

Cronecle

Newsletter of the Lower Hutt Women's Centre

Vol. 32 | Poutū-te-rangi 03-2023



Viewpoint

By Naomi Millane

F.A.T (Fabulous, Attractive, and Tremendous!)

I have always been round. In baby photos you can see my chubby cheeks and lovely leg rolls. When I was a young child, I had a little pot belly that stuck out. There's a photo of me at around age 5 sporting bright red togs and a big grin, not a hint of self-consciousness. But as I grew so did my curves and so did my experiences of subtle and not so subtle derogatory comments about my young body. Like many kids primary school heralded the beginning of years of bullying. For me it was always about my size. When I was 9 years old, I remember being chased by a group of boys yelling "fat girl!" at me. I remember the fear of being caught by them because I knew they would hit me.

The comments about my body also came from adults in my life with references to my "puppy fat" saying that I would grow out of it. This of course implied that the way I looked was something that needed to



change. My Grandmother would tell me that I needed "to give my stomach a rest" when I came home from a long day at school and wanted a snack. As a result, I became conscious of what I ate and started to feel shame when eating around others.

When I was 13 years old, I started to notice the clothes I wore and wanted to be fashionable like the other girls at school. So, my Mum took me to the then trendy clothing shop Glassons. I remember feeling excited and grown up being able to choose my own clothes. Though that feeling was short lived when I took a pair of beautiful bootcut flares to the changing rooms, and they wouldn't go up past my thighs. My Mum went and asked if they had larger sizes which was of course mortifying to my young teenage self and made even worse when the shop assistant stated that what I had was the largest size they made. I left red cheeked with tears in my eyes, feeling humiliated and ugly. That was one of many unsuccessful attempts to find clothes that fitted me.

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Women's Centre Hours

Mon & Tues 10am-2pm
Wed - Fri 9.30am-3.30pm

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Wise Words from the Womens Centre Collective Minute Book

*"Yet if a woman never lets herself go,
how will she know how far she might have got?
If she never takes off her high-heeled shoes,
how will she know how far she could walk of
how fast she could run?"*

*"It takes a great deal of courage and independence to decide to design
your own image instead of the one that society rewards,
but it gets easier as you go along."*

Germaine Greer
The Female Eunuch

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I learned to hate the changing rooms and in turn learned to hate my body.

Growing up in the 90's the media told me in no uncertain terms that my body was wrong. The women I saw on TV where Pamela Anderson, Rachel Hunter, Madonna, and the like. Advertising showed slim blonde women. I don't ever remember seeing someone with my body type represented in the media. As Van Amsterdam (2013) puts it the slender body type is constructed as attractive and successful, and popular media overwhelmingly show slender people as the norm. Nowhere did I see myself and this resulted in feeling like I was the only fat girl in the world.

When I was a teen, I stopped eating. Yes, I was flating and yes, I didn't have much money for food. But it was more than this. I wanted to be small. I wanted to feel beautiful. I wanted to be desirable. But most of all I wanted to fit in and not feel different. It was a concerted effort to shrink myself. I replaced eating with alcohol and cigarettes and became smaller. People commented on how great I looked, how

healthy. They didn't know there were days where I didn't eat anything and that I was the unhealthiest I had ever been.

Did I feel beautiful? Was I suddenly instilled with a huge sense of self confidence and self-love because my collarbones were defined? Or because my tummy didn't stick out? No, of course not! Seeing it written in black and white we can see how ridiculous this sounds. But for many women this is our experience.

Our western dominated colonised society tells us that we are only valuable based on our physical appearance, and that therefore if we are fat, we are less valuable or even of no value at all. Van Amsterdam (2013) states that within the neoliberal health discourse the fat body is constructed as an unhealthy and failed body. My young self felt that she had failed just by existing the way she was.

Pretty heavy right? (Pun intended). So, let's talk about that 3-letter word. The one that has been thrown at many of us as an insult, as an attack on our sense of worth and in turn the word we end

up using against ourselves. The word that has been and is still used as a term for one of the very worse things a woman can be, fat. Such a small word but such big implications (again pun intended). The word can be a trigger for many of us. It's a word that some people are attempting to reclaim to change the negative connotations associated with it. For me, it feels empowering to use the word fat as a simple descriptive word for myself and not as a put down. It's taken me a long time to become comfortable with referring to my body as fat. But being fat is now a part of how I identify and I'm ok with it. Please note, if you do not have lived experience of being big then using the word fat to refer to people can be hurtful and super damaging.

