

Cronecle

Newsletter of the Lower Hutt Women's Centre

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Viewpoint

By Pamela Govan

This year feels like it has begun with a swirl of change. With two lots of level changes and a shift for the Centre with new staff finding their feet.

Change can be difficult. It sometimes comes from within when we want to change a habit or be kinder to ourselves. Sometimes it is change that doesn't serve us because we revert to old ways of being. Ways we worked hard to change and sustain to give ourselves a more positive experience of life.

Then there is external change, change that we have no choice over but we know that it will happen because we have no control over the circumstances. In the end we come through it and maybe after some time we look back and think I am so glad that happened. Or find that in hindsight there was something different that could have been done to make the experience of the outcome better.

The thing about change is that there is the bit in-between, the pause if you like, the uncomfortable bit where there is



uncertainty, some chaos and a whirlwind of doubts that you want to run through and find a distraction from, so you can just get through it. The beauty about the bit in-between is that if we let ourselves experience it and the emotions that come with it (grief, sadness, anger, joy, hope and possibility), it can be transformative.

Taking the time to be and reflect in this space can be beneficial because from it new ideas are given the space to percolate and emerge. We don't always have the answers when we're in this space and that is ok. Before you know it there is a path forward that feels settled, then familiar and normal. Then another change comes up and the cycle starts again.

While the Centre is going through some change with staff settling into their roles. We're continuing to provide services and resources to the women who need the Centre's safe, non-judgemental space to find their way through their own changes.

"If we don't change, we don't grow. If we don't grow, we aren't really living."

Gail Sheehy

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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

Proverbs

"A little axe can cut down a big tree."
Jamaican (on permanence and change)

"To improve is to change; to be perfect is to change often."
Winston Churchill

"As the sun's shadow shifts, so there is no permanence on earth."
Afghan (on permanence and change)

"A wise woman adapts herself to circumstances, as water shapes itself to the vessel that contains it."
Chinese Proverb

"We can't be afraid of change. You may feel very secure in the pond that you are in, but if you never venture out of it, you will never know that there is such a thing as an ocean, a sea. Holding onto something that is good for you now, may be the very reason why you don't have something better."
JoyBell C.

source : <https://www.wisesayings.com/change-quotes/>

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

'I feel empowered' Musicians look back at industry's week of reckoning

<https://www.stuff.co.nz/national/300217839/i-feel-empowered-musicians-looking-back-at-industrys-week-of-reckoning>

Written by Alison Mae

Once you look closely at the music industry in Aotearoa, the juxtaposition of the artists who make the songs that make the money, and the executives who manage those artists and that money, is tellingly stark.

Increasingly, artists are young, female or gender-fluid, and skilled in utilising new methods to connect with their audience including platforms like Instagram and YouTube. But offline, their careers are still shaped in the in-person world; this is an industry where valuable, make-or-break connections are forged at gigs, launches and industry parties.

Possum Plows and Lydia Cole, who spoke of their experiences as clients of CRS Management's Paul McKessar, both said they found that world, and therefore their careers, more and more difficult to navigate as the lines between business and personal became increasingly blurred. They say they have no doubt it affected their work.

New-age, but still beholden to the old-guard. A number of sources Stuff spoke to during its investigation into music in Aotearoa told of an industry dominated at executive level, by older and mainly white men. Those men, they say, operate in a comfort zone where the rock-n-roll business is done the way it has always been done. What is these days recognised as unsafe behaviour (and even harassment), has been an accepted part of that – in fact, it's been "business as usual."

Until now, the potential damage to an artist's career has made it nigh on impossible to call the behaviour out.

Change is slow but evident; experienced women do now hold senior management positions in various

sectors of the industry. One of the whistle-blowers, Amy Goldsmith, struck out on her own a year ago, forming Goldie Management.

Goldsmith, who spoke to Stuff about her experience as an employee of Scott Maclachlan, says she made the difficult decision to tell her story, because others could not.

"While part of my experience was told in the article, for me it was and is about more than that. It's about the bigger picture - acknowledging we have systemic and pervasive issues in the industry, so we can move forward with positive change.

"It is absolutely nobody's responsibility to speak of their harassment or abuse, but I felt that in my current position it was something I could and should do. I want people who are in similar situations to know that they can talk about it, and that they are not alone. Their jobs and livelihoods should not be on the line."

