



# Cronecle

Newsletter of the Lower Hutt Women's Centre

Pipiri 2011 Vol.19 No.2



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## Women's Centre Opening Hours

Monday to Thursday 10am – 5pm

Friday 9am – 5pm

Ph: 04 569 2711 Fax: 04 570 2820

Email: [info@lhwc.org.nz](mailto:info@lhwc.org.nz)

186 Knights Road, Central Hutt

Lower Hutt 5011



**Thanks to** all the women that helped put the newsletter together.

## WOMEN'S SUPPORT GROUP

The Women's Support Group is for support or if you are having a hard time coping with stress, day to day hassles, depression or oppression. Do you want to unload, are you getting stressed out? If you are feeling out of touch with yourself and other people around, or feeling isolated .. then the group is a time to get support in a caring environment while you work on looking at yourself, your feelings and how you are in life.

The group is open to all women and you can join the group by turning up to the Women's Centre on Wednesdays at 1pm. The group goes from 1pm to 2.30pm. **Facilitator:** Julie Smart



## Friendship Group

We are a facilitated group who meet weekly for discussions and occasionally an outing.

Our focus is on learning about friendship, maintaining, developing and exploring the ideas.

Friendships are a vital source of emotional sustenance. As well as providing the pleasure of companionship, your friendship network offers you a sense of support and belonging.

This group is open to all women and you can join the group by turning up to the Women's Centre on Thursdays from 10am to 12noon.

***Our ability to make and sustain friendships is influenced by our ability to develop and maintain a nurturing relationships with ourselves.***

**Facilitator:** Yvonne Broadley

If you are interested please phone or come along.

All welcome.  
For more information 5692711

## FREE COMPUTER LESSONS AND FREE ACCESS COMPUTER

The Women's Centre has a free public access computer available for all women to use during our opening hours. We have programmes such as Microsoft Word, Excel, Access, Pagemaker, Mavis Beacon Typing Tutor, Publisher and Power Point; Internet and Email access.

**We are now offering offering free half hour or hour computer lessons with our computer tutor, Natalie Gray. We are offering the lessons two days per week - Monday and Friday. If you want a lesson just phone the centre to book in a time.**

At present we charge for printing and paper but the computer use, internet and email is totally free. If you want to use the computer just phone up and book in. You can send e-mails, surf the net or whatever else you need to do.

**Phone: 5692 711 to book a lesson**

# Sleep Well For Women

**In a world where "time is money", just about everything in life can seem more important than sleep.**

Yet, our sleep and health are very closely linked. Parenting demands, caring for an elderly parent, or a restless partner can interrupt our sleep. Pain, worries, fears or our fluctuating hormones may keep us awake. Whilst sleeping problems are as widespread as they are diverse, this course aims to help participants to understand basic facts and to discover practical and workable solutions toward improved sleep and well-being.

We will look at physiological aspects of sleep, including sleep stages and rhythms, the relationship between daytime busyness and quality of sleep as well as the relationship between sleep and health.

We will discuss specifically what helps and what gets in the way of sleep including; stress, worries and anxiety, food and other habits, parenting and other caring roles, hormonal changes, illness and changing patterns as we age. Building on their learning, participants are helped to discover simple and workable answers to common concerns.

**Facilitator:** Veronika Gabel

**Dates:** Six weeks from Thursday 30th June 2011

**Time:** 7-9pm

**Cost:** \$40/\$20 Enrolment to Women's Centre only by deposit or payment.

**Venue:** Lower Hutt Women's Centre

Phone: 5692711

## **Facilitator Bio:**

As a counsellor and social worker, Veronika has worked with women in a variety of settings, covering diverse issues and experiences. After researching sleep related topics in 2005 she has facilitated some workshops on coping with sleeping problems, both in New Zealand and her home country Germany.

Veronika has a BSW Social Work (Germany), Certificate in Counselling,

## Self Development for Women Using the Psychodramatic

This weekend will give participants opportunity to explore personal issues using the psychodramatic method. This workshop will be useful for women wanting to expand and develop their experience of life and the issues that hold them back. Women new to the psychodramatic method are welcome.

**Dates:** Friday 9th Saturday 10th and Sunday 11th September 2011

**Venue:** Women's Centre

**Enrol:** Only by payment or deposit

**Cost:** Waged \$50 Low or Unwaged \$25

6 Minimum for course to commence and 7 Maximum.

**Facilitator:** Ally Andersun

Phone 5692711

**Participants are expected to attend the full course**

# Weaving with Harakeke (Attend one or more of the workshops)

**Tutor:** Makere Love

**Dates:**

**Course One:** 26 June 2011 Konae

**Course Two:** 28 August 2011 Kono

**Course Three:** 29th and 30th October 2011. Whiri bottom kete For course three you need to have attended course one or two at some stage previously.

