

Cronecle

Newsletter of the Lower Hutt Women's Centre

Vol. 30 | Pipiri 06-2021



Viewpoint

By Gina T Solomon

Kia ora Wāhine mā,

I am the new computer tutor here at the Lower Hutt Womens Centre and I also put together this Cronecle newsletter. While I am so happy to be part of the Women's Centre whanau, I have to admit to being a little scared of taking on these new roles.

Let's face the truth for a minute, new beginnings can be absolutely terrifying, which is why we can become hesitant to try new things. but in the wise words of my dad Nelson, 'What was once a new beginning will soon become the new normal'.

Do you remember the first time you did something 'big', like driving a car? Having to remember all the intricacies of actually getting the car to move smoothly, as well as remembering all these new road rules etc. for me it was quite overwhelming and thought I would never get the hang of it. Now many, many, many moons later, driving a car and following the road rules has become second nature.



I found the women's Centre nearly two years ago now, just as I was about to start a huge new beginning in my life. I had made the decision to make these changes and needed a plan on how to implement these changes.

I was so scared, but here at the Women's Centre I found the courage to take this leap of faith, the safe space to voice my fears, and the sisterhood of all the Wāhine who are part of this amazing place.

If you need any help with this IT stuff, I am available here, on Wednesdays, at the Women's Centre, you can book a time by calling 049201009.

We are always looking for volunteers to become part of our whānau and material to be considered for inclusion in "The Cronecle" so if you have any articles, ideas or suggestions please send them to me at newsletter.lhwc@gmail.co.nz .

Blessed be

Ka puta Matariki ka rere Whānui. Ko te tohu tēnā o te tau e!
Matariki reappears, Vega starts its flight. the New Year begins!

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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
Fax: 04 570 2820

Whakatauki

"Tūngia te ururua, kia tipu whakaritorito te tipu a te harakeke."
Burn off the undergrowth, so that the new flax shoots may grow.

"E huri tō aroaro ki te rā, tukuna tō ataarangi ki muri i a koe."
Turn and face the sun and let your shadow fall behind you.

"Titiro whakamuri, kakari whakamua."
Look back and reflect so you can move forward.

"Poipoia te kakano kia puawai."
Nurture the seed and it will blossom.

"Kotahi te kākano, he nui ngā hua o te rākau."
A tree comes from one seed, but bears many fruit.

source : Google



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

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 Gina Solomon 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 our tutor Gina Solomon 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.

Matariki: The Māori New Year

Matariki: Te Tau Hou Māori

Matariki is a time to gather with family and friends to reflect on the past, celebrate the present, and plan for the future.

What is Matariki?

Ko Matariki kei runga, ko te tohu tēnā o te tau! Matariki signals the Māori New Year. It is a time of renewal and celebration in New Zealand that begins with the rising of the Matariki star cluster.

When is Matariki?

Matariki is a star cluster which appears in the night sky during mid-winter. According to the Maramataka/Māori Lunar Calendar the reappearance of Matariki brings the old lunar year to a close and marks the beginning of the new year. Hence, Matariki is associated with the Māori New Year.

Traditionally, festivities were conducted to celebrate Matariki. They followed the harvesting of crops when the pātaka/storehouses were full, freeing up time for family and leisure. These festivities included the lighting of ritual fires, the making of offerings, and celebrations of various kinds to farewell the dead, to honour ancestors, and to celebrate life. Tohunga/Experts Māori looked to the Matariki star cluster to find out how abundant the upcoming year's harvest would be. Bright, clear stars promised a warm and successful season. Hazy stars, however, warned of cold weather and poor crops.

How is Matariki celebrated?

The twinkling of the Matariki stars in the pre-dawn sky heralds a special celebration for young and old. Across New Zealand, people come together to remember their ancestors, share food, sing, tell stories, and play music.

Matariki festivities highlight the tangata whenua view of the world. They remind us of the cycle of life and natural ways of marking the passing of time.

