesday 22-12-2021
and will reopen
Tuesday 26-01-2021

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Women's Centre Opening Hours

Mon & Tues 10am-2pm
Wed - Fri 9.30am-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

Whakatauki

E iti noa ana nā te aroha
A small thing given with love.

Aroha mai aroha atu.
Love received demands love returned.

Me te mea ko Kōpū ka rere i te pae.
(The beauty of a woman is) like Kōpū (Venus) rising above the horizon.

Ahakoā he iti kete, he iti nā te aroha.
It is the thought that counts.

He taonga rongonui te aroha ki te tangata.
Goodwill towards others is a precious treasure.

Taku toi kahurangi.
My precious jewel.

Ka nui taku aroha ki a koe.
My love for you knows no bounds.

Source: <https://www.massey.ac.nz/massey/maori/resources/pronunciation/maori-proverbs.cfm>

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: *Please do not contact the lawyers without first booking with the Women's Centre.*

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.

Where:

Thomas Dewar Sziranyi Letts
Level 2, Corner of Queens Drive and Margaret Street, Lower Hutt



How my 3-year-old daughter changed my views on feminism.

By Vera Alves

It took me making a whole new person to learn an important lesson about feminism.

My daughter turns 3 today. At her request, she'll wear a pink organza dress, with a giant butterfly on it, and "sparkly shoes". My worst bloody nightmare. (Okay, I'm exaggerating, my ACTUAL worst nightmare involves flying lizards and people chewing loudly - but you get my point.) Ever since I found out I was having a girl, I worked hard to make sure she didn't feel constrained by her gender.

That meant ensuring she had positive female and male role models in her life, in equal measure. Luckily for her, she's got plenty of those. And it also meant ensuring, at least for the first couple of years of her life, I was giving her all the options, outside the scope of gender. I scrutinised every toy, every cartoon, to make sure

she was getting a balanced view on gender norms and I put all my energy into not boxing her up in one particular category.

She had blue T-shirts that said "Rad like Dad", with tags that called it a "boy T-shirt".

What made it a boy T-shirt? I am yet to understand, as it was being worn by a girl without somehow self-destructing.

I wanted to see the whole world available to her, not just the "girly" part of it. In my quest to show her that all colours of the rainbow were born equal, I found

myself falling for the old trick of seeing "pink" as the lesser colour.

Real equality comes in all colours - and that includes pink. The girliest of pinks, preferably sparkly. And with some frills thrown in for good measure. And that's exactly what she loves.

When she started communicating enough to tell me what she wanted (something that happened a lot earlier than I was prepared for) she left no room for doubt: this girl loves pink. The sparklier the better. Well, crap.

I have spent the past few months having to come to terms with the fact that her personal choices do not make me a failure as a feminist mother. She's right. If everything is equal and all options are just as good, why was I putting pink down? At 3, she's already taught me the biggest feminist lesson I've ever learnt.

Feminism means equality for all and it's not very equal of me to think "not the f***ing pink one again" when she gets a top out of her drawer. Because being feminine is a feminist act. It's time to stop devaluing femininity.

Continued on page 4.....

Continued from page 3

We keep trying to teach our girls they can be anything but most of the examples we give them of girls who achieve their goals show girls who are not your stereotypical female. The problem is not one girl liking "pink" - the problem is society defining "pink" as a "girly" colour and associating that with concepts of fragility and weakness.

Real equality will only come from elevating it and putting it truly on par with masculinity. For girls like my daughter, Serena Williams uber-feminine manicure at the Australian Open is important. We need more pink tutus and girly manicures in areas like politics and in academia. More girls kicking ass in all colours - including pink.

I want to teach my daughter she can be anything, no matter what she wears. And that means I've got to be okay with all this pink organza crap she chooses to love - precisely because it's her choice to love it. She wears pink not because "girls wear pink" but because "people who like pink wear pink".

She loves it. She also loves dinosaurs and squeals with excitement every time we drive past a digger. And she can run uphill with more energy than most. And jumps off the back of the sofa with a level of excitement I wish my worried mother heart didn't have to witness. She loves ballet and she also loves hot wheels. And she hugs the dog when she thinks he looks "sad" and helps her friends at daycare put their shoes on and brings me "coffee" from her toy kitchen while I'm working and tells me, in no uncertain terms, what she wants (chocolate, toys) and doesn't want right now (a nap).

She's strong and delicate, she's brave and she's kind and, unlike what my biased views would have me believe and what the slogans on "kids" T-shirts imply, those things can co-exist and none of them are inherently "boyish" or "girly". They're what makes us fundamentally human.