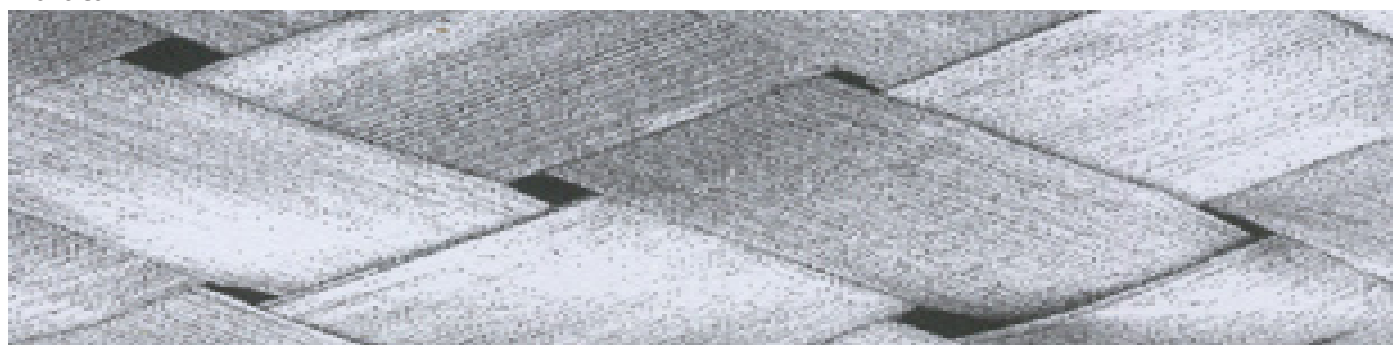
**Time:** 10-4pm

**Cost:** \$12 for the one day courses /\$24 for two day course

**Venue:** Lower Hutt Women's Centre

**Enrol:** By payment or deposit

*Learn how make a konae and a kono, and how to prepare the harakeke using correct protocol, e.g. with cutting harakeke and the significance of karakia. We will also sing waiata .*



## ***Painting Workshops***

At this stage are all fully booked for the year.

## **Assertiveness for Women**

Assertiveness is the ability to express yourself and your rights without violating the rights of others. It is appropriately direct, open, and honest communication which 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.

It can increase your chances for honest

relationships, and help you to feel better about yourself and your self in everyday situations.

**Tutor:** Stephanie Brockman

**Dates:** 6 Weeks **Wednesday 6 July 2011**

**Time:** 7-9pm

**Cost:** \$50

**Enrol:** WEA 5692 292 or through their website <http://www.huttcitywea.co.nz/>

**Venue:** Lower Hutt Women's Centre, 186 Knights Road, Waterloo. Lower Hutt

# Self Esteem Workshops

## For Women

Lower Hutt Women's Centre  
186 Knights Road  
Lower Hutt  
5692 711

Friday Morning

2011

- Jun 3 Acceptance and use of strengths
- Jun 10 Positive thought and talk
- Jun 17 Messages about self
- Jun 24 Accepting responsibility about self
- Jul 1 Coming to grips with feelings
- Jul 8 Talking About Ourselves
- Jul 15 Beliefs About Self
- Jul 22 Expressing Pride in Self
- Jul 29 Letting Go of the Past
- Aug 5 Respecting Self and Others
- Aug 12 Striving for Pure Motives
- Aug 19 Putting Yourself in Neutral
- Aug 26 Having the Courage to be Imperfect
- Sep 2 Developing Courage
- Sep 9 Willpower
- Sep 16 Anger as a Strength
- Sep 23 Developing Self Knowledge
- Sep 30 Self Love
- Oct 7 Acknowledging Self
- Oct 14 Enhancing self in terms of awareness

### Tuesday Evening

2011

- May 31 Putting Yourself in Neutral
- Jun 7 Having the Courage to be Imperfect
- Jun 14 Developing Courage
- Jun 21 Willpower
- Jun 28 Anger as a Strength
- Jul 5 Developing Self Knowledge
- Jul 12 Self Love
- Jul 19 Acknowledging Self
- Jul 26 Enhancing self in terms of awareness
- Aug 2 Acceptance and use of strengths
- Aug 9 Positive thought and talk
- Aug 16 Messages about self
- Aug 23 Accepting responsibility about self
- Aug 30 Coming to grips with feelings
- Sep 6 Talking About Ourselves
- Sep 13 Beliefs About Self
- Sep 20 Expressing Pride in Self
- Sep 27 Letting Go of the Past
- Oct 4 Respecting Self and Others
- Oct 11 Striving for Pure Motives

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

We now have **Self Esteem Workshops on a Friday morning and a Tuesday Evening.**

Each workshop is separate. You may attend one or as many as you like. Creche is provided for **pre-school children only** without extra charge only on Friday morning. Please make enquiries about babies because they need a lot of attention and we have one creche worker. The workshop is for women only so try to avoid planning on taking your children into the workshop.

**Time:** Friday morning 9.45 - 12noon and Tuesday evening 6.30pm to 8.30pm.

The workshop starts right on time at 10am and 6.30pm and late comers can't go into the morning workshop.

If you have children you need to arrive about 20 minutes early to settle them in.

**Cost:** Friday \$2.00 and Tuesday \$5.00

All women welcome.

You don't need to enrol, just turn up.

Facilitators:

Friday Morning Stephanie Brockman

Tuesday Evening Julie Smart



# Menopause for Women

*If you are starting menopause, experiencing full on symptoms, post menopausal or just curious about what lies ahead this course is for you. We will look at different aspects of menopause, physical, emotional, spiritual, social and psychological. We will have guest speakers and discussion.*

## What is Menopause?

Menopause literally means cessation of menstruation or last period. It marks the end of a woman's fertile years when the ovaries produce lower levels of the reproductive hormones oestrogen and progesterone.