Remembrance

Matariki, as a marker of transition, was a natural time for families to mourn and honour those who had passed away in the previous year. These loved ones were believed to have transformed into stars – te hunga kua whetūrangitia – shining down from the heavens.



How to celebrate Matariki at home

It's a time to come together with your friends, whānau, and communities. It's about eating, reflecting, having fun, and looking forward to the year ahead.

1. Enjoy a mid-winter feast with friends and whānau
Traditionally, Matariki is a time to share kai from the pātaka, the storehouse, harvested from past seasons. It's too cold for planting, so it's a time to relax, eat, and enjoy good company.

2. Light a candle
Matariki is a time for reflection. Light a candle to remember loved ones who have passed away, or to farewell unwanted memories.

3. Write down your hopes, dreams, and aspirations for the year ahead
What do you want to achieve? What do you want to see? Record thoughts like these and return to them later – how did you do?

4. Go outside!
Look up at the stars (can you see Matariki?). Go for a walk in your neighbourhood and get to know its streams, rivers, and trees. Listen to the birds.

5. Play games and tell stories
Matariki is about having fun with your loved ones. Learn to play mū tōrere, a Māori board game. Or make up a story to tell your whānau.

6. Organise a neighbourhood ritual
Come together with your community for a Matariki ritual that uses all the ideas above: Fire and warmth, food, reflection, hopes and dreams, stories, nature, and games.

Source: <https://www.tepapa.govt.nz/discover-collections/read-watch-play/maori/matariki-maori-new-year>

Matariki



The legend of Matariki and the six sisters

Te ono o Matariki

Matariki and her daughters journey across the sky each year to visit their tupuna wahine Papatūānuku. During this visit, each of the stars help Papatūānuku to prepare for the year to come, using their unique qualities or gifts to bring mauri to her different environments. Whilst spending time with their kuia they also learn new skills and gain new knowledge from her, which they guard and pass on to others.

Tupu-ā-nuku

Tupu-ā-nuku is the eldest of Matariki's daughters. She spends her time with Papatūānuku tending to plants. She pays special attention to making sure they have everything they need to grow big and strong so they can produce kai/food and rongoā/medicine, and kākahu/clothing.

When we see her shining we are reminded that we all have our own special time and place, and to spend time growing our pūkenga as well as that of our friends.

Tupu-ā-rangi

Tupu-ā-rangi loves to sing. Papatūānuku takes her to sing for te wao nui, for te wao nui te wao nui the great forests, and all the children of Tānemahuta. Her beautiful voice revives the forest and all the other creatures, including the manu/birds and mokomoko/lizards. They share their waiata/song, which fills the world with joy.

Tupu-ā-rangi learns these songs and holds them close to her heart. We learn from her the importance of sharing our gifts with others, and appreciating those shared with us.

Waipunarangi

Waipunarangi accompanies her grandmother to the waters – the oceans, lakes and rivers – where she prepares the children of Tangaroa/God of the sea to feed the people.

Papatūānuku also teaches her about how the water that spills down from Ranginui/the sky father collects together to provide drinking water for the people,

animals and plants.

She also watches how the water is evaporated by the heat of Tama-nui-te-rā/the sun into the clouds that cloak Ranginui, so that may rain once again.

Waipunarangi knows that if you give to others, all that kindness will come right back to you, and it is this lesson that she shares with us.

Waiti and Waitā

Waiti and Waitā are Matariki's twins. Papatūānuku knew that they would be able to care for the smallest and fastest of creatures – because they too know about being a team.

When insects work together, they can they can do amazing things. Ngā pi/bees, for example, pollinate all the flowers so that the plants grow, and we have air to breathe. Ngā pōpokoriki/ants build huge, complicated tunnel cities underneath the ground, and carry many times their body weight.

When we see these two stars in the sky, we are encouraged to join in and support each other.

Ururangi

Ururangi enjoys racing all of her sisters to get to her kuia first. She claims the best spot on her grandmother's lap and wraps herself in her arms, settling in for her favourite stories. Her tenacity and excitement, along with the awhiawhi hug and her aroha/love, helps Papa to get into the right mood after the cold and darkness of takuruatakurua winter, to prepare with her older mokopuna/grandchildren.