Social Media and Trending Reporter for nzherald.co.nz
vera.alves@nzherald.co.nz

Source-<https://www.nzherald.co.nz/lifestyle/how-my-3-year-old-daughter->



Flow Dance & Fitness Studio
Level 1, 127 High Street, Lower Hutt
021 025 82551 / 021 023 08205

Book your 7-Day-Free Trial Classes Today on
Our Website;

WWW.FLOWDANCEANDFITNESS.CO.NZ
Yin Yoga - Hatha Yoga - Vinyasa Yoga -
Soma Yoga - Flow Core Yoga

ABOUT US

Flow Dance and Fitness Studio is changing the concept of taking a dance and fitness classes by offering a high quality instruction in an environment that is financially and socially accessible. Our Instructors are ready to share their passion for fitness with you.

Flow for everybody!

OUR SERVICES

- Yoga classes for all age groups
- Hip Hop classes for kids, juniors & teens
- Hip Hop classes for adults

Studio Rentals (Hourly Basis)

Mosaics Fundraiser

Kia ora Women's Centre Whānau!

We have beautiful mosaic tiles that have been decorating the garden at the Centre in recent years and need a new home. This is a chance for you to take a part of the Women's Centre home with you and they would also make great Christmas presents!

The price is \$10 per tile or \$15 for two tiles.

Payment can be made in cash or via online banking.
Account details are 030531 0528525 03

Please put Mosaic Fundraiser and your name as reference.



The tiles will be available to view and purchase from the Lower Hutt Women's Centre on Friday 11th and Friday 18th December 12pm-2pm. If you are interested in purchasing some tiles but these times don't suit you please contact email Naomi at nomestar@gmail.com to arrange an alternative time.

Viewpoint continued



continued from page 1

.....self-challenge that allows us to heal and journey towards our authentic self and thrive within our own lives alongside other women who have the courage to be themselves.

So with a heart filled with love and respect I have been preparing myself to leave this womb-like home that has sheltered and nurtured me and forced me to accept my strength and wisdom in a way that empowers me to depart from her as a grown child separates from the symbiosis of her mother.

I arrived as a young woman in my late thirties and depart as a crone 70 years of age. What a privilege it has been for me to be a part of such a noble and reputable organisation.

Thank you Lower Hutt Women Centre I am eternally grateful for all you have given me.

Ally

**And the Moon
said to me -
My darling, you
do not have to
be whole in
order to shine.**





Community Events



Summer Play Days

Where: Naenae, Stokes Valley, Petone,

All Ages - Free

Our play days are back for summer! This is a free event for kids and families to enjoy self-directed and unstructured play. Imagination play, sport play, our legendary water play, giant bubbles, and more!

Locations:

We're running play days all summer long! Join us!

Saturday 5th December, 10 am-1 pm, Naenae (behind pool)

Saturday 12 December, 10am-1pm, Riddiford Gardens

Saturday 19th December, 10am-1pm, Queen St, Wainuiomata

Wednesday 6th January, 2-4pm, Riddiford Gardens

Wednesday 13th January, 2-4pm, Speldhurst Park, Stokes Valley

Wednesday 20th January, 2-4pm, McEwan Park, Petone

Wednesday 27th January, 2-4pm, Avalon Park (left of duck pond)

Saturday 13 February, 10am-1pm, Walter Nash Park

Saturday 20th February, 10am-1pm, Hutt Park



Family Beach Nights

When:

Thu 7 Jan 2021, 6:00pm-8:30pm

Where: Petone Beach, Petone Beach, Wellington

All Ages - Free

Our beach nights are back for summer - coming to a beach near you every Thursday in January!

07 Jan - Petone Beach near Petone Wharf

14 Jan - Petone Beach near Petone Settlers Museum

21 Jan - Days Bay

29 Jan - Eastbourne near Rona Bay Wharf

Join us for hut building, marshmallow roasting, beach clean ups, beach cricket and more! This is a free event for whanau to enjoy self-directed and unstructured play on the beach!

This event will proceed at Covid-19 Alert Level 1, with hygiene and contact tracing measures in place. Please note we will be taking photos during this event.