The average age for menopause in New Zealand is 51.5 years. 'Perimenopause' is the official term

**Dates:** Six weeks beginning 14th September 2011

**Time:** 7-9.00pm

**Cost:** \$50

**Enrol WEA 5692292**

**<http://www.huttcitywea.co.nz/>**

**Facilitator: Ally Andersun**

used to describe the average of five or so years up to the last period.

When periods have stopped for a year it can be assumed that a woman is post-menopause. After menopause the body achieves a new hormonal balance by producing hormones from the adrenal glands, the brain, muscles, and hair follicles as well as continuing to produce lesser amounts of hormones from the ovaries.

## Inner Child Workshop

Through the use of action and art learn the techniques to develop a deeper understanding of yourself and your processes. It is said that the child holds the key to our own healing and recovery, and this is an individual journey for each person. This workshop is for women that have done previous self development workshops or groups.

**All participants need to be interviewed by Ally Andersun before registration. You can phone and put your name down to be contacted for an interview.**

Friday evening and two-day weekend course

**Dates : 8, 9 and 10 July 2011**

**Time: Fri 7-9.30pm, Saturday 10am-5pm, Sunday 10am-4:30pm**

**Cost: Waged \$50 Low or Unwaged \$25**

**Facilitator: Ally Andersun**

**Venue: Lower Hutt Women's Centre**

**Enrolment: Through payment or deposit**

6 Minimum and 10 Maximum for course to commence

**Participants are expected to attend the full course.**

## **Women Who Love Too Much (Workshop One)** **(Codependency/Addiction/Losing yourself in Relationships)** **Weekend Course**

**Dates:** Frid 14, Saturday 15th and Sunday 16th  
October 2011

**Time:** Frid: 7-9.30pm 10-5pm Saturday and 10-  
4.30pm Sunday

**Venue:** Women's Centre

**Enrol:** Only by payment or deposit

**Cost:** Waged \$50 /Low or Unwaged \$25

**Facilitator:** Ally Andersun

6 Minimum and 10 Maximum for course to com-  
mence

**Participants are expected to attend the full  
course.**

Workshop One is an educational weekend. This weekend will give participants an opportunity to explore their own issues around co-dependency and process addiction, the origins of your behaviour and ways of changing and developing in yourself.

Women Who Love Too Much , co-dependency, relationship addiction; all names which reflect different aspects of this issue that some women have in relationships. If you have difficulty with relationships; partners, children, parents, then this workshop may help you in understanding how to look at your behaviour in the relationship and where that behaviour comes from. This workshop will help women that want to look at the damaging or dysfunctional relationships they have been/or are in. Using the group work process and action methods we will begin the process of personal recovery

## **Anger as a Strength**

*Anger is a misunderstood emotion and energy. This training is skill based on providing opportunities and techniques to express anger using tools of assertiveness.*

**Tutor:** Ally Andersun

**Dates:** 6 Weeks beginning Wednesday **26th October 2011**

**Time:** 7-9pm

**Cost:** \$50

**Enrol:** **WEA 5692 292**



# ***Opportunity for Healing from Sexual Abuse or Rape***

These weekend workshops are designed for women that have in their life experienced sexual abuse or rape and are ready to use group work process to assist with this healing.

There are two weekend workshops. You may attend one or both. You need to register for each separately.

***Interviews with the facilitator will be necessary before enrolment.***

## ***Workshop One***

***Dates:*** Friday evening, Sat and Sun. 19th, 20th and 21st August 2011

***Time:*** Frid 7-9.30pm, Saturday 10-5pm and Sunday 10-4.30pm

***Cost: \$50/\$25 Waged/Unwaged/Low Waged***

## ***Workshop Two***

***Dates:*** Friday evening, Sat and Sun. 11th, 12th and 13th November 2011

***Time:*** Frid 7-9.30pm, Saturday 10-5pm and Sunday 10-4.30pm

***Cost: \$50/\$25 Waged/Unwaged/Low Waged***

***Facilitator: Ally Andersun***

***Participants will be expected to attend all sessions in a weekend workshop***

## **Homeopathy**

**A great opportunity to experience the benefits of homeopathy**

**Hello! My name is Helena Tobin, and I'm passionate about making homeopathy accessible to everyone.** Homeopathy is all about the individual. We believe in empowering you to make positive health decisions by working with your *individual* requirements.

**What Can Homeopathy Do?** Homeopathy is powerful system of natural medicine which can treat a wide range of health issues, both physical and mental including:

And many more... in fact anything that prevents you from functioning at your best. **What's Involved in Consulting a Homeopath?** Because homeopathy attempts to treat the 'whole person' the homeopath's interview is in-depth. The initial consultation is usually between one to two hours and follow-ups are around half an hour. There are no invasive examinations and you don't need to stop any current medication you may be on. Confidentiality is assured. I am aware that my normal fee of \$85 per first consultation is too much for a lot of us. **Therefore I have decided to work for a donation only for my Women's Centre clients. Helena Tobin Phone: 569 6164 Mobile: 021 161 3987**

# REFLEXOLOGY AT THE WOMEN'S CENTRE

I am delighted to be able to invite you to experience the benefits of reflexology at the Women's Centre on the first Monday of each month during the afternoon from 1.00pm until 4pm.