In recent years I have learned about thin privilege. This term refers to the discrimination and the impacts that fat people face that the smaller of our society may not be aware of. For example, having people openly comment on your size and telling you that you need to lose weight. Once when I was walking my dog a complete stranger came up to me and told me I should lose weight. It is also commonly assumed that if you are fat, you are lazy/unfit/unhealthy. Thin privilege means that if you are slim you probably have not experienced this prejudice and the detrimental, pervasive impacts it has. Shockingly research has found that fat people get paid less and are less likely to be promoted (Baum & Ford, 2004). Bacon et al. (2016) states that this culture of fat hatred has fostered an alarming growth of weight bias and discrimination that can affect all aspects of a person's life as well as limiting opportunities for healthy growth and expression.

So, back to that young woman. The one who starved herself to try and find happiness. What happened to that young woman? In my mid 20's I became pregnant. I would like to say that as my body grew so did my love for it. But this was very much not the case. I hated having to buy bigger

jeans and felt embarrassed when people say, "look how big you've gotten!" because I was taught that big equalled bad. I was very self-

conscious about the size of my puku. Was I too big for how many months along I was? Was I showing too much? Did people know I was pregnant, or did they just think I was fat?

It was after having my first child that the way I viewed my body slowly began to change and soften (pun intended, I'm not sorry). My body gave birth to my beautiful child. It was soft and fat, but I also felt powerful. My fat body fed my son, provided a soft place for him to sleep, and was an endless source of comfort for him. This showed me that my body had a practical and emotional purpose. It didn't just exist to be attractive. My son didn't think my body was bad, wrong or had failed and through his eyes I started to see myself.

Many years later and a long journey with steps forward, backwards and many stumbles I can say that most days I love and appreciate my big body. There are also days when I just like and tolerate my body. But I no longer hate it. Part of this is a desire to rebel against a society that still tells me so often that my body is wrong, unhealthy, and flawed. To love myself is a rebellious act and pulls the middle finger to a world that tries to profit off the shame that it developed by trying to sell me things that will make me smaller. I refuse to be a part of that. I choose to opt out of the cycle of shame. I want something different for my children and for future generations of girls. It's not always easy but the most powerful way I feel I can make change is by role modelling acceptance of this big, beautiful body that is capable of amazing things.

Naomi

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Do you want the heartwarming version of Jacinda Ardern's story, or the chilling one?

Michelle Duff
January 21 2023



National Correspondent Michelle Duff explores the Prime Minister's legacy and what she faced in office.

Jacinda Ardern, once the youngest woman Prime Minister and the second to have a baby while in office, has broken global glass ceilings and shown a generation that leading with kindness and empathy can equate to strength.

She's broken stereotypes and deliberately created space in what is still a man's world; expressing breast milk during an interview, taking her daughter to the UN, routinely nailing disrespectful and sexist questions.

"I'm not the first woman to multitask," she said, announcing the news of her pregnancy three months after her meteoric rise to PM in October 2017.

"I'm pregnant, not incapacitated."

She blazed a trail for young women, promoting

inclusivity and acceptance at a time Trump talked of grabbing 'em by the p.....

She was a solid leader through a time of unprecedented non-wartime crisis, including a white supremacist terrorist attack, a volcanic eruption, and a global pandemic during which strict lockdown measures ensured New Zealand has one of the lowest death rates in the world.

"She's shown how leadership can be feminine but still be effective. We are mothers, we are empathetic, and we don't have to act like men and just that permission to be a woman - in whatever way you are a woman - and being a leader, Jacinda has proven that," says Te Kaunihera Wahine o Aotearoa/National Council of Women NZ president Suzanne Manning.

Ardern has been a trailblazer for women, and the impacts of her leadership will be felt for generations.

On Thursday, Ardern announced her resignation.

"I am entering now my sixth year in office, and for each of those years, I have given my absolute all," she said. Her job was fulfilling and a privilege, but it had been challenging.

"I know what this job takes, and I know that I no longer have enough in the tank to do it justice. It is that simple."

This is not about the valid criticism of policy changes Ardern's Government has ushered in - and those it has failed to enact, or that have been slowed by the Covid 19 response.