The result has been a week of reckoning, online and in boardrooms and closed-door meetings across the industry. On Instagram and Twitter there was fury and heartbreak from big-name artists such as Tami Neilson, Anika Moa and Anna Coddington, and rumblings about the lack of public support from male artists and industry professionals. Among the few men who did speak out was Liam Finn, who posted "men need to be held accountable by their peers and colleagues if they abuse their positions of



RICKY WILSON

Singer songwriters Lydia Cole and Possum Plows with music manager Amy Goldsmith; they spoke out about harassment and misuse of power in Aotearoa's music industry in a Stuff #metooNZ investigation.

power and trust".

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continued from pg 3

Perhaps the most urgent conversations, will have been those taking place at CRS Management - the company set up by Paul McKessar and another music business veteran, Campbell Smith.

McKessar would not engage in any meaningful way when contacted by Stuff before last week's investigation was published; in answer to a list of 14 questions, the manager sent a brief email.

"I won't be making any comment about my private life, or about a consensual relationship with a former partner," McKessar wrote. His email was followed the next day by a formal letter from a law firm, promising legal action if "defamatory" statements were made about him.

By contrast, Scott Maclachlan responded by answering all questions put to him, admitting the harm he had caused, and offering a public apology to Amy Goldsmith and others. The former management star, who was demoted from Senior Vice President, Artists and Repertoire at Warner Australasia in 2018, after the company commissioned an investigation into a sexual harassment complaint, said he was in intensive psychotherapy and treatment for alcoholism.

"There's not a day goes by that I don't regret the harm I have caused people around me and most importantly the pain and embarrassment I have caused my wife and children. I have to live with that guilt, knowing that people I worked with have also endured pain and stress because of my actions." It was not enough to save his job; on Sunday night Warner Music fired Maclachlan outright, saying until Stuff's investigation was published, they had believed the 2018 incident to be a "one-off".

By Monday, CRS Management had also decided an apology was necessary. Posting on its Instagram account - without mentioning Paul McKessar's name - a statement signed by Campbell Smith admitted the company had "a responsibility to provide a safe

environment" for its clients.

"We have not always met this standard," Smith wrote. An apology from McKessar's personal Instagram page was also posted in Instagram story form, before

McKessar's account disappeared altogether. The same day, McKessar announced he would hand back the Manager of the Year Award he won at the Aotearoa Music Awards 2020 for representing Bennee, and Lydia Cole received an emailed apology from him.

As of Friday, Plows had not received a personal apology. On Tuesday, McKessar was stood down from CRS and had resigned his directorship, pending an external investigation into the company's culture. By late in the week, there were signs change was on the way.

On Thursday, an open letter from seven of New Zealand's top female acts called for meaningful change, and Universal Music New Zealand Chairman Adam Holt gave an interview to Stuff, describing the reporting as "a watershed moment for the industry." Holt, who rarely appears in the media, said he felt issuing a statement would not go far enough to signal the industry's concern.

"Being dismayed is one thing, but really, what are we going to do about it?" Holt told Stuff.

"It's incumbent on all leaders to own this problem and take a real, active stance to drive change. I felt another corporate statement coming out, starts to sound a little bit like platitudes, and this is a watershed moment for the industry, I really think it is." Holt, who has led Universal New Zealand since 2001, said the revelations had prompted "the most powerful conversation I've had in my time here", with women on his team speaking openly on the topic of harassment and abuse.

He suggested industry workers had to get used to calling out negative behaviour when they saw it. "Let's make everyone feel they can call out behaviour without repercussions. It should be what's expected." And Holt said big-name artists - including international acts - should not be exempt. "No-one's too powerful or too connected to be held

Community Events



Car Restraint Clinic

THU 08 APR 8:30 A.M. - 11:00 A.M.
THU 13 MAY 8:30 A.M. - 11:00 A.M.
THU 10 JUN 8:30 A.M. - 11:00 A.M.

Car seats & child restraints keep kids safe. They're compulsory in NZ for all children under 7 years old. But they can be confusing to install, especially as every car is different. Get yours checked and get advice and support from a registered child restraint technician at a free monthly child restraint clinic.

The best type of child restraint to be used depends on the age, height and weight of your child.

Did you know?