## WHAT IS REFLEXOLOGY AND HOW DOES IT WORK?

Reflexology is a natural, gentle, relaxing method of activating the healing powers of the body. A totally safe, non-invasive therapy administered to the feet, hands or ears. There is no manipulating of the body or undue application of pressure applied.

Reflexologists believe that our feet represent a mini-map of our bodies. Your feet contain over 7,000 nerve endings and reflex points, which we believe correspond to all glands, organs and parts of the body.

Using my hands I apply gentle pressure to reflex points on the feet, releasing blockages and encouraging the body to restore its natural healing balance.

## BENEFITS

Reflexology can reduce stress (responsible, some say, for 75% of all illnesses) and induces deep relaxation. Other benefits are reported to include:

- Revitalises energy
- Improved sleep patterns
- Cleanses the body of toxins and impurities
- Stimulation of creativity and productivity
- Improved circulation
- Improved breathing
- Relief from digestive disorders
- Hormonal balance
- Migraine and headache relief

With regular treatments reflexology can act as a preventative health care measure, keeping the body functioning in balance; helping it to ward off illness.

Reflexology is not an alternative to conventional medicine and reflexologists do not diagnose or claim to cure illness.

## APPOINTMENTS

There will be a charge for each appointment of which the majority will be donated to the Women's Centre:

Half an Hour	\$15.00
One Hour	\$30.00

If the above prices are out of your reach but would still like to experience reflexology do not let this stop you from calling to negotiate a suitable price.

**To book an appointment please contact Dawn on: 04 566 5585 or email [dawn@renewingharmony.com](mailto:dawn@renewingharmony.com)**

I also treat clients at my home-based practice in Lower Hutt for which I charge professional rates. For any appointment made as a result of a referral from the Women's Centre 10% of the total cost will be donated back to the Women's Centre. Looking forward to meeting you all soon.

## Mosaics

*If you want to learn how to mosaics and meet other women doing the same come along anytime from 10am to 2.00pm every Tuesday and Clare and/or Stephanie can show you what to do. We normally start with a paver, after you have made a paving stone you can progress on to a variety of projects. We do charge for materials - it does cost \$5 for a completed paver.*

*If you want to work on your own projects you need to pay for materials.*

*This is an open workshop and costs are for materials used only.*

*All Women Welcome*

## Free Legal Advice

**The Women's Centre has free 30 minute consultations available during the first week of each month. Phone the Centre and make an appointment.**

The primary objective of this 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.

**Who for?** This service is being offered to all women.

**When? and Where?** During the first week of the month at the offices of Thomas Dewar Sziranyi Letts, Level 2 Corner of Queens Drive and Margaret Street. Phone 5692711

# **Women's Prisons. (London UK)**

## **Report proposes closing women's prisons By Nigel Morris, Deputy Political Editor, The Independent Monday, 6 June 2011**

A plea for women's prisons to be shut and inmates switched to community programmes is to be delivered to the Government today by a powerful alliance of senior police officers, magistrates, economists and penal reformers.

They argue that the move would help to rehabilitate vulnerable offenders, cut crime and save money for the taxpayer.

Kenneth Clarke, the Justice Secretary, welcomed the report from the independent Women's Justice Taskforce and is expected to implement many of its proposals. But with law and order climbing the political agenda, he could run into resistance from the Cabinet's more hardline members.

His sentencing Green Paper, due to be published this month, will aim to stop the 'revolving door' of crime by diverting criminals with mental health, alcohol or drug abuse problems into treatment.

The female prison population in England and Wales stands at 4,100, more than double the number 15 years ago. Most inmates are serving short sentences for non-violent offences such as repeat shoplifting.

The taskforce, which was set up last year by the Prison Reform Trust (PRT) and was backed by the Association of Chief Police Officers, said Mr Clarke's plans to cut the number of jail terms under 12 months provided "a timely opportunity to look again at how women's justice is delivered".

It recommended that proposals to close some women's prisons be accelerated, with the money saved used to run community services for female offenders. The taskforce backed a drive to divert vulnerable women from crime in the first place by giving them help with housing and health problems.

It also called for a director of women's justice to be appointed to provide "clear leadership and accountability at a national level".

James Robertson, the former chief economist at the Na-

tional Audit Office, concluded that investing in alternatives to custody for women could reduce offending and was ultimately more cost effective.

The average annual cost of a women's prison place is £56,415, while an intensive community order costs between £10,000 and £15,000.

Mr Robertson said women released after serving a sentence of less than 12 months were more likely to reoffend than those who received a community order.

John Thornhill, the chairman of the Magistrates' Association, said: "You are not going to save significant amounts of money unless you close whole prisons. We've got to do that by ensuring that for the short term offenders we have strong, challenging, and viable community programmes that they can respond to."

Juliet Lyon, the director of the PRT, said: "This sharp economic analysis and clear-sighted independent report should prove the catalyst for the national and local government leadership needed to reduce women's offending and drive women's prison numbers down."

Three weeks ago the Ministry of Justice (MoJ) announced £3.2m of funding to enable centres for female offenders to remain open in 2011-12. The taskforce described the move as "undoubtedly positive news", but warned: "The current situation of regular funding crises and last-minute rescues is counterproductive and should be resolved."