The stagnation of progress on issues from housing to the cost of living has dented her popularity as a leader since her "stardust" days, where she turned a seemingly unwinnable election into stand-alone Labour success.

It has not been a transformational two terms of Government - even though polls suggest she is still the most popular choice of leader, with 29% preferring her.

This is about blaming Ardern for everything, for targeting her based on her gender, for threatening her safety and that of her family with a sliding scale of vile toxic abuse that begins with "Cindy" and ends with threats of rape, torture and murder.

This is about the open and virulent misogyny Ardern and other female politicians and public figures are now commonly and increasingly subject to, the kind that Director-General of Security for NZSIS Rebecca Kitteridge said would have been "unthinkable" several years ago, fuelled by a vocal conspiracy ecosystem.

When I wrote Jacinda Ardern: The Story Behind an Extraordinary Leader in 2019, exploring Ardern's rise and what it meant for feminism, I outlined some of the sexism she'd faced. She'd been told she was a "pretty communist", to "Zip it, sweetie", had her competency for the job questioned, her youth derided, been drilled on family plans.

Former prime minister Helen Clark told me it was far beyond what she had ever experienced.

How quaint this seems, six years later. Ardern did not say so, but some believe that open, dripping hatred and credible death and rape threats are partly the reason behind her early retirement as PM.

We don't know exactly what influenced Ardern's decision. But we do know that, for her, occupying the public sphere was increasingly difficult.

It's an unwritten rule in the parliamentary gallery that Ardern's security isn't discussed. The media don't report on it, and her office and the police won't talk about it. While this makes sense, it has also had the effect of shielding the public from the dangerous reality. The stories joking about her "hipster" bodyguard or the "security uncles" protecting her during a walk on Wellington's waterfront have gone.

With the significant beefing up of armed security in the past couple of years, most notably since the parliamentary protest, Ardern's world has become much smaller and hostile. At routine visits, such as to one Christchurch school, her van is chased by protesters shouting "traitor" and other insults.

Others deride Ardern for not being able to handle the pressure, or celebrate her early retirement.

On Radio New Zealand, opposition leader Christopher Luxon is asked by host Guyon Espiner if he is subject to abuse. "I know I am, I'm sure I am, but the reality is I handle it and I don't live my life on Twitter."

Is it worse for women? "I'm not sure about that... there is just deep polarisation of political views."

Elsewhere, there is overt denial of gendered abuse. At Shooters Saloon Bar & Hotel in Auckland, a crudely drawn sign announcing a "Red Witch Leaving Party" appears on a fence.

Asked if it is sexist, owner Shayne LaRosa tells Stuff: "It has nothing to do with that. I mean it's debatable for a start whether she is a woman. It's nothing to do with her sex...she needs to be tried for the crimes against New Zealand people."

Violence that begins online sparks kinetic action. Eight men have appeared before the courts for threatening Ardern since 2019. Threats against her have tripled in this time.

Massey University school of management senior lecturer Suze Wilson said gender was absolutely part in what she's faced.

"If she'd been the same but a man the reaction would have been different. Ardern being a woman leader, being a young woman, being a woman who had a child in office out of wedlock, the particular style of leadership she practised – all of this has been good, a progressive push.

"So what we are seeing is the backlash, it's just that it's taken a particularly violent turn here in a way that really poses a threat to democracy."

Wilson applauded what she sees as Ardern's bravery in resigning.

"Any woman who finds herself subject to abuse is entitled to do what she needs to do to get on with her life, and we should unequivocally respect and support that. Good on her."

New Zealand's Prime Ministers have been notoriously accessible, perhaps best illustrated by a public barbecue hosted on Waitangi Day, where the PM is behind the grill.

Ardern's safety was impossible to guarantee this year, and the barbecue looked likely to be canceled. Insiders say Ardern's security breathed a sigh of relief when her wedding to Gayford was called off last year, ostensibly due to a shift in Covid alert levels.

"Politicians are human. We give all that we can, for as long as we can, and then it's time," Ardern said, in her speech. "And for me, it's time."

Despair and hope

For those invested in gender equality, there is despair. Where Ardern's election felt like a step forward for progress, her resignation was deflating. What woman would want to stand for a leadership role that opens them to such abuse, let alone literal danger?