For more info, contact Active in the Hutt 04 560 0308

Source: <https://www.eventfinda.co.nz/2021/family-beach-nights2/wellington>



Veranoa Hetet: Creating Potential

The Dowse Art Museum, 45 Laings Rd,
Lower Hutt, Wellington Region

*Sunday 29 November 2020 10:00am – 5:00pm ...
more*

All Ages - Free

When:

10 October 2020 - 28 February 2021

Where: *The Dowse Art Museum, 45 Laings Rd,
Lower Hutt, Wellington Region*

The past and the future are woven closely together in these works by prominent Māori weaver Veranoa Hetet QSM (Ngāti Maniapoto, Ngāti Tūwharetoa, Te Ati Āwa).

Veranoa is a master Māori weaver and kaiako based in Waiwhetū, Lower Hutt, who comes from a long line of prominent makers.

She first learnt the weaving techniques raranga, tāniko and whatu kakahu from her mother, the late Erenora Puketapu-Hetet, and learnt tukutuku and kowhaiwhai from her father, master carver Rangi Hetet.

In her new exhibition, *Creating Potential*, Veranoa explores the notion that each of her works hold the past - building from traditional methods, patterns and stories of whakapapa. But they also hold the future—the exciting potential of creating something new, using contemporary materials, colours and techniques.

Woven with a deep sense of aroha for both past and future generations, Veranoa's weaving upholds the creative legacy of her whakapapa by “seeing what can be, working out of what was”.

Source: <https://www.eventfinda.co.nz/2020/veranoa-hetet-creating-potential/lower-hutt>

HETET School of MĀORI ART

Observation



YOU ARE
MADE OF
STARDUST

The words sitting at the tip of my tongue that i need to share.

By Amie Berghan Paulet

The past several months I have had these words sitting on the tip of my tongue but have been too terrified to share them (even now I'm shaking) because I know they will be met with resistance but it's time.

Let's get really real right now, racism against Māori is a real thing in New Zealand. I feel it and have felt it, everywhere I go. I see it walking down the street, I feel it in meeting someone new, I even experience it in my close friendships.

Today I'm saying that's enough. I will no longer be a second-class citizen in my own land. I am, we are Tangata Whenua, and I stand proud of my heritage.

I know recognising racism in the obvious is easy. It's when someone yells "nigga" to the brown boy walking down the street that we know and feel it as racism, when someone is discriminated against because of the color of their skin we recognise and feel it as racism and by and large we're angered by the overt racism that we see around us.

Racism is real in New Zealand and it's time for a change. I will no longer be a second-class citizen in my own land.

But what about the subtle ways racism plays out in the day to day against Māori in NZ? It's so subtle that it's easy to pass over it, but I refuse to be ok with it anymore. So, to be clear this is how I experience racism on the daily:

Racism is when you are surprised that I am Māori because I am 'too beautiful', 'too smart', 'too educated', or 'too well travelled' to be Māori.

Racism is when you make derogatory remarks about my people in front of me and then say 'oh, but you're not like that'.

Racism is when our government debates whether Te Reo Māori should be included as a compulsory language in schools.

Racism is when you complain about Māori place

names being hard to pronounce.

Racism is when you are responsible for addressing a crowd of thousands at the Anzac parade in Devonport but don't even show the respect of pronouncing our names and place names properly.

Racism is when my brother walks down the street, chocolate skin, hoodie on and you start walking faster. Racism is when I choose to connect to my heritage-spiritual, cultural, language- and you feel entitled to be included.

Racism is when you label my people 'dole bludgers'. Racism is when you tell my people to just 'get over it, the past is the past'.

Racism is when you look at the 'statistics' and not the truth that is hiding behind the statistics.

Racism is when discussing history you expect my people to walk towards you for healing instead of you walking towards us.

Racism is when you take naked selfies on our sacred mountains and then label us as 'prudes' or pass over our offence as if it's because we don't understand freedom to self-expression.

Racism is when you appropriate our culture.

But most of all racism is when you refuse to recognise your 'white privilege' and entitlement.

Racism is real in New Zealand and it's time for a change. I will no longer be a second-class citizen in my own land.