**An MoJ spokesman said: "At the forefront of the justice system is the development of community based women's services, which aim to address the underlying reasons for many women's offending, such as drug and alcohol addiction, mental health and their often long histories of domestic violence and abuse. This work will continue." -**

<http://www.independent.co.uk/news/uk/home-news/report-proposes-closing-womens-prisons-2293495.html>

*cont'd*

A radical call for the closure of women's prisons is the key recommendation of a report published today by the Women's Justice Taskforce, which calls for the savings to be reinvested in community-based alternatives to custody. The Justice Secretary, Kenneth Clarke, should give the report careful consideration as he completes his White Paper on sentencing, which is to be published shortly and will look hard at ways to cut the total number of prisoners in Britain – at more than 85,000, the highest as a proportion of the population in Europe.

In the context of Mr Clarke's description of prison as a "revolving door", almost as an alternative welfare system, the statistics about women prisoners give cause for concern. It is disturbing that the number of women prisoners has risen threefold in Britain over the last 15 years, that so many – at least 70 per cent – have mental-health issues, that 40 per cent have no qualifications and that although they comprise a small fraction of the overall prison popula-

tion – just over 4,200 out of 85,000 – they are responsible for almost half the annual recorded incidents of self-harm in prison. Most importantly, most women in jail are not guilty of violent offences, the largest categories having been put there for stealing or handling stolen goods or drugs offences.

No one is suggesting that women criminals should be singled out for special treatment and automatically exempted from jail terms. Rather, as an overwhelmingly non-violent category of prisoners, they should stand to benefit disproportionately from Mr Clarke's stated aim of reserving custodial sentences primarily for people who pose a physical danger to the public. It may satisfy some people's desire for punishment to see thieves and drug dealers also doing time, but the Justice Secretary is right to question what purpose is being served, if the only result is to confirm these offenders in lives of petty crime.

Mr Clarke has already set about an ambitious campaign for penal reform. Whether or not he decides that all women's prisons need to be closed, women prisoners are a category that deserve his close attention. -

<http://www.independent.co.uk/opinion/leading-articles/leading-article-the-future-of-womens-jails-merits-atten->

## ***Cutting Girls Self Defence Funding***

***Girls' Self Defence Project: Last year, 8000 girls completed an eight-hour schoolbased programme to learn the fundamentals of protecting themselves from all kinds of violence. They joined more than 70,000 others who have gone through the programme in the past 15 years. The programme works. Ninety seven percent of girls who have completed the courses say they now know ways to deal with unsafe situations. Offering the programme through schools means ALL girls are reached. Cutting it means relying on out-of-school courses that will not reach girls from disengaged families. Also, girls in abusive situations will miss out because their families are unlikely to send them on such a course.***

### **Self Defence Funding Under Threat**

**All funding for the Girls' Self Defence Project is to cease from 30 June 2011 as part of a reallocation of government funding.**

After 15 years of successful operation, reaching over 77,000 girls throughout Aotearoa/New Zealand, the Girls' Self Defence Project may cease to exist by the end of the year.

### **Self defence stories from girls**

Two 12 year old girls were followed home from school by a man in a car. He asked the girls questions, and tried to get them to come closer to the car. The girls knew that recently other girls in the area had been trailed by a man in a car, and their instincts told them this man was not to be trusted. One of the girls called out the registration number of the car and a description of the man while the other girl wrote this information down. As soon as the man saw what they were doing he took off in his car. The police used the registration

number to catch him.

An 11 year old girl told the self defence teacher of a family member who was sexually abusing her. The abuser ended up in court, and was convicted. The abuse stopped.

A 7 year old girl walking through Hagley Park was confronted by a flasher. She walked right up to him and kicked him hard in his genitals, then ran for help. The man was arrested.

## Girls' self defence stories from schools

A pupil who did this course last year was able to speak assertively and carry out a safety plan yesterday when approached by a youth on the way home.

A girl who was taught self defence last year was able to support her mother to leave an abusive partner. They made a plan and left when the partner was out at night. The girl and her mother now live in another town.

## Self defence stories from teen-



## agers

A 16 year old girl was at a party at a friend's house when she was followed and 'cornered' by a guy. She turned and kicked him. He left her alone after that.

A 19 year old was out one evening in Wellington. She headed down the street to join friends at a bar when she was grabbed from behind by a man. She peeled his little finger back and kicked him in the shins to make him release his grip. Then she turned and followed up with

a punch, before taking off to safety. She had done a self defence course 7 years earlier.

## Self defence stories from adult women

A small woman in her fifties was in a lift when she was grabbed by a man. She broke his grip then kicked him to the knee to make him fall to the ground so that he couldn't attack her again. As soon as she could leave the lift she notified building security.

A woman whose husband was violent after drinking attended a self defence course. The next few times he came home drunk from the pub and tried to grab her, she blocked the grabs. He couldn't get a hold on her. His attacks always started with grabbing her and when this no longer worked his pattern of behaviour was interrupted. He stopped his attacks.

A woman woke up one night to find two intruders in her room, one wielding a knife and the other with a bottle. She was outraged, and sat up and yelled at the men to drop their weapons and GET OUT NOW! They did!

## Self defence stories from older women

An elderly woman was sitting at a dinner party with friends. The man sitting beside her put his hand on her knee and started to fondle her leg. She was not impressed — and immediately picked up her fork and whacked it into the back of his hand. He yelped and took his hand away. Everyone at the table saw what happened. The man was embarrassed by being caught out, and the woman was proud of her response.