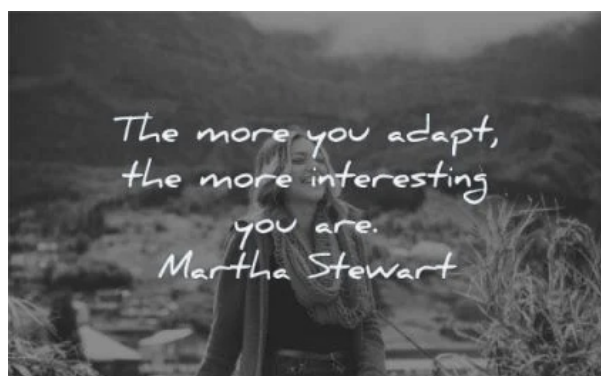
Child under 2 years old? Keep them in a rear-facing child restraint.

Child under 7 years old? Must legally be in a child restraint.

Child over the age of 7 but under 148cm tall? Best practice says keep them in a child restraint.

Location

Pomare Community House, Lower Hutt, Wellington Region



La Leche League NZ- Supporting your breastfeeding journey.

MON 03 MAY 9:45 A.M.

MON 14 JUN 9:45 A.M.

MON 05 JUL 9:45 A.M.

Mum-Mum Breastfeeding Support Group

- Free support and Information
- Meet other breastfeeding Mums
- Contact a trained breastfeeding counselor
- Join and receive AROHA magazine
- Read a book from our library

2020/21 Meeting dates

Monday Morning at 9:45 am - Salvation Army Hall, Corner High St and Cuba St, Petone.

7th December- What your baby expects in life

15th February 2021- Amazing microbiome

1st March- Different approaches to solids

12th April- Breastfeeding benefits everyone

3rd May- It's ok to follow my cues

14th June- Latch, supply and frequency

5th July- Sticky fingers or spoons: The 'how to' for introducing complimentary foods

2nd August- Amazing Milk: How breastmilk changes

6th September- Is breastfeeding part of your birth plan?

18th October- Knowing what is normal and avoiding problems

1st November- Sleep and weaning

6th December- What your baby expects in life

14th February 2022- Liquid Gold

We are also really happy to chat through any 'burning issues' you may have at the time.

Location

Salvation Army Hall, Lower Hutt, Wellington Region

Observation

Gender 101

Gender or Gender Identity (same same).

One's actual, internal sense of being male or female, neither of these, both, etc.

In some circles, gender identity is falling out of favour, as one does not simply identify as a gender, but is that gender.

Transgender.

An umbrella term for people whose gender identity and/or gender expression differs from what is culturally typically associated with the gender/sex they were assigned at birth.

People under the transgender umbrella may describe themselves using one or more of a wide variety of terms or may simply use transgender. Some of those terms are defined below. Some people who fit this definition may not consider themselves to be under the transgender umbrella or transgender.

Use the descriptive term preferred by the individual. Many transgender people are prescribed hormones by their doctors to change their bodies. Some undergo surgery as well. But not all transgender people can or will want to take those steps, and a transgender identity is not dependent upon medical procedures.

The term transgender is not indicative of sexual orientation, hormonal makeup, physical anatomy, or how one is perceived in daily life.

Transsexual.

An older term coined by clinicians.

Still preferred by some people who have changed or seek to change their bodies – this can involve hormone replacement therapy (HRT), genital reconstruction surgery (GRS), top surgery (removal of breasts), permanent facial and other hair removal, and/or other medical treatments.

In some circles, the term has started to fall out of favour due to its perceived focus on medical transition, however, those who prefer transsexual often see it as an important distinction due to the definitive experience of incongruity/dissonance/dysphoria with one's body, which is often the cause of specific medical needs.

Unlike transgender, transsexual is not an umbrella term. Many transgender people do not identify as transsexual and many transsexual people do not identify as transgender.

It is best to ask which term an individual prefers. If preferred, use as an adjective: for example transsexual woman, transsexual man, non-binary transsexual person.

Trans.

Trans is used as an abbreviation of either transgender or transsexual, or as an umbrella in the same way that transgender is used.

Trans.*

Some non-binary and other gender non-conforming people use trans* (with the asterisk pronounced tran-star) to indicate that they're definitely not cis, but not necessarily a trans woman/man either. Some use it as a broad umbrella of inclusivity. Others see trans* as unnecessary due to trans and transgender already existing as umbrella terms which capture all non-cis identities. In some areas trans* is gaining popularity while in others popularity is rapidly declining. Cis, Cisgender and Cissexual. Prefix or adjective that means not trans. Cisgender people identify more or less with the gender assigned to them at birth. In discussions regarding trans issues, one would differentiate between women who are trans and women who aren't by saying trans women and cis women. Cis is not an insult, but a neutral descriptor – much like heterosexual is to homosexual.