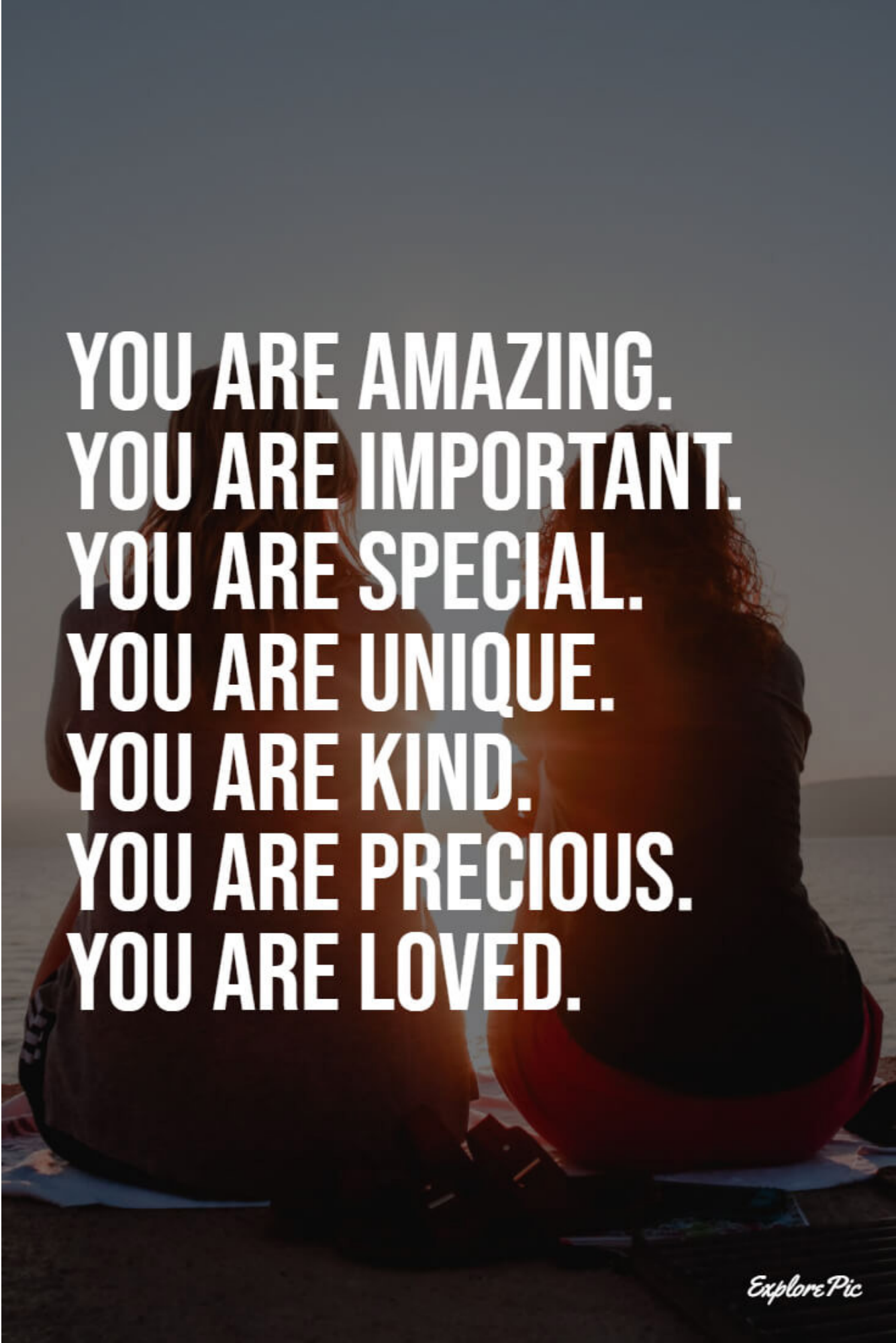
I am, we are Tangata Whenua, and I stand proud of my heritage. Your names for me and my people will no longer stick. I choose the name of Mana Whenua.

You have thrown open the door to my whare, walked in with your dirty boots, sat down and called it home.

All you had to do was knock on the door and you would have been welcomed in. It's not too late.

That's Us is a campaign by the Human Rights Commission that asks Kiwis to start sharing their personal stories about racism, intolerance and hatred, as well as their hopes for the future of New Zealand as one of the most diverse countries in the world. Read more stories and click here to tell your story.

<https://www.that'sus.co.nz/amie-berghan-paulet>

A photograph of two women sitting on a beach, seen from behind, looking out at the ocean during sunset. The sky is a mix of orange, yellow, and blue. The women are sitting on a patterned towel. The text is overlaid in large, white, bold, sans-serif capital letters.

**YOU ARE AMAZING.
YOU ARE IMPORTANT.
YOU ARE SPECIAL.
YOU ARE UNIQUE.
YOU ARE KIND.
YOU ARE PRECIOUS.
YOU ARE LOVED.**

ExplorePic

Ongoing Events

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.