An older woman moved into a unit after she was widowed. One evening she was doing the ironing in the kitchen. The window beside the kitchen to the outside was open, and she was astonished to see a large male hand come in the window and start to unlock the door from the inside. She unplugged her iron, strode across the kitchen, and held the burning-hot iron against the back of his hand.

There was a cry of pain from outside the door, the hand disappeared, and she heard footsteps running away. Two days later she noticed one of her neighbours had an iron-shaped burn on the back of his hand. She informed the police and he was dealt with. For more information go to *Women's Self*

*Defence Network*

<http://www.wsdn.org.nz/>

Below is a reflection on Anzac Day by Marianne Bevan, one of the recipients of the 2010 White Poppy Peace Scholarships.

# Some thoughts on Anzac Day

Marianne Bevan

April 2011

Last year there were some tensions about white poppies being available around Anzac Day. There was an expectation by some commenting on the issue that a side must be chosen - red poppy or white - and the choice was assumed to indicate whether one supported war veterans. Yet the white poppy is an international symbol of remembrance for all the casualties of war - civilians and armed forces personnel, including veterans - and of peace. Although much was said in the media coverage in 2010, what generally failed to emerge was genuine discussion about what the white poppy represents and what this means for how we as New Zealanders understand Anzac day and our involvement in conflict more generally.

As a recipient of one of the White Poppy Peace Scholarships, awarded to assist my research on alternatives to militarism in Timor-Leste, at times some of the public commentary made me feel that my status as a “real New Zealander” was under threat. For some people Anzac Day has become a day to reflect on our national identity, an identity based on characteristics shown by the Anzacs which is then seen as representing a shared “New Zealandness”. However if Anzac day is to rightly be a day to not only remember those who have died in war, but also to discuss how we understand our place in the world, there needs to be more discussion about what Anzac day means to different people.

Focusing only on how a specific group of people were affected by war, and seeing our “New Zealandness” as being shaped through this, is problematic because it creates an inaccurate understanding of our history. Thinking about both soldiers and other victims of war on Anzac day - such as civilians, the families of military personnel, the victims of wartime sexual violence, and conscientious objectors - can enable us to gain a more comprehensive understanding of our history. From this we can draw a broader range of lessons about our role in creating and maintaining peace in the world.

***On Anzac day we should remember civilian casualties and the victims of sexual violence during war. The latter (largely, but not exclusively, women and girls) are often written out of the history books. It is well documented that during armed conflict, women and girls are sexually assaulted by military personnel from all sides. It is also well documented that during and after armed conflict, rates of domestic violence increase; especially when military personnel suffer from Post Traumatic Stress Disorder. Remembering civilian casualties and victims of sexual violence on a separate day, as some have suggested, fails to recognise that war, civilian hardship and sexual violence go hand in hand.***

Similarly, the continued failure to take seriously the sacrifices that conscientious objectors have made also acts to misrepresent history. There was never unified support for New Zealand's engagement in the world wars or more recent wars. Many people have not agreed, for a variety of reasons, that warfare is a legitimate means to solve disputes. This was, and continues to be a valid position to take as history abounds with examples of how non-violent responses to state violence have succeeded in protecting citizens.

However those who objected to World War One, for example, were treated extremely inhumanely. Archibald Baxter, a conscientious objector in New Zealand during World War One, has documented how he spoke with many people who did not agree with warfare as a legitimate means to solve disputes, but were too afraid to resist it for fear of punishment. Archibald experienced this punishment when he - along with others - was forcibly shipped to the front and tortured while his family was ostracised by society at home. In the fight for 'freedom' many people's freedoms were curtailed. Recognising that these people were also victims of war does not take away from the sacrifices that soldiers made in battle. Rather, it shows how destructive war is, for everyone.

The issue of how we engage in conflicts overseas continues to be relevant today. We currently have SAS combat troops in Afghanistan and there is little public debate about whether being involved in that conflict is helping to create peace there.

These issues are also relevant for how we understand our role in peacekeeping. The work of New Zealand peacekeepers around the world is something we should be proud of and appreciate on Anzac Day. However we should also remember that peacekeeping often becomes a last resort that is used when other attempts at creating peace have failed. In many cases, peacekeepers are used because other means of resolving conflict have not been tried. Timor-Leste provides one example of this: for 24 years successive New Zealand governments largely failed to condemn the brutal Indonesian occupation or to push for peaceful means to resolve that conflict. It was not until after large-scale violence erupted in 1999 that peacekeepers were then sent.

***Therefore, on Anzac day it is not enough to only remember and to acknowledge sacrifice of soldiers. That does not prevent future wars. In order to discuss what role we as a country want to have in maintaining peace, we need to think more broadly about the different ways people are affected by armed conflict and learn from the many different ways people work to create peace.***

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Peace Movement Aotearoa

the national networking peace organisation

PO Box 9314, Wellington 6141, Aotearoa New Zealand

Tel +64 4 382 8129, fax 382 8173 email pma@xtra.co.nz

Website - <http://www.converge.org.nz/pma>

Not in Our Name - <http://www.converge.org.nz/pma/nionnz.htm>

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>> war on terrorism? war is terrorism <<

## ***Building a great family team***

***Great Kids need great parents and with the right tools anyone can be a great parent! If you are looking for practical strategies, inspiration, encouragement and insight then a Toolbox parenting group is for you.***