Gender Expression or Presentation.

The physical expression of one's gender through clothing, hairstyle, voice, make up, body shape, etc.

Most transgender people seek to make their gender expression (how they look) match their gender (who they are).

Sex.

The system for assignment and classification of people as male or female based on imprecise perceptions of their physical anatomy – generally the appearance of their external genitalia at birth.

Sex is not fixed or immutable, and no single criterion (e.g. genitals, chromosomes, hormones, fertility) definitively describes one's bodily shape or configuration.

source : <https://genderminorities.com/database/glossary-transgender/>

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	A & D Wellbeing Support Group
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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
- Use your tablet or ipad
- Use email and/or set up an email account?
- Become proficient in Microsoft Word, Excel or Powerpoint?
- 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

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: 6:30pm–8:30pm

Cost: \$5

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

Facilitator: Diana Rickman

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

Tuesday evenings in 2021

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
25 May	Striving for pure motives
1 June	Putting yourself in neutral
8 June	Having the courage to be imperfect
15 June	Developing courage
22 June	Willpower
29 June	Anger as a strength
6 July	Developing Self Knowledge
13 July	Self Love
20 July	Acknowledging Self

Friday mornings in 2021

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
30 Apr	Having the courage to be imperfect
7 May	Developing courage
14 May	Willpower
21 May	Anger as a strength
28 May	Developing Self Knowledge
4 June	Self Love
11 June	Acknowledging Self
18 June	Enhancing self in terms of awareness
25 June	Acceptance and use of strengths
2 July	Positive thought and talk
9 July	Messages about Self

Support at LHWC

and here you are living
despite it all

- rupi kaur



A & D Wellbeing Support Group

Facilitator: Janet Matehe
Enrolment: Enrolment not necessary, you can just turn up
Cost: No Charge

If you have experienced difficulties in the past or present with alcohol and drug misuse and would like some support then this group is for you. The aim of the group is to promote well-being at whatever stage an individual may be. Wellbeing can be achieved by education and therapy, along with going out to the community and enjoying experiences without the use of alcohol and drugs.

This is a weekly support group for women that 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

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

- Courses must be paid in full to confirm your enrolment
- For enquiries or to book, call us on 569 2711

Self Defence for Women

Facilitator: Naomi Millane

Date: Saturdays 22 and 29 May 2021

Cost: \$15 for both workshops

Minimum: 10 participants

This is a strength and empowerment based workshop to learn how to defend yourself with physical and mental skills.

It includes a mix of action, discussion and practice. It is suitable for women of all abilities.

Please be available for both workshops as the workshops build on each other.

Facilitator: Naomi Millane is an experienced self defence teacher and a Mum. She has a passion for working with women and girls and in her spare time loves to play music and paint.

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

Workshops

Painting Workshops

Facilitators: Linda Wood

Cost: \$10 Unwaged/Low waged \$20 Waged per workshop

Dates:

Workshop One: Saturday 27 March 2021

Workshop Two: Saturday 10 April 2021

Workshop Three: Saturday 15 May 2021

Time: 10am - 4pm

Maximum 8 participants

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 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.

Raranga - Flax Weaving

Tutor: Michelle Barrett

Cost: \$10

Dates Workshop one 28 March 2021 Konae (Two cornered basket) FULL

Workshop two 2 May 2021 Kono (Four cornered basket) 2 Spaces Available

Time 10am – 4pm

Two workshops in 2021 enrol in each separately

Maximum 5 participants

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 kona.

Bring food to share for lunch.

Courses

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.

Facilitator: Stephanie Brockman

Course Duration: 10 March – 14 April 2021, every Wednesday for 6 weeks
+NEXT WORKSHOP IN OCTOBER

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

Time: 7-9pm

Resilience

Resilience – The identification and use of resilience in everyday life

Facilitator: Stephanie Brockman

Course Duration:
20 May – 24 June 2021, every Thursday for 6 weeks

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

Courses

Understanding the Blues

Facilitator: Diana Rickman

Course Duration:

6 weeks on Wednesdays 5 May - 9 June 2021

Time: 6.30 - 8.30pm

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

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.

Facilitator Bio: 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.

Anger as a Strength

Facilitator: Kay Riddler

Course Duration: Every Thursday for 6 weeks, 15 July – 19 August 2021

Cost: Waged /Unwaged \$40/\$20

Time: 7-9pm

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.

Courses

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 11 May - 29 June 2021

Time: 4-6pm

Do you want:

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

We are 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 its gifts.

