

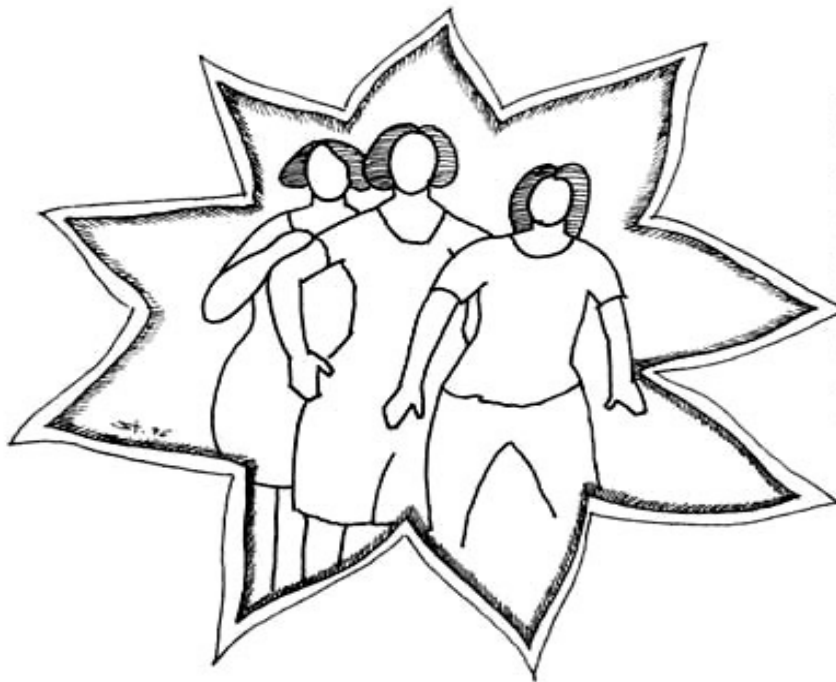


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Newsletter of the Lower Hutt Women's Centre

Hakihea 2011 Vol.19 No.1

The Rising of the Women is the Rising of Us All



Sandra Torrijos / Isis International-Manila

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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

186 Knights Road, Central Hutt

Lower Hutt 5011



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

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.



book a lesson

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**

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

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.

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

Every Wednesday at 1pm - 2.30pm

Facilitator: Julie Smart



My Mother My Self

The inspiration to run the Workshop "My Mother My Self" has grown out of Women Who Love Too Much workshops. Guilt was one of the emotions that women identified, through these workshops, as influencing them today.

The workshop will look at the issues of guilt including; mother guilt, our mother's guilt – how much did we inherit from her, and how we are controlled through guilt.

Other issues include; looking at concepts of what stops us from living our own authentic lives, our relationship with our mother, how our relationship with our mother influences how we are today.

"Understanding what we have with our Mothers is the beginning of understanding ourselves".

"Our Mothers had not raised us to feel

comfortable with autonomy, sexuality, a life different from theirs". Both quotes from Nancy Friday in My Mother My Self.

This is an experiential workshop and participants need to have a commitment to their own development and need to have previously attended other growth groups.

Weekend Course:

Facilitator: Ally Andersun

Dates: Friday 8 Saturday 9 and Sunday 10th April 2011

Time: Friday 7 – 9,30pm, Sat 10-5pm Sun 10-4.30pm

Venue: Women's Centre

Enrol: Only by payment or deposit

Cost: \$62/\$31 Waged/Low waged

10 maximum and 6 Minimum for course to commence.

Phone 5692711

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 13 Saturday 14 and Sunday 15th May 2011

Venue: Women's Centre

Enrol: Only by payment or deposit

Cost: Waged \$62 Low or Unwaged \$31

2 places available at time of printing

Participants are expected to attend the full course

6 Minimum for course to commence and 7 Maximum.

Facilitator: Ally Andersun

Phone 5692711

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.

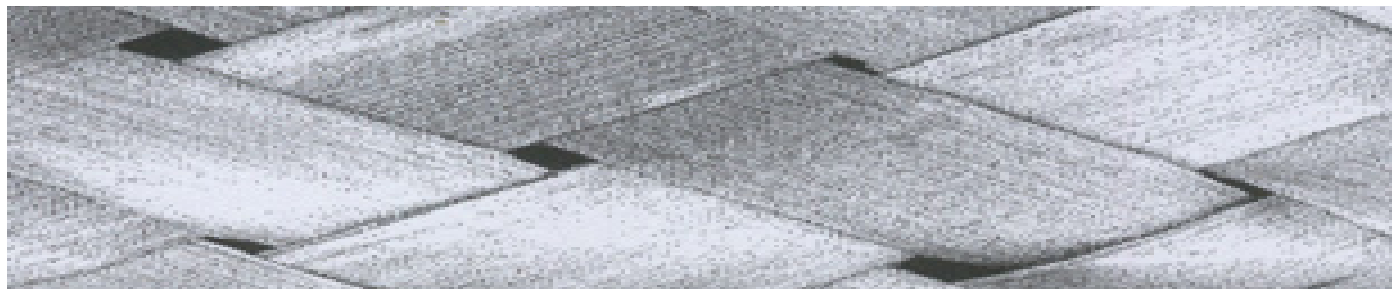
Time: 10-4pm

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 (Attend one or more)

Workshops for women, you can be experienced or complete beginners. The workshops will be based on you expressing yourself through painting and learning techniques at the same time. Techniques (one for each workshop), will be taught. Come along and have a creative and relaxing time in a supportive environment. You can work on new projects each workshop or carry on with your work from the previous workshop. Linda is an experienced art tutor - who will guide you as you want.