Ururangi reminds us that a good attitude is always key to success.

Matariki

But what about Matariki you may ask? Well, she's doing what all good mothers (and other caregivers) do – watching over and helping out her tamariki/children. With her support, encouragement, and supervision, they will be able to do their very best.

Source: <https://www.tepapa.govt.nz/discover-collections/read-watch-play/maori/matariki-maori-new-year/legend-matariki-and-six-sisters>

Observation

Gender 101

Sex Characteristics

Sex characteristics include external genitalia, gonads or reproductive organs and fertility, gametes, chromosomes and sex hormones. Secondary sex characteristics include breast development, patterns of hair growth such as facial hair and body hair, voice development, and may be said to include many other features of development based on sex characteristics. These can be natal or may later change later, including through medical treatments.

The Sex Binary

An incorrect system of viewing sex as consisting solely of two categories, termed male and female, with two sets of matching chromosomes, hormone levels, reproductive organs, and secondary sex characteristics. The sex binary assumes that sex is an immutable biological fact and asserts that no other possibilities or anatomy are believed to exist, or should be allowed to exist. This system is oppressive, and is a cause of marginalisation for people who do not fit within the sex binary, including many trans and intersex people.

A.F.A.B and A.M.A.B (sometimes C.A.F.A.B and C.A.M.A.B).

Acronyms meaning assigned female at birth or assigned male at birth. When the 'C' is added, it stands for 'coercively'. In cases where it's necessary to refer to the birth-assigned sex of a trans person, this is the best way to do it.

The Gender Binary

Similar to the sex binary, the gender binary is an incorrect system of viewing gender as consisting solely of two categories, termed male and female, in which no other possibilities for gender or anatomy are believed to exist. Gender is not fixed or immutable, and no physical criterion (e.g. genitals, chromosomes, hormones) defines one's gender. the gender binary system is oppressive, and is a cause of marginalisation for people who do not fit within the gender binary.

Trans Woman

Trans woman refers to a woman who was assigned male at birth. She may or may not be identified by others as trans, and may or may not identify herself as trans. It is grammatically and definitionally correct to include a space between trans and woman.

Trans Man

Trans man refers to a man who was assigned female at birth. He may or may not be identified by others as trans, and may or may not identify himself as trans. It is grammatically and definitionally correct to include a space between trans and man.

Binary

Used as an adjective to describe the binary genders female/woman/girl or male/man/boy. Use as an adjective (e.g. Elsa is a binary trans woman and Jesse is non-binary).

Non-Binary

Preferred umbrella term for all genders other than female/woman/girl or male/man/boy. Use as an adjective (e.g. Elsa is a binry woman and Jesse is non-binary).

Transition

Transitioning from being seen as one's birth assigned gender to one's actual gender. Transition generally initially includes social elements such as changing one's clothes, hair, name (socially and maybe legally), changing the gender marker on one's legal documents, binding breasts or wearing breast forms, etc. It may also include medical treatments such as laser hair removal, hormone replacement therapy, or various surgeries. there is no wrong way to transition, and no singular right way.

Sexual Orientation

A person's enduring physical, romantic, emotional and/or spiritual attraction to others. An asexual person is not primarily motivated by sexual drive and sexual attractions, though they may experience sexual attraction in some circumstances or have sexual relationships for a vast number of different reasons other than primary sexual attraction.

Asexual Orientation

A person's enduring physical, romantic, emotional and/or spiritual attraction to others. An asexual person is not primarily motivated by sexual drive and sexual attraction, though they may experience sexual attraction in some circumstances or have sexual relationships for a vast number of different reasons other than primary sexual attraction.

Support at LHWC

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.

Please make enquiries about babies because they need a lot of attention and we only have one creche worker.