WEEKLY SCHEDULE

Tuesday

6:30 pm - 8:30pm	Self Esteem
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Wednesday

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

9:45am- 12pm	Self Esteem
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1-2:30pm	Women 's Wellbeing
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First Sunday of the month

1pm- 4pm	Support group for women who have experienced rape or sexual abuse
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Computer Lessons

Our computer lessons cater to a range of abilities, starting from complete beginners. Bring your questions to your lesson and our tutor 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
- Use email and/or 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

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 to make 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

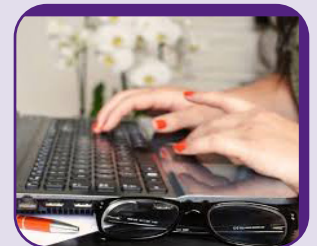
Both computers run on Windows 10 and one is touchscreen

Other facilities

Printing 20¢ per black and white page (free during lessons)

Scanner

Free Internet Access



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Booking

Phone us on 920 1009 to book your time. You can book up to one hour 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: 6:30pm–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.*

Tuesday evenings in 2020

15 Dec	Putting yourself in neutral
22 Dec	Having the courage to be imperfect

Tuesday evenings in 2021

26 Jan	Developing courage
02 Feb	Willpower
09 Feb	Anger as a strength
16 Feb	Developing self knowledge
23 Feb	Self love
02 Mar	Acknowledging self
09 Mar	Enhancing self in terms of awareness
16 Mar	Acceptance and use of strengths
23 Mar	Positive thought and talk
30 Mar	Messages about self
06 Apr	Accepting responsibility for self
13 Apr	Coming to grips with feelings
20 Apr	Talking about ourselves
27 Apr	Beliefs about self
04 May	Expressing pride in self
11 May	Letting go of the past
18 May	Respecting self and others

Friday mornings in 2020

11 Dec	Acknowledging Self
18 Dec	Enhancing Self in Terms of Awareness

Friday mornings in 2021

29 Jan	Acceptance and use of strengths
05 Feb	Positive thought and talk
12 Feb	Messages about self
19 Feb	Accepting responsibility for self
26 Feb	Coming to grips with feelings
05 Mar	Talking about ourselves
12 Mar	Beliefs about self
19 Mar	Expressing pride in self
26 Mar	Letting go of the Past
09 Apr	Respecting Self and Others
16 Apr	Striving for Pure Motives
23 Apr	Putting Yourself in neutral

Support at LHWC

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.

This group while still running is closed to new members until a new facilitator is appointed. Enquiries: phone 9201009

“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.

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 2021

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.

Workshops

Workshop Topics :

Self Esteem for Women	p 13
Circle of Security Parenting	p 16
Self Esteem for Teens	p 17
Resilience	p 18
Understanding the Blues	p 19

Our 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 Centre - 186 Knights Road, Waterloo, Lower Hutt

- Courses must be paid in full to confirm your enrolment
- Call us on 920 1009 if you have questions



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.

When:

Second Monday of each month

Meeting time: 6-7:30pm

Dates for 2021:

Monday 08 February

Monday 08 March

Monday 12 April

Monday 10 May

Monday 14 June

Facilitator:

Kimberley Bignall

Cost: FREE

Enrolment:

Enrolment not necessary; just turn up

Phone: Reach Kimberley on (027) 327 4466 or

Email:

kimberley@bignell.co.nz

"Taking joy in living is a woman's best cosmetic"

Rosalind Russell

source: <https://leadersinheels.com/resources/quotes/30-best-inspirational-quotes-women-plus-images/>

Workshops

Circle of Security® Parenting™

For Mothers of Pre-School Children

Facilitator: Kay Riddler

Course Duration: 8 weeks beginning Thursday 11 February 2020

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

Time: 7- 9pm

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.



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.

Workshops

Self Esteem for Teens

Self Esteem for Teens

Facilitators: Scarlett Jones and Naomi Millane

Course Duration: An eight week self esteem course for girls aged 13 to 17 years.

Cost: \$20

Date: Thursday 11th May 2021

Time: 4-6pm

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 we 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 it's gifts.

Facilitator Bio

Scarlett is a counsellor who loves working with women and girls, and celebrating their learning and growth with them. When Scarlett isn't counselling, she likes walking in nature, craft and listening to podcasts.

Workshops

Resilience

It comes down to
perseverance
and
resiliency.
- Roger Staubach

Resilience – The identification and use of resilience in everyday life

Facilitator: Stephanie Brockman

Date: Date to be confirmed

Time: 7-9pm

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

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

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

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

We are all resilient in many ways, and this course will assist in participants connecting with their capacity for resilience.

A person connected to their capacity for resilient person will return to equilibrium after a disturbance.