"We've heard of many women who did not stand for local body elections last year because of the emotional and personal cost of being targeted for abuse. That is happening," Manning, from the council of women, says.

But Manning also has hope. Her organisation has been around for 120 years, and this is not its first backlash.

"Jacinda was herself, she brought herself to the table, and that will have a ripple effect for a lot of other women who struggled to fit into a mould that didn't work for them. Yes there has been backlash, but society changes incrementally, not all at once.

"We are never going to be quiet, that is never going to happen."

In my book, riffing on the "They are us" mantra Ardern offered the Muslim community after the March 15 terrorist attacks, I wrote: "We, as a nation, created the conditions for Ardern to win. We voted her into office, and we'll decide whether she stays. She is us."

The moment was bigger than one woman.

This one is, too.

History will judge what it says.

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source: <https://www.stuff.co.nz/national/politics/300788875/do-you-want-the-heartwarming-version-of-jacinda-arderns-story-or-the-chilling-one>

By Natalie Roberts

Member of International Women's Peace Group, New Zealand

Inside Out

Cultivating the values of peace within us leads to peace in our whānau, communities and across Aotearoa.

Is New Zealand a Peaceful Country?

It's been around 150 years since a war has taken place on New Zealand soil, and many argue that this makes our country a peaceful place to live. It's true that we have the luxury of living our lives free from the atrocities of war in our backyard, however, can we truly say that our country is living in peace?

Every day, New Zealand is home to domestic violence, homophobia, racism, poverty, gang violence, gender inequality, and so on. All these wage war on the wellbeing of vulnerable people, disproportionately affecting women and minority groups. As Mahatma Gandhi said, "Be the Change You Wish to See". As cliché as sounds, change starts with you. "

By having peaceful values within ourselves, we can spread a culture of peace to all spheres of our lives. The values of respect and tolerance are the pillars for a peaceful society, and through this article you are invited to consider your role, my role, our role in building a culture of peace here in Aotearoa.

The Role of Women in Promoting Peace

Every person has a part to play in ensuring there is no violence of any form in their relationships, household, and wider spheres. Moreover, research suggests that women have a special part to play in creating peace. Research from the United Nations suggests that involving women in peacekeeping efforts leads to better outcomes for peace agreements between conflictual groups, and "When the percentage of women in parliament goes up by a mere 5%, a country is five times less likely to use violence during

international crises."

Women are often the center-piece of families, and mothers generally consider the well-being of future generations. When women are empowered and motivated to see a brighter future for themselves and their loved ones, they can become strong advocates for peace. Educating our tamariki to have the values of peace is one of many ways that women can have a significant impact on the wellbeing of the community. However, before we teach others, we must first educate ourselves the values and attitudes that lead to peace.

The Importance of Respect

To cultivate peace in our society, we must first have a foundation of respect towards the lives and rights of all people. Respect and manaakitanga (the process of showing respect, generosity and care for others) are essential for peace, in fact, it is the foundation for ensuring that rights of every individual are met.

To have respect is to recognise the mana of every person, and that their life has equal value to your own. Only giving respect to those with power, and wealth, or those who you perceive as worthy of it, is not acknowledging the inherited value of every human life. When respect is given without bias, it is the foundation of which lives are dignified, rights are upheld, and peace is achieved. A lack of acknowledgement for one's inherent rights and value leads to aggression, discrimination, and violence.

After European contact, the Māori life expectancy and population saw a rapid decline. Confiscation of Māori land led to a lack of resources, and in turn, increased child mortality, whereby only 50% of Māori girls lived past the age of 7. Evidently, there was a lack of respect for Māori lives.

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Community Contributions

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Justifications for European colonialism in New Zealand, derived from the ideology that white societies were superior to indigenous societies, therefore introducing Western systems to nations with indigenous populations was "The White Man's Burden". Indigenous populations were viewed as inferior, and therefore, less worthy of respect.

It's easy to look down upon those who colonized New Zealand, however, if we want to see more equality in our own communities, then we must use our dark history as a mirror.

If the cause of the suppression of the Māori people came from a lack of respect, then we must ask ourselves, what biases lead me to respect some people over others? By harboring biases, we have within ourselves the root cause of colonialism. This is not to say that we are capable of similar atrocities, but rather that we must nip these biases in the bud.