Tuesday evenings in 2021

18 May	Respecting Self and Others
25 May	Striving for Pure Motives
01 Jun	Putting yourself in neutral
08 June	Having the Courage to be Imperfect
15 June	Developing Courage
22 June	Willpower
29 June	Anger as a Strength
06 July	Developing self Knowledge
13 July	Self Love
20 July	Acknowledging Self
27 July	Enhancing Self in Terms of Awareness
03 Aug	Acceptance and use of Strengths
10 Aug	Positive Thought and Talk
17 Aug	Messages about Self
24 Aug	Accepting Responsibility for Self
31 Aug	Coming to Grips with feelings
07 Sep	Talking about Ourselves
14 Sep	Beliefs about Self
21 Sep	Expressing Pride in Self
28 Sep	Letting go of the Past

Friday mornings in 2021

21 May	Anger as a Strength
28 May	Developing Self Knowledge
04 June	Self Love
11 June	Acknowledging Self
18 June	Enhancing Self in Terms of Awareness
25 June	Acceptance and Use of Strengths
02 July	Positive Thought and Talk
09 July	Messages about Self
16 July	Accepting Responsibility for Self
23 July	Coming to grips with Feelings
30 July	Talking about Ourselves
06 Aug	Beliefs about Self
13 Aug	Expressing Pride in Self
20 Aug	Letting go of the Past.
27 Aug	Respecting Self and Others
03 Sep	Striving for Pure Motives
10 Sep	Putting yourself in Neutral
17 Sep	The Courage to be Imperfect
24 Sep	Developing Courage
01 Oct	Willpower

Support at LHWC

A & D Wellbeing Support Group

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

Day: Friday afternoons every week in 2021
Time: 1pm–2:30pm
Enrolment: You do not need to book; you can just turn up.
Creche: Creche provided

This is a weekly support group for Women that want ongoing support with drug and alcohol misuse.

This weekly group is open to all Women.

If you have experienced difficulties in the past or present with alcohol and drug misuse and would like some support then this may be the group for you. The aim of the group is to promote well-being whatever stage an individual may be. Well-being can be achieved with education, therapy, along with going

out into the community and enjoying experiences without the use of drugs and alcohol.

“If you want something different you need to do something different.”

“To understand a woman you must understand where she comes from.”

Facilitator: Janet Matehe is a DAPAANZ Registered Alcohol and Drug Practitioner and NZAC Generic Counsellor and currently studying psychotherapy. She has completed Te Reo Māori me tikanga courses and has a Certificate in Supervision.

Janet comes from a recovery background and she has been in recovery for 16 years. She is passionate about her work and she lives and breathes recovery in her personal life. The underlying principles she works with are Tika (correct), Pono (honest), and Aroha (love). She practices these principles on a daily basis, both professionally and personally.

Other Groups meeting at LHWC

Continued Recovery is a support group for women living in recovery from disordered eating. We welcome women of all ages with a history of anorexia, bulimia, binge eating, or any other form of disordered eating who are looking to continue strengthening their recovery journey. We meet monthly to celebrate our successes, discuss challenges/on-going issues in our recovery, and gain support from others with their own experiences of both illness and recovery. Please note: To ensure everyone's safety and wellbeing we require participants to be committed to their own recovery. If you're unsure if Continued Recovery is right for you, or if you have any questions, please contact us.

When:

Second Monday of each month

Meeting time: 6–7:30pm

Dates for 2021:

Monday June 14th

Monday July 12th

Monday August 9th

Monday September 13th

Monday October 11th

Monday November 8th

Monday December 13th

Facilitator:

Tamsyn

Cost: FREE

Enrolment not necessary;
just turn up

Contact:

Tamsyn

021 022 69262 or

Tamsyn@flowlifecoaching.co.nz

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 920 1009

Self Defence for Women

Facilitator: Naomi Millane

Date: To be confirmed, please contact us if you are interested

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.

Assertiveness for Women

Facilitator: Stephanie Brockman

Course Duration: 6 Weeks on Thursdays

Dates: 21 October - 25 November 2021

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

Time: 7-9pm

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.