***Toolbox parenting groups are a unique and fresh approach to parent education. In an informal, relaxed and friendly environment participants are equipped with practical skills and strategies that can be immediately put to use. Over six sessions key parenting principles are explored and participants are encouraged in their parenting.***

***The cost is \$67.50 for an individual or \$90 for a couple – subsidies are available***

***For more information contact Natalie on 934 8483 or e-mail [HuttTBX@ParentsInc.org.nz](mailto:HuttTBX@ParentsInc.org.nz)***

## ***Early Years Toolbox***

***Tuesdays 28th June to 2nd August 2011 | 9:30am to 11:30am***

***Hutt City Church, 22 Marsden St, Lower Hutt (by the Ewen Bridge)***

***A creche will be available on site for participants preschool children***

***[Click here to book online](#)***

## ***Tween & Teen Toolbox***

***Wednesdays 29th June to 13th July (break for holidays) 3rd to 17th August  
| 10am to 12pm***

***The Family Centre, 71 Woburn Road, Lower Hutt (behind the library)***

***To book online visit [www.theparentingplace.com](http://www.theparentingplace.com) and go to the events page  
(online booking should be available from later today)***

# ABORTION STORIES

*A groundbreaking book by Dame Margaret Sparrow on the story of abortion in New Zealand from 1940 to 1980 has just been published. **Abortion Then and Now** features the personal stories from women who had an abortion during the four decades prior to the passing of the Contraception Sterilisation and Abortion Act (CS&A Act) in 1977 and the subsequent 1978 amendments. Their experiences, revealing the suffering and resilience of these women, are deeply moving and vividly convey 40 years of change in New Zealand society that finally made the CS&A Act possible.*

*In the 1940s deaths from septic abortions were an ever-present fear and left many families devastated by a tragedy that they could never talk about. In the conservative 1950s deaths from sepsis were less common but there was a network of clandestine abortionists in every community who faced imprisonment and heavy sentences when brought before the courts. The 1960s brought the contraceptive pill, feminism, and towards the end of the decade, safer abortions in Australia.*

The 1970s saw abortion catapulted into the public domain, with protests and debate that culminated in significant law reform in 1977, after which the medical profession finally took responsibility for establishing safe abortion services for women.

*As well as the women's stories the book features accounts from the police, doctors and some of the pro-choice activists and advocated who worked to bring about much-needed change.*

In the introduction to her book Dame Margaret Sparrow who was awarded the DCNZM in 2002 for her services to medicine and the community writes: "Abortion is a topic neglected even by health professional because there is little compensation for getting involved. There is still a stigma attached to abortion and a need to dispel some of the secrecy that surrounds it – much of it because it has been regarded as a crime rather than as a woman's health issue.

Many young women are unaware of the struggles of the past, taking for granted the safe medical abortion services that now exist. But they owe a debt to women who have gone before. Knowledge of our history helps us understand the present so we are better able to protect future generations from the indignities of the past. Honesty is also important, because if we do not understand the truth we may stumble on the wrong solutions."

After more than 30 years it is time to review the present system and make the necessary legislative changes.



# UN Report: 'The situation of Maori people in New Zealand'

## 22 February 2011

This message is to let you know that the Advance Unedited Edition of the Report of the Special Rapporteur on the Rights of Indigenous Peoples, James Anaya, 'The situation of Maori people in New Zealand' is now available at <http://www.converge.org.nz/pma/unsr2010.htm>

The 24 page Report includes 3 introductory paragraphs, 17 pages summarising the Special Rapporteur's findings during his follow-up visit in July 2010 on a range of Treaty of Waitangi, human rights and constitutional issues relating to Maori, and 19 paragraphs of conclusions and recommendations. The summary outline of the Report is included below.

### Summary

The present report examines the situation of Maori people in New Zealand on the basis of information received during the Special Rapporteur's visit to the country from 18-23 July 2010 and independent research. The visit was carried out in follow up to the 2005 visit of the previous Special Rapporteur, Professor Rodolfo Stavenhagen. Its principal focus is an examination of the process for settling historical and contemporary claims based on the Treaty of Waitangi, although other key issues are also addressed.

Especially in recent years, New Zealand has made significant strides to advance the rights of Maori people and to address concerns raised by the former Special Rapporteur. These include New Zealand's expression of support for the United Nations Declaration on the Rights of Indigenous Peoples, its steps to repeal and reform the 2004 Foreshore and Seabed Act, and its efforts to carry out a constitutional review process with respect to issues related to Maori people.