Facilitator Bios

Naomi is a second year counselling student, experienced self defence teacher and a Mum. She has a passion for working with woman and girls and in her spare time loves to play music and paint.

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

"Her transformation will make no sense to those who are not part of her next level"

Unknown

Courses

Circle of Security® Parenting™

For Mothers of Pre-School Children

Facilitator: Kay Riddler

Course Duration:

Thursdays for 8 weeks 6 May - 24 June 2021

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

Time: 12:30-2:30pm

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.

A creche will be available for the duration of the course, please let us know how many children attending and their ages.

*"When you cannot control what is happening around you,
challenge yourself to control the way you respond to what's happening.*

That is where you find your power."

Unknown

Courses

Meditation for |Women

Facilitator: Ruth Pink

Date: Six weeks on Thursdays 8 April – 16 May 2021

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

Time: 7pm to 9pm

Meditation is a simple technique for relaxing and refreshing the mind and body. It empowers us to establish a sense of grounded-ness and peace in the midst of change and the difficulties of life.

Research has shown that meditation can bring about relief for a number of ailments like stress, pain, anxiety and depression. It can also help us to develop mindfulness which supports us to live fuller, more vibrant lives.

Ruth will tailor the course to the needs and aspirations of the women who attend, but a primary focus will be on discovering and strengthening a feeling of home within ourselves.

During the six weeks we will:

Learn some basic meditation techniques

Explore ways to manage our thoughts and feelings (instead of letting them manage us!)

Discuss ways of living more easefully and more mindfully

Explore some basic Buddhist principles that support meditation.

The course will include meditation practice, art work, gentle body movements, discussion and sharing. It is suitable for people who are new to meditation and those who are looking to revitalize their practice.

Please wear warm loose clothing.

Facilitator bio: Ruth Pink currently works in the area of workplace mental health. In the past, she has worked as a policy analysis, health and safety advisor, writer, counsellor and a celebrant. She has been meditating and studying meditation for more than 28 years. A stressful job brought her to meditation and a serious illness helped her really practice it. Ruth has been connected to the Wangapeka Study and Retreat Centre in Nelson, and has studied with the Venerable Tarchin Hearn, the Venerable Namgyal Rinpoche, Judy Satori, Annwyn Hanham, Francine Commeignes, and many other teachers whose wisdom has enriched her life. Ruth weaves together teachings from the Buddha and other spiritual traditions with art, science, and poetry. While seeking to inspire others to change their lives and change their minds, she is also open-hearted, and down to earth.

*"Now close your eyes and please understand,
You are still young,*

as the Universe is endless and everything will be okay"

Unknown

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: <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.



Inspirational Women

'She dared to be different' - Rangimarie Rose Turuki Pere laid to rest:

Meriana Johnsen, Journalist

meriana.johnsen@rnz.co.nz

A renowned Ngāti Kahungunu spiritual leader - remembered for the wisdom she imparted not only on her iwi but to the Māori - will be laid to rest near Gisborne today.

Dr Rangimarie Turuki Arikirangi Rose Pere, of Tūhoe, Ngāti Ruapani and Ngāti Kahungunu, passed away aged 83. Dr Rangimarie Turuki Arikirangi Rose Pere, of Tūhoe, Ngāti Ruapani and Ngāti Kahungunu, passed away aged 83. Photo: Supplied

Dr Rangimarie Rose Turuki Pere, who is also from Tūhoe and Ngāti Ruapani, will be buried next to her husband Joseph Pere at Te Rongopai Marae in Patutahi, following the final service for her which began at 11am.

Among those celebrating her life today is Ngāti Kahungunu chair Ngāhiwi Tomoana who said Whaea Rose would be remembered for her colourful clothing and language.

"She always talked about her spiritual dimension and also her human dimension and her human dimension could get quite straight to the point ... she'd curse and scold, not frightened to argue, all the time she'd say 'this is my human side, my divine side will catch up sooner or later'."

He said she was never afraid to challenge anyone on tikanga.

"She saw herself and she saw us as an iwi as protectors of the achilles heel of humanity through our tūpuna, Kahungunu and Ruapani, who she always expressed as the greatest of peacemakers and deal makers."

Tomoana said Whaea Rose transformed how Kahungunu saw themselves, in her role as one of the original taumata advisers to the Ngāti Kahungunu board.