Workshops

Painting Workshops

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

Dates:
Workshop Four: Saturday 11th September 2021
Workshop Five: Saturday 9th October 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 Barre
Cost: \$10
Dates: Workshop Three Sunday 12th September 2021 (Fully Booked)
Workshop Four Sunday 14th November 2021
Time: 10am – 4pm

Two workshops in 2021 enrol in each separately
Maximum 5 participants for each workshop

We provide all materials including harakeke (flax).
Learn the correct kawa (protocols) of cutting harakeke, preparing, weaving and leave with a finished product.

Come along and experience making something from natural fibres in a supportive and fun environment.
Attend one or as many as you like.

If you attend more than one workshop you can begin to learn the skills so you can remember when you are by yourself at home – and independently make a kono or konoae.
Bring food to share for lunch.

i am not a victim of my life
what i went through
pulled a warrior out of me
and it is my greatest honor to be her

- rupi kaur



Courses

Understanding the Blues

Facilitator: Diana Rickman

break the cycle.

Course Duration: 6 weeks on Wednesday
Dates: 1 September - 6 October
Time: 6.30 - 8.30pm
Cost: Waged \$40/low or unwaged \$20

The topics we may cover are;

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

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.

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

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

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.

Self Esteem for Teens

Self esteem course for girls aged 13 to 17 years.

Facilitators: Scarlett Jones and Naomi Millane

Course Duration: 8 Weeks on Tuesdays
Date: 3 August - 14 September 2021
Time: 4-6pm
Cost: \$20

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 it's gifts.

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?

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

Courses

Circle of Security® Parenting™

For Mothers of Pre-School Children

Facilitator: Kay Riddler
Course Duration: 8 weeks on Wednesdays
Dates: 25 August to 13th October 2021
Time: 2:30-2:30pm
Cost: Waged \$40/low or unwaged \$20

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.

Anger as a Strength

Facilitator: Kay Riddler
Course Duration: 6 weeks on Wednesdays
Dates: 14 July - 18 August 2021
Time: 7-9pm
Cost: \$40 waged/\$20 low or unwaged

Anger is necessary for survival, but it is a misunderstood emotion and energy. The ways we have learned to express or not express our anger can leave us challenged and feeling helpless.

These unhelpful methods of managing anger make it hard to speak up when problems arise in our lives and relationships.

By learning helpful ways of dealing with our frustrations, we can confidently deal with conflict and express our thoughts effectively.

This training is skill-based and uses assertiveness tools to teach you how to explore the use and misuse of anger. You will leave with techniques that you can use to express your anger in constructive ways.

Courses

Meditation for Women

Facilitator: Ruth Pink
Date: To be confirmed, please contact us if you are interested
Cost: Waged \$40/low or unwaged \$20

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.

"If all you can do is crawl, start crawling."

Rumi

"Don't be afraid to fail, be afraid not to try."

Anonymous

"When it all looks like an uphill struggle, visualise the view from the top."

Anonymous

"Nothing is impossible, the word itself says 'I'm Possible!'"

Audrey Hepburn

Vera Ellen

Vera Ellen: nurse; b July 5, 1926; d April 12, 2021.

By Stephanie Drake-Brockman

This is a reflection for Vera Ellen who was a Lower Hutt Women's Centre life member, and who passed away in April 2021.

There have been articles in the Dominion Post and Hutt News and Online in Stuff, and some of the information from those articles appears below. I would like to tell the story of Vera Ellen at the Lower Hutt Women's Centre.

Vera came to the Lower Hutt Women's Centre for the first time on the same day as my first time coming, to an Assertiveness for Women course – run by Ally Andersun – it was in May 1989.

Vera was and did all the things listed below – of which she was very proud.

Distinguished nurse, amateur historian, local politician, advocate for women, Soroptimist and a founder of Keep Petone Beautiful, Vera Ellen was a woman of many talents.



Vera Ellen outside Hutt Hospital, where she spent 20 years as matron and principal nurse.