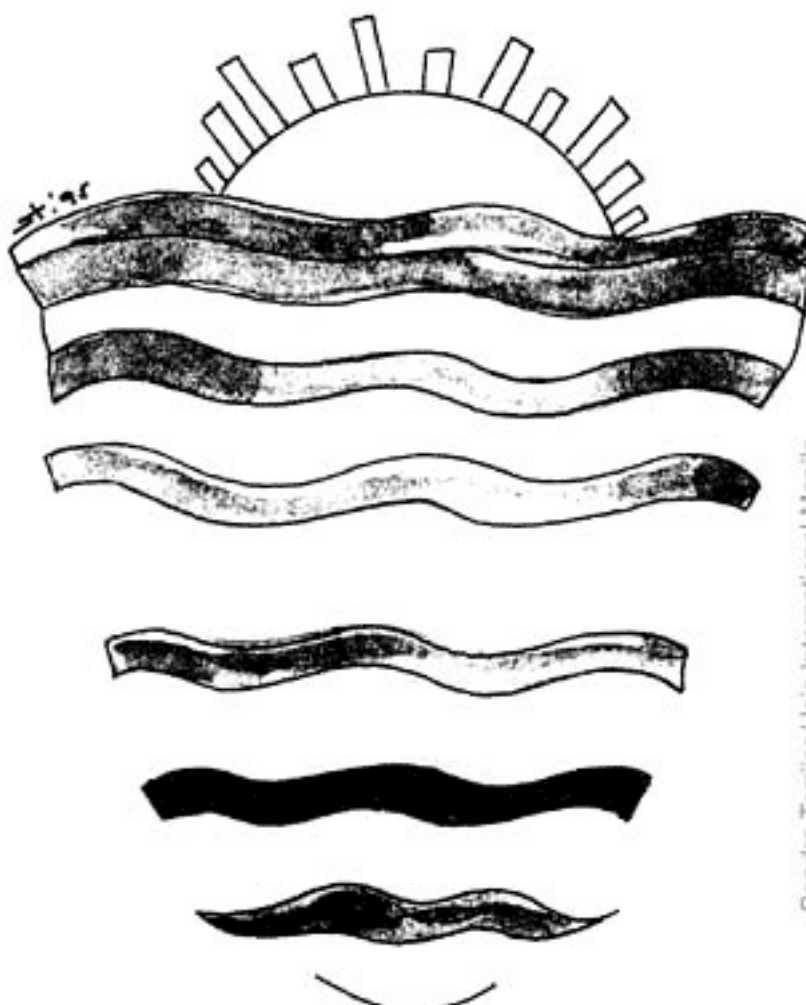
Further efforts to advance Maori rights should be consolidated and strengthened, and the Special Rapporteur will continue to monitor developments in this regard. The Special Rapporteur emphasizes the need for the principles enshrined in the Treaty of Waitangi and related, internationally-protected human rights to be provided security within the domestic legal system of New Zealand so that these rights are not vulnerable to political discretion. Also, the new Marine and Coastal Area Bill should be in line with international standards regarding the rights of indigenous peoples to their traditional lands and resources.

Additionally, efforts to secure Maori political participation at the national level should be strengthened, and the State should focus special attention on increasing Maori participation in local governance. New Zealand should also ensure that consultations with Maori on matters affecting them are applied consistently and in accordance with relevant international standards and traditional Maori decision-making procedures.

The treaty settlement process in New Zealand, despite evident shortcomings, is one of the most important examples in the world of an effort to address historical and ongoing grievances of indigenous peoples, and settlements already achieved have provided significant benefits in several cases. However, steps need to be taken to strengthen this process. It is necessary to ensure funding for the Waitangi Tribunal so that it can carry out its pending caseload of historical grievances in an efficient and timely manner.

Furthermore, with respect to Treaty settlement negotiations, the Government should make every effort to involve all groups that have an interest in the issues under consideration. Also, the Special Rapporteur encourages the Government to show flexibility in its positions during settlement negotiations. In consultation with Maori, the Government should explore and develop means of addressing Maori concerns regarding the Treaty settlement negotiation process, especially the perceived imbalance of power between Maori and Government negotiators.

Finally, the Special Rapporteur cannot help but note the extreme disadvantage in the social and economic conditions of Maori people in comparison to the rest of New Zealand society. While some positive developments have been achieved since the visit of the former Special Rapporteur, more remains to be done to achieve the increased social and economic parity that is necessary for Maori and non-Maori New Zealanders to move forward as true partners in the future, as contemplated under the Treaty of Waitangi.



Sandra Torrijos/ Isis International Manila

## Newsletter Collective Statement

We would like this newsletter to be:

- ✘ a creative outlook for writers and artists and that means you
- ✘ a publication that provides information relative to women
- ✘ a publication that informs women on Women's Centre activities and other activities for women in the region.

We know we will make mistakes but hope we can learn from these and be open to criticism and change, and to sharing skills and resources with other groups.

The newsletter collective reserves the right not to publish letters which conflict with Women's Centre philosophy. We may not agree with the views expressed in letters. Some letters are edited in consultation with the writer. We do not publish personal attacks. Letter addressed to the newsletter collective are assumed to be intended for publication. Please indicate clearly if they are not.

## Women's Centre philosophy

The Women's centre:

- i) recognise and work in the spirit of the Tiriti o Waitangi;
- ii) confront women's oppression and empower women to take control of their own lives
- iii) oppose discrimination by those who have power against those who do not. This includes discrimination against women, especially Maori women, Pacific Island women, women of colour, lesbians, those who are differently abled, young, old, working class and those with different spiritual beliefs.
- iv) promote a safe supportive environment for all women and children;
- v) promote the sharing of power and resources;
- vi) act as a resource and information centre for the community.

The news letter is free to Women's Centre members and women's organisations. To join the Lower Hutt Women's Centre, send \$27 waged, \$15 unwaged, \$10 teenage, \$5 children to 186 Knights Road Lower Hutt. Membership also entitles you to borrow books, magazines, tapes, videos etc from the library for up to one month.

Name:	
Address:	
Phone:	
Enclosed is:	
Subscription:	
Waged/Unwages/Teenagers/Children	\$27/\$15/\$10/\$5