Importance of Tolerance for Cultivating Peace

Along with respect, we must also have tolerance to create a culture of peace. Being tolerant towards another group is not to merely put up with them reluctantly, rather, it is to cultivate understanding for each other.

New Zealand is a multicultural nation, and while this creates a vibrant and lively atmosphere, misunderstandings of such diverse groups has led to violence on our soil.

In June this year, the Tauranga Rainbow Youth Centre was burned down, that same month, 'Gloria', a church repurposed as a queer hub was vandalized with homophobic symbols. These events are clearly a result of intolerance towards the LGBTQ+ community.

A less recent, but atrocious display of intolerance in Aotearoa was the Christchurch Mosque shootings in 2019, whereby 51 people were killed. The shooter was motivated by far-right ideologies, favouring white supremacy, and opposing Islamism.

These hate crimes display a greater need for

tolerance in New Zealand. So, what can we do in our communities to counteract such intolerance? Much like how we must cultivate respect within ourselves, we also need to cultivate tolerance towards practices that are contrary to our own. We can ask ourselves, "what cultural or religious practices do I still struggle to understand and respect?"

We cannot always control what information reaches our children and peers, but through opening our perspectives, we can control our own language so that it promotes tolerance. We can also be those who stand up to others when they express intolerant views. If someone makes an intolerant joke, we can have the courage to challenge their thinking, and help them consider the consequences of such comments, even if the confrontation is uncomfortable.

If we recognise the biases within ourselves and work to challenge our own thinking, then we can help others cultivate tolerance as well.

Final Remarks

Let's create a culture of peace in our homes and communities through adopting the values that lead to peace. If we uphold respect and tolerance and teach it to the next generations, then wouldn't violence and aggression be reduced? Though conflicts still arise, we can grow in our knowledge of how to resolve such tensions, and tackle the issues at their roots, so that there can be a more peaceful result.

Do the inner work it takes to undo the beliefs that respect is earned, not inherited, and take the time to learn about other cultures, religions, etc, from those who can help you to see through their eyes.

We might not be able to change people's minds through one-off conversations, but if we all take up the responsibility to be a spokesperson for the rights and value of every person, we can contribute to more loving and accepting communities.

Natalie Roberts

Support at LHWC

A & D Wellbeing Support Group

Facilitator: Janet Matehe
 Enrolment: Not necessary, you can just turn up
 Cost: No Charge
 Day: Friday afternoons every week in 2022
 Time: 1pm-2:30pm

Crèche: Is available at no charge. Please make enquiries about babies because they need more attention and we have a limited number of crèche workers.

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 at 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: 6-7:15pm
 Dates for 2023:
 Monday Feb 14th
 Monday March 14th
 Monday April 11th
 Monday May 9th
 Monday June 13th
 Monday July 11th
 Monday August 8th

Facilitator: Kimberley Bignell
 Cost: FREE
 Enrolment not necessary; just turn up
 Contact: Kimberley Bignell
 027 327 4466 or
 kimberley@bignell.co.nz

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
- 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: Naomi Millane

Crèche: crèche 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 more attention and we have a limited number of crèche workers.

Tuesday evenings in 2023

14 Mar	Developing Self Knowledge
21 Mar	Self Love
28 Mar	Acknowledging Self
4 Apr	Enhancing Self in Terms of Awareness
11 Apr	Acceptance and Use of Strengths
18 Apr	Positive Thought and Talk
2 May	Messages about Self
9 May	Accepting Responsibility for Self
16 May	Coming to Grips with Feelings
23 May	Talking about Ourselves
30 May	Beliefs about Self
6 Jun	Expressing Pride in Self
13 Jun	Letting go of the Past
20 Jun	Respecting Self and Others
27 Jun	Striving for Pure Motives
4 Jul	Putting Yourself in Neutral
11 Jul	Having the Courage to be Imperfect
18 Jul	Developing Courage
25 Jul	Willpower
1 Aug	Anger as a Strength