"She changed paradigms because most people would

say we come from Te Kore and Te Pō, and she would say, 'no, Takitimu come from Te Rā'... we are the tribe from the spark of the essential sun that gives light to the universe and she would never let that go."

This belief was often controversial, and Tomoana said that Whaea Rose was challenged on her views by her own peers.



However, Tomoana said she remained steadfast in her thinking that the iwi needed to hold to the uniqueness of their ancestor Kahungunu, who was a peacemaker.

She encouraged iwi leaders to make peace during the settlement process for Ngāti Kahungunu,

which Tomoana said was "putting thick black lines between iwi and iwi, hapū and hapū, waka and waka."

She also provided spiritual wisdom for Ngāhiwi, calling him up no matter where he was in the country or around the world to let him know that his ancestors were supporting him, and if he didn't hear from her, he was told he was "going the wrong way"

He said the last few days have been a celebration of Whaea Rose's knowledge, and the wānanga she developed in the areas of health and the environment.

"There haven't been very many sad moments at all as people have come and paid tribute.

"She was colourful and she was different and she dared to be different and she dared everyone around her to be different.

"She wore colourful clothes, she talked colourful language - both wairua and tinana - and she was able to unite people around the world."

source: <https://www.rnz.co.nz/news/te-manu-korihi/433054/rangimarie-rose-turuki-pere-laid-to-rest-she-dared-to-be-different>

The Treaty of Waitangi

Treaty of Waitangi: Questions and Answers

Question 34 –

“Did the Treaty allow for immigration from other countries apart from Britain?”

The Treaty made arrangements for British people and others to come to this country. But when the settler-controlled government was formed in 1852, the authority to formulate immigration policies unilaterally was assumed, along with other powers, in direct breach of the Treaty.

Question 35 –

“What is the place of other peoples apart from Māori and Pākehā in relation to the Treaty of Waitangi?”

It is useful for non-Pākehā Tauīwi to come to an understand their role in relation to the Treaty of Waitangi. Because the Treaty has been dishonoured, other migrant groups have had no option but to relate only to the government, in legal terms.

Informal relationships are now being forged with Māori by different groups, independently of government, as other cultures realise the effects of breaches of the Treaty on Māori as the indigenous people of Aotearoa. If the Treaty promises had been honoured, these relationships would have been formalised with hapū from the outset.

Question 36 –

“But haven’t other ethnic groups apart from Māori also suffered from racism?”

Our society has been organised on one culture’s belief system, sometimes unconsciously, and other ethnic groups have been, and are, the victims of racism and prejudice.

Pākehā culture was brought here from British and North European cultures in the age of empire. These peoples believed in their own intellectual, moral and cultural superiority. Most institutions in Aotearoa

New Zealand still express belief in the superiority of their ways of being and doing.

Institutional racism means basing all decisions on the norms and beliefs of the dominant culture – thus discriminating against other worldviews. All other cultures and language groups, including Māori, suffer the effects of such racism – both institutional and personal. The most recent immigrants are usually scapegoated for economic problems; this happened to Chinese people in the 1800s, Dalmatian, Greek and Italian people in the early 1900s, Pacific peoples in the 1960s and 70s, and more recently to immigrants from Asia.

However, racism and prejudice are signs of a deep-seated fear of difference that resides long after monetary prompts disappear.

“Pacific peoples were brought here largely because industry in the 1960s needed cheap labour. Today they are blamed for many of the ills of unemployment and homelessness. We forget that as Pākehā, we are descended from migrants.”

How long do Pacific Islanders have to be here before they lose the stigma of migrant? We forget, too, the relationships which have existed between the white New Zealand government and the peoples of the Pacific”

(R.Coventry & C Waldegrave, Poor New Zealand).

Since it has been Pākehā-settler culture which is responsible for the present expressions of racism in New Zealand, it is also the responsibility of Pākehā-dominated institutions, organisations and communities, to dismantle racism and prejudice.

Source: <http://nwo.org.nz/2020/02/19/>

Join Us

givealittle

We have a page where you can make a donation to the Lower Hutt Womens Centre.

Please help us to help women

To find us go to the givealittle website and search for Lower Hutt Womens Centre

Donations

We welcome donations of:

Clean women's and children's clothes

Books and toys

Small household items

Drop off items to the Women's Centre.

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

Lower Hutt Women's Centre Philosophy

The Women's Centre:

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

Contribute to Cronecle

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

If you have articles, ideas for articles, drawings you've done, or services please email your ideas to newsletter.lhwc@gmail.com.

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!