Ellen died recently aged 94, after an illustrious career as a nurse, highlighted by 20 years as the matron and principal nurse at Hutt Hospital.

Heather Harrison, who was her secretary at Hutt Hospital, remembers her as a role model who had a genuine empathy for her staff and a commitment to helping the community.

“She was a strong independent woman who dedicated her life to nursing and the community.”

Before training as a nurse, Ellen worked at the Ōtaki Health Camp.

Between 1948 and 1951, she trained as a nurse in Wellington Hospital. She subsequently worked in hospitals in America, England, Whanganui, Hamilton and Wellington, before joining Hutt Hospital in 1969.

In America, she received a scholarship to train at the Ely Kenny Polio Institute and would later use her experience to treat a young nephew with polio.

From 1965 to 1975 she served in the Royal New Zealand Nursing Corps as lieutenant colonel (principal matron), for which she was later awarded the Royal Nursing Medal.

During her period as a territorial, Ellen was the honorary nursing sister to governors-general Sir Arthur Porritt and Sir Denis Blundell.

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Inspirational Woman - Vera Ellen

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Retirement from Hutt Hospital in 1987 did not, however, mean putting her feet up.

From 1989 to 1991, she was an elected member of the Wellington Area Health Board. Other roles included a spell as president of the New Zealand Nurses Organisation, president of the Petone Historical Society and the Hutt City branches of Soroptimists International, and the National Council of Women.

Somehow she found the time to be the founding chairperson of Keep Petone Beautiful, and patron of the Petone Central Croquet Club.

Not one to be shy about saying what she thought, she opposed a proposal to merge Hutt Valley Health with Capital Coast Health in 2000.

In 2011, she was one of the first to receive a medal honouring New Zealanders who have undertaken non-operational military service since World War II. In the following year, she received a QSM for her services to nursing.

Other medals included the Commemoration Medal, the NZ Suffrage Centennial Medal, and the Royal Red Cross Medal.

In her retirement in 1987 she joined many community groups as her contribution to the community. Vera came to the Assertiveness Course because although she had accomplished all of the above she was having some difficulty in speaking up to some members of Boards and Committees she was working on. And as an aside I wonder if she would have retired then from Hutt Hospital if compulsory retirement wasn't in place. This changed by law in 1999.

When that Assertiveness group finished six of us stayed on for a support group; Stephanie

Brockman (me), Ally Andersun, Vera Ellen, Nancy Parr, Hilda and Christine with her baby Suzanne.

This group met together for many years weekly supporting, learning growing and developing learning to be honest with our struggles. The group stopped meeting quite a few ä ago. Nancy, Hilda and now Vera have passed away, Ally has retired from Women's Centre and enjoys lots of time with her grandchildren, and Christine moved to Masterton. I'm working at the Lower Hutt Women's Centre and in private practice. Included are two photos of Vera, Nancy. Stephanie and Ally and of course Puka who came to every meeting.



Vera also joined the Lower Hutt Women's Centre Board of Trustees and was a member of the Board from 2000 to 2005, and was made a life member of the Lower Hutt Women's Centre in 2005. She was a woman that liked things being done correctly, even spelling, and Colleen Smith, past Manager of the Centre, will always remember the correct spelling of stationery – due to Vera's need for correctness which also gave us great teaching in how to do things properly – which the Centre will always be grateful for, and Colleen also remembers Vera's kindness – she wrote to Colleen a great letter, when Colleen became Manager of the Centre.

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Inspirational Woman - Vera Ellen



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At the Centre Vera was able to be herself, apart from the business and governing side. Although Vera worked in many different areas that were of interest to her she had a soft spot for the rights of women.

She was very supportive of women leading their own lives, aware of the intimidation, abuse and bullying that occurs in families, and occur in the world, and although she wasn't at the forefront of leading women's rights actions she worked for Women's Rights by her decisions, her actions and contributions, and her choice to be self determined.