It does not matter how strong your gravity is, we were always meant to fly.” - Sarah Kay

“Through suffering, comes wisdom. Through surrender, comes strength. Through resilience, comes hope. Keep going.” - Rita Said

"When we learn how to become resilient, we learn how to embrace the beautifully broad spectrum of the human experience." - Jaeda Dewalt

Workshops

Understanding the Blues

Facilitator: Diana Rickman

Course Duration: 6 Sessions No date set at this time

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

Time: 7-9pm

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;

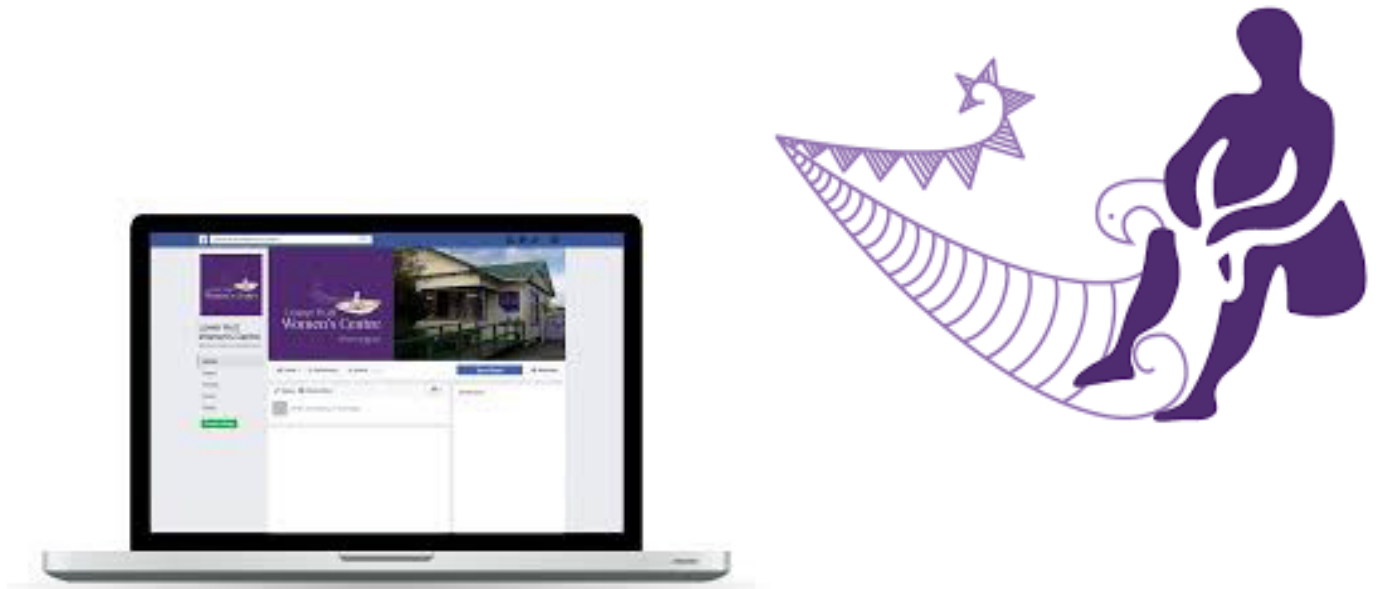
- Positivity
- Sleep
- Respecting your body
- Being friendly with feelings
- Making a plan for healing
- Relaxation
- Assertiveness and relationships.

Please note: Six minimum for course to commence and 10 maximum.



Register Online

Register for Workshops Online through the 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: www.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.
2. Click on “Enrolment Form” to be taken to an online form where you will complete your contact details and select workshops.
3. Then, click the “Enrol Me!” button at the bottom of the enrolment form to submit your request.
4. You can also enrol through each individual workshop page.
5. When you click on the “Workshops/Groups” tab,
6. select “Workshops” from the small drop-down menu.
7. A page listing upcoming workshops will appear.
8. 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.
9. That will take you to the enrolment form.
10. Remember to click the “Enrol Me!” button at the bottom of the enrolment form to submit your request.

Inspirational Women

Whina Cooper, of Te Rārawa, was born in northern Hokianga in 1895. She took part in local affairs and by the 1930s had become a leader of the northern Hokianga people.

In 1932 she played an active role, with Apirana Ngata, in setting up Māori land development schemes in the region. Eleven schemes (comprising 98,000 acres, or 40,000 hectares) were set up in the Hokianga district, and Whina supervised several. The schemes made rapid progress, although several later proved uneconomic.