Friday mornings in 2023

17 Mar	Coming to Grips with Feelings
24 Mar	Talking about Ourselves
31 Mar	Beliefs about Self
14 Apr	Expressing Pride in Self
21 Apr	Letting go of the Past
28 Apr	Respecting Self and Others
5 May	Striving for Pure Motives
12 May	Putting Yourself in Neutral
19 May	Having the Courage to be Imperfect
26 May	Developing Courage
2 Jun	Willpower
9 Jun	Anger as a Strength
16 Jun	Developing Self Knowledge
23 Jun	Self Love
30 Jun	Acknowledging Self
7 Jul	Enhancing Self in Terms of Awareness
14 Jul	Acceptance and Use of Strengths
21 Jul	Positive Thought and Talk
28 Jul	Messages about Self
4 Aug	Accepting Responsibility for Self

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

Monday

10:30 am - 12:30pm	Art for Wellbeing
1.30- 2:30pm	Yoga

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
1–2:30pm	A & D Wellbeing Support Group

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.

Volunteer Opportunities

We're looking for new volunteers to help create and maintain our space to support the growth/tupu of the amazing wāhine toa in our communities.

We are a community resource Centre for Women, Teenage Girls and Children, working towards and with, education, empowerment, the promotion of mental health, healing and recovery for all women and families in the community.

We seek to empower, support, educate and resource women to lead full and meaningful lives and to work toward social justice and equity.

If our goals resonate with you and you would like to volunteer then get in touch on 04 920 1009 or email info@lhwc.org.nz to make a time to come in to see us.

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 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 and Family Court Counselling. All consultations are held in private and are strictly confidential.

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'll give you the phone number to make the appointment directly with the lawyer.

Where:
Thomas Dewar Sziranyi Letts
Level 6, Quesngate Tower, 45 Knights Road, Lower Hutt

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 at LHWC

Please contact us on 04 920 1009 to register your interest for an earlier date

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

Facilitator: Naomi Millane

You must be available for both workshops as the workshops build on each other. Please bring kai to share for lunch.

Date: 28th October and 11th November 2023

Cost: \$40 waged/ \$20 unwaged (this covers both sessions)

Minimum: 6 participants

Facilitator: Naomi is a qualified counsellor and addictions practitioner, experienced self defence teacher and a Mum. She has been involved with the Centre for 7 years and has a passion for working with women and girls. In her spare time she loves to play music and paint

This is a strength and empowerment based workshop to learn together how to defend ourselves with physical and mental skills and have fun!

Assertiveness for Women

Facilitator: Stephanie Brockman

communication that is self-enhancing and expressive.

Course Duration: 6 Weeks on Mondays

Dates: 21 August - 25 September

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

Time: 7-9pm

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 is the ability to express yourself and your rights without violating the rights of others.

Assertiveness can increase your chances for honest relationships, and help you to feel better about yourself and yourself in everyday situations.

It is appropriately direct, open, and honest

Workshops



Raranga - Flax Weaving

Tutor: Michelle Barrett
 Cost: \$10
 Dates: Workshop One – *1 space remaining* 26 March 2023 Konae (Two cornered basket)
 Workshop Two – 28 May 2023 Kono (Four cornered basket) *FULL (Please call 9201009 to join the waitlist)*
 Workshop Three – 27 August 2023 Konae (Two cornered basket)
 Workshop Four – 29 October 2023 Kono (Four cornered basket)

Time 10am – 4pm

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.

Courses

BEing Well (with anxiety & depression)

Facilitator: Kay Riddler

Course Duration: 6 weeks daytime course on Thursdays
 Dates: 3rd August - 7th September 2023
 Time: 12.30-2.30pm
 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: Four people minimum for the course to commence and 10 maximum.

Facilitator Bio: Kay Riddler is a registered social worker, mother and nanny. She is passionate about working with women and has been involved with Women's Centre and with groups for more than 15 years, as both a participant and facilitator.

Kay's approach is gentle and inclusive, its important to her that learning is relatable to our real life worlds

Self Esteem for Teens

Self esteem course for girls aged 13 to 17 years.

- To develop an understanding and respect of yourself and others?

Facilitators: Naomi Millane
 Course Duration: 8 Weeks on Thursdays
 Date: 4th May - 22nd June 2023
 Time: 4-6pm
 Cost: \$20

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?

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.

Facilitator Bios

Naomi is a qualified counsellor, an 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.

Courses

Circle of Security® Parenting™

For Mothers of Pre-School Children

Facilitator: Kay Riddler
Course Duration: 8 weeks on thursdays
Dates: 27th April - 15th June 2023
Time: 12.00-2:00pm
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: 1st November - 6th December 2023
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: To be confirmed
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.