She had a Kate Shepherd white camelia in her garden and although we took cuttings to grow one at the Centre – it never worked out. She was proud of having that Kate Shepherd

Camelia.

Vera had a great understanding of how hard life can be for women, and had empathy for women that struggled with poverty and difficult domestic situations.

She would talk meaningfully of the hardships her Mother faced – her mother came to New Zealand as part of the Barnados scheme, bringing children/young people to New Zealand from England.

She also talked a lot about when she was Principal Nurse at Hutt Hospital trying to support women who faced hardship and hard situations with children and hard home lives.

When Vera first started training to be a nurse the rule was if you got married you had to leave nursing, this rule changed in the 1960s but it made nurses like Vera make a choice between career and relationships.

At that time you couldn't have both and if you wanted to be in a position to support yourself and not dependent on someone else, you made the choice of career – just as Vera did.

2021



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.

"No-one can ever take your memories from you - each day is a new beginning, make good memories everyday."

Catherine Pulsifer

"Making the beginning is one third of the work."

Irish Proverb

"What you're supposed to do when you don't like a thing is to change it. If you can't change it, change the way you think about it. Don't complain."

Maya Angelou

The Treaty of Waitangi

Treaty of Waitangi: Questions and Answers

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

Question 37 –

“Why can't Māori look after their language and culture in the same way that other ethnic groups do?”

The short answer is that Māori always have and continue to do so - despite extremely difficult and frequently hostile circumstances. However Māori culture should be enhanced, nurtured and protected everyday without their having to ask for it. That's what the Treaty promises.

Aotearoa New Zealand is the only place where Māori culture can survive. Māori people not only have to live within a system that promised to enhance and protect their culture and did not, but they also have to fight for the very survival of their culture in the world.

All cultures need an economic base to thrive, and that has been largely removed from Māori through the processes of colonisation.

Other ethnic groups come to New Zealand expecting that the culture here will be different from their own. Apart from refugees, most of them make a free choice to come. They are prepared to adapt to some of the cultural ways here just as we do when travelling overseas. They are able to adapt readily because they can be confident that their cultures and ways of life are protected in their country of origin. For example, there is a whole nation protecting Greek culture; if Greek people living in other countries lose some of their own culture, it will not lead to the loss of culture on a world scale.

Other cultures have not suffered the same colonial process in this country as Māori. An enormous amount of Māori energy and resources has been diverted into the survival and revival of their culture. This continues to the present day, against the powerful monocultural attitudes, institutions and policies that prevail in New Zealand.

Question 38 –

“Does honouring the Treaty of Waitangi mean giving Māori back all their land?”

Honouring the Treaty means that Māori will, as they did before 1840, be able to exercise their sovereignty, that is, their control and authority over all things rightly theirs.

Honouring the Treaty fully would mean returning the land and resources that were taken illegally. This includes land sold under duress, for example to pay debts incurred for food and accommodation while waiting for a case to come before the Māori Land Court, or to pay rates on communally held land. Land that was confiscated by the government (raupatu lands) because of Māori resistance to colonisation, also comes under this category.

A very large part of every Waitangi Tribunal historical claims inquiry concerns lands the Crown says were "sold voluntarily and for an agreed price" but were actually taken in a number of ways that were in flagrant breach of the Treaty.

It used to be possible to return to Māori the Crown interest in freehold land, or for the Crown to buy or to pay compensation for land that is now owned privately. However a law change in 1993, prompted from now discredited Dargaville farmer Allan Titford, prohibited the Waitangi Tribunal making recommendations concerning any land in private ownership.

Unfortunately, there has been continual erosion of land available for Treaty settlements through the sale of state assets and "surplus" Crown land. These sales have included land under claim. Many such sales in the 1990s were approved by the Cabinet Committee on Treaty of Waitangi Issues, with no appeal process for Māori claimants who had signalled an interest in the property.

Claims settled to date have featured different land being substituted for some of the land taken, cash, apologies, specific agreements on protection of sacred places, and rights to participate in land management decisions as a directly affected party.

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 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 September 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!