When her second husband (Bill Cooper) died in 1949 Whina moved to Auckland. Here she found a new role as a pan-tribal Māori leader. She was foundation president of the Maori Women's Welfare League, and was active in creating regional branches. By the mid-1950s the League had over 300 branches and 4,000 members. It greatly improved living conditions for Māori who had recently moved to the cities and faced discrimination in housing and employment. Whina was appointed an MBE in 1953.

Whina Cooper is perhaps best known for leading the famous 1975 land march from Te Hāpua (in the far north) to Parliament in Wellington. The march was organised by Māori groups opposed to the further loss of their land. It marked a new era of protest and reform.

For most New Zealanders who witnessed the march the most inspiring image was the seemingly frail but passionately articulate 80-year-old woman who led it. About 5,000 marchers arrived at Parliament on October 13, 1975, where Whina presented a petition signed by 60,000 people to the Prime Minister, Bill Rowling.

Whina Cooper continued in public life, opening the Auckland Commonwealth Games in 1990. She told an international audience to remember 'that the Treaty was signed so that we could all live as one nation in Aotearoa'.

Whina Cooper died at Hokianga in 1994, aged 98. More than a million people watched the live

television broadcast of her tangihanga (funeral).

Adapted from the DNZB biography by Michael King

See: biography of Dame Whina Cooper in the Dictionary of New Zealand Biography
Film of Te Rōpu o te Matakite march arriving in Parliament



Whina Cooper
I whānau mai a Whina Cooper ki Hokianga i te tau 1895. Ko Te Rārawa tōna iwi. I whai wāhi ia ki ngā nekeneke me ngā kaupapa o tōna hapori. Tae anā ki te tekau tau atu i 1930, e ārahi ana a Whina i tōna iwi e noho mai rā i te raki o Hokianga. I te tau 1932 ka mahi a ia i te taha o Apirana Ngata ki te whakatū kaupapa ahuhenua ki ngā whenua Māori o tōna rohe. Tekau mā tahi ngā kaupapa ahuhenua (e 98,000 eka, e 40,000 heketea rānei) ka tū ki te takiwā o Hokianga, ko Whina te kaiwhakahaere i ētahi. I te timatanga ka whai hua ngā mahi ahuhenua; nāwai ā, ka hinga ētahi.

I te matenga o tana tāne a Bill Cooper i te tau 1949 ka hūnuku a Whina ki Tāmaki-makau-rau noho ai. I reira ka tū ia hei kaiārahi mō te ao Māori whānui. Ka tohungia ko ia hei perehitini tuatahi o te Rōpū Wāhine Toko i te Ora. He maha ngā peka o te rōpū nāna i timata. Kia tae ki te

pokapū o te tekau tau atu i 1950 e 300 ngā peka o te rōpū, e 4000 ana mema. Ka nui te āwhina a te rōpū nei ki te whakapai ake i te noho o ngā whānau Māori kātahi anō ka hūnuku ki te tāone, i te mea ka rongo ēnei whānau i te whakatoihara iwi i a rātou ka rapu kāinga, ka rapu mahi mā rātou. I te tau 1953 ka whakawhiwhia a Whina ki te tohu MBE.

Mōhiotia whānuitia ai a Whina Cooper i te mea nāna i ārahi te hiko rongonui o te tau 1975 mō te whenua. Ka timata tēnei hiko i Te Hāpua, e ahū atu ana ki te Whare Pāremata i Te Whanganui-a-Tara. He mea

whakarite e ngā rōpū mautohe Māori e ātete ana i te ngaronga o ngā maramara whenua e noho tonu ana ki ngā ringaringa o te Māori. He āhuatanga hou tēnei momo mautohe ki Aotearoa.

Ka hiki rā ngā manawa o ngā tāngata tokomaha o Aotearoa i tēnei rūruhi e 80 te pakeke kei te ārahi i te hiko. E 5000 pea ngā tāngata ka tae ki te Whare Pāremata i te rā 13 o Oketopa o te tau 1975. I reira ka tāpaea e Whina te pitihana nā te 60,000 i haina, ki mua i te Pirimia a Bill Rowling.

Ka noho tonu a Whina Cooper ki mua i te aroaro o te iwi whānui o Aotearoa. Nāna ngā Taumāhekeheke o te Commonwealth ka tū ki Tāmaki-makau-rau i whakatuwhera i te tau 1990. Ko tana kupu ki te tini o Aotearoa me te ao e mātakitaki ana, 'i hainatia te Tiriti e tareka ai te noho tahi o ngā iwi i Aotearoa'.