The course will be tailored 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.

Resilience

Resilience – The identification and use of resilience in everyday life

Facilitator: Stephanie Brockman
Course Duration: 6 weeks on Wednesdays
Dates: 24th May - 28th June 2023
Time: 7-9pm
Cost: \$40 waged/\$20 low or unwaged

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.

Register Online

Register for Workshops Online through the LHWC Website



Now, you can register for workshops, activities or courses online using the LHWC website.

1. To register for a workshop through the website, first go to the LHWC's homepage: <http://lhwc.org.nz/>.
2. Next, click on the "Workshops/Groups" tab at the top of the page.
3. When you click on the "Workshops/Groups" tab, select "Workshops/Activities/Courses" from the small drop-down menu.
4. A page listing upcoming dates will appear.
5. When you find the Workshop/Activity/Course you would like to attend, click on the purple "Enrol and Pay" button on the lower left-hand side of each workshop listing.
6. That will take you to the enrolment form.

For mental health or addiction emergencies, call Te Haika on 0800 745 477 or call 111.

For Women's Refuge support call 0800 733 843 - free 24/7

For immediate counselling call or text 1737 - free 24/7

For health advice call Healthline on 0800 611 116 - free 24/7

For parenting advice call Parent Helpline 0800 568 856 - free 9 am- 9 pm /7 days

The Treaty of Waitangi

Treaty of Waitangi: Questions and Answers

Question 48 – “What are “the principles” of the Treaty of Waitangi?”

Different sets of principles of the Treaty – all originating from Pākehā-based institutions – have been developed. Four examples are set out below. They are an attempt by non-Māori to try to reconcile or ameliorate the contradictions in the English and Māori language texts. However, Māori have consistently said that Te Tiriti o Waitangi speaks for itself, and that there is no need to create principles.

- The Waitangi Tribunal (1975): Partnership; Tribal Rangatiratanga; Active protection; Mutual benefit; Consultation.

- Court of Appeal (1987): Honour; Good faith; Reasonable actions; Partnership.

- Labour government (1988): Kawanatanga; Rangatiratanga; Equality; Co-operation; Redress.

- Royal Commission on Social Policy (1988): Partnership; Participation; Protection.

For further information, see *He Tirohanga o Kawa ki te Tiriti o Waitangi. A guide to the Principles of the Treaty of Waitangi as expressed by the Courts and the Waitangi Tribunal*, Te Puni Kokiri, 2001.

[We will cover Question 49 in the next issue]

Question 50 – “Isn't it best to have the foreshore and seabed in public ownership?”

The Foreshore and Seabed Act did not put the foreshore and seabed in public ownership. The idea that it did was just one of many misrepresentations that government and other politicians made around the issues. In fact, ownership of foreshore and seabed areas, not already held privately, was vested in the Crown.

Despite the legislation, a government could sell any foreshore or seabed area by an Act of Parliament if it chose to – that would be easy for a majority

government to do, and provides little guarantee of protection for the future.

Even before the legislation was enacted, it emerged that mining corporations had begun applying for prospecting permits to exploit mineral resources in foreshore and seabed areas. Within weeks of the Act coming into effect, prospecting permits were issued; initially for iron-sand prospecting in a 1270km² area of the west coast of the North Island, and later for gold and other minerals in an area of almost 10,000km² off the west coast of the South Island. In contrast, from the time the government first announced its response to the Court of Appeal ruling, hapū and iwi representatives consistently said that covenants of access and non-saleability, consistent with tikanga, could be negotiated in their areas.

Such alternatives, which would have guaranteed both public access and local ownership of the foreshore and seabed, were never considered by the government. The government's response to the Court of Appeal ruling, and the passage of the legislation, has been described as an abuse of the democratic process. Beyond that, it highlights the wider problems with current constitutional arrangements, and the lack of protection for human rights from Acts of Parliament – not only for Māori, although hapū and iwi are more vulnerable as minority populations, but for everyone.



during the final reading of the foreshore and seabed legislation, while the Attorney General was asked “Why don't you honour the Treaty?” The banner too was confiscated. Photo: Peace Movement Aotearoa.

source: <https://nwo.org.nz/wp-content/uploads/2018/06/QandA.pdf>

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 June 2023.

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!