Nō te tau 1994 ka mate a Whina Cooper ki Hokianga. E 98 tana pakeke. Neke atu i te kotahi

Grief Relief Kit



Kia ora koutou katoa,

I have been associated with the Lower Hutt Women's Centre for many years, participating in and contributing to. For as many years, I have been doing grief work in the home, community, and workplace, providing support, education, training, developing resources, facilitating groups and the occasional funeral for friends.

I am delighted to tell you about a new and unique grief resource I created, the griefrelief kit. It is to support anyone going through loss and grief of any kind and cause, anywhere. It is also proving helpful for those experiencing mental distress and depression.

The components have all been designed to ground, comfort, and uplift you in mind, body, and spirit, offering a safe and natural approach to managing loss, helpful in the immediate aftermath and ensuing weeks and months. Being well supported at this time ensures better long-term outcomes and integration back into life.

The griefrelief kit is an alternative to food and flowers after a death and one that helps long after the food has gone, and flowers discarded. A gift to yourself or someone you care about – family member, friend, work colleague or someone else. Receiving more than one kit just means the components can be shared around to support other people who are impacted.

I have had my fair share of personal losses and know from experience there is no magic pill to 'fix' grief nor can it be hurried or avoided; it is a painful process to be worked through yet has much to be learnt from. The griefrelief kit does not prevent the pain of loss, but it does provide 'remedies, strategies and tools' which have supported me and those I have supported over the last 25 years.

My hope is that the griefrelief kit will reach and support many more people and provide the relief, comfort, and hope needed during this time.

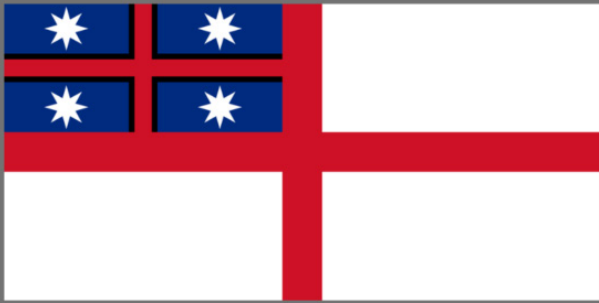
For more information about the kit and to order, see: <https://www.griefrelief.co.nz/kit/>

Nga mihi nui,
Claire Laurenson,
Grief Practitioner and Educator
BA Women's Studies



The Treaty of Waitangi/Te Tiriti o Waitangi

Treaty of Waitangi: Questions and Answers *What was Te Wakaminenga / The Confederation of Chiefs?*



Te Wakaminenga
The Confederation of Chiefs

Te Wakaminenga, known to the British as the Confederation of Chiefs, was the author of the Declaration of Independence and is prominently named in the Treaty.

Te Wakaminenga operated as a true confederation, where the member hapū retained their authority and independence.

While Te Wakaminenga (the Confederation) had an important role in dealing with matters that were of common concern and particularly those that involved dealing with the growing number of foreigners, it was not intended that it would displace the authority held by the hapū and their rangatira.

Source: <https://nwo.org.nz/2020/02/19/what-was-te-wakaminenga-the-confederation-of-chiefs/>

Stimulated by the rangatira Te Pahi, northern leaders began meeting from about 1808 in formal assembly to agree on law and policy concerning the newcomers.

This assembly was called Te Wakaminenga o Ngā Hapū o Nu Tīreni (the General Assembly of the Tribal Nations). The name of the Assembly's general secretary was Waikato. He and the renowned Ngāpuhi leader Hongi Hika went to meet King George IV of Britain in 1820, under the auspices of Te Wakaminenga.

In the years leading up to the Declaration and the Treaty, the meetings of Te Wakaminenga were attended and supported by many key leaders from around Te Ika a Māui (North Island), and gatherings continued well after the Treaty was signed. There were also many South Island connections with the assembly through tribal associations that reached back for hundreds of years.

The flag chosen by the northern leaders in 1834 was known as the Te Wakaminenga flag.



Join Us

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, who identify and live as women, including Māori women, Pacific Island women, women of colour, lesbians, transwomen, those who are differently abled, young, old, working class and those with different spiritual beliefs
4. promotes a safe supportive environment for all women and children
5. promotes the sharing of power and resources
6. acts as a resource and information centre for the community

Contribute to Cronecle

We welcome your input into the next edition of Cronecle—due out in March 2021.

If you have articles, ideas for articles, drawings you've done, or services please email your ideas to 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!