Workshop One: **1 May 2011**

Workshop Two: **19 June 2011**

Workshop Three: **7 August 2011**

Workshop Four: **18 September 2011**

Workshop Five: **6 November 2011**

Workshop One

There are two place left on this workshop.

Facilitator: Linda Wood

All equipment supplied

You can attend one or all of the workshops.

Times: 10-4pm

Cost: \$22 per workshop

Enrolment by payment or deposit only.

Phone 5692711

Self Esteem Workshops

For Women

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

Friday Morning

2011

Accepting Responsibility for Self	Jan 28
Coming to Grips with Feelings	Feb 4
Talking About Ourselves	Feb 11
Beliefs About Self	Feb 18
Expressing Pride in Self	Feb 25
Letting Go of the Past	Mch 4
Respecting Self and Others	Mch 11
Striving for Pure Motives	Mch 18
Putting Yourself in Neutral	Mch 25
Having the Courage to be Imperfect	April 1
Developing Courage	April 8
Willpower	April 15
Anger as a Strength	April 29
Developing Self Knowledge	May 6
Self Love	May 13
Acknowledging Self	May 20
Enhancing Self in Terms of Awareness	May 27
Acceptance and Use of Strengths	June 3
Positive Thought and Talk	June 10
Messages About Self	June 17

Tuesday Evening

2011

Developing Courage	Jan 25
Willpower	Feb 1
Anger as a Strength	Feb 8
Developing Self Knowledge	Feb 15
Self Love	Feb 22
Acknowledging Self	Mch 1
Enhancing Self in Terms of Awareness	Mch 8
Acceptance and Use of Strengths	Mch 15
Positive Thought and Talk	Mch 22
Messages About Self	Mch 29
Accepting Responsibility About Self	April 5
Coming to Grips with Feelings	April 12
Talking About Ourselves	April 19
Beliefs About Self	April 26
Expressing Pride in Self	May 3
Letting Go of the Past	May 10
Respecting Self and Others	May 17
Striving for Pure Motives	May 24
Putting Yourself in Neutral	May 31
Having the Courage to be Imperfect	June 7

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.

Friday Morning Stephanie Brockman

Tuesday Evening Julie Smart



Clay Workshops

We will be running a few clay sculpture workshops during the year - these will be run on a Thursday afternoon in sets of two - so enabling women to sculpt something and then the next workshop glazing.

Tutor: Carol Baker

Time: 12.30-2.30pm

Dates: 31st March 2011 and 24th April 2011

Cost: \$15 included firing, glaze and clay

Enrolment by payment or deposit

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 30th March 2011

Time: 7-9.00pm

Cost: \$50

Enrol WEA 5692292

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.

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 **25th May 2011**

Time: 7-9pm

Cost: \$50

Enrol: WEA 5692 292 Facilitator: Ally Andersun

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

Dates: Frid 1, Saturday 2 and Sunday 3 April 2011

Time: Frid: 7-9.30pm 10-5pm each other day

Venue: Women's Centre

Enrol: Only by payment or deposit

Cost: Waged \$62/Low or Unwaged \$31

Facilitator: Ally Andersun

6 Minimum and 10 Maximum for course to commence

Participants are expected to attend the full course.

Phone: 5692711

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

Women Who Love Too Much **(Workshop Two)** **(Codependency/Addiction)**

Weekend Course

Dates: Frid 10 Saturday 11 and Sunday 12 June 2011

Time: Frid: 7-9.30pm 10-5pm each other day

Venue: Women's Centre

Enrol: Only by payment or deposit

Cost: Waged \$62/Low or Unwaged \$31

6 Minimum for course to commence and 10 Maximum

Participants are expected to attend the full course.

Facilitator: Ally Andersun

Phone 5692711

This weekend is for women that have completed the first weekend. This weekend will be for women that want to work therapeutically with these co-dependency issues. The workshop will give participants an opportunity to explore their own issues around co-dependency and process addiction. We will also explore the origins of your behaviour and ways of changing and developing in yourself.

Meditation for Women

The Beauty of the Breathing A 6-week Meditation Course with Ruth Pink

Beginner and experienced meditators welcome.

6 Thursdays starting 28 April 2011 Time: 6.30-8.30pm

Cost: \$45/\$25 Waged/Unwaged Phone: 5692711

Meditation is an ancient art with many possibilities for modern application! Using simple techniques of watching and being with the breath, it is designed to help people to calm the mind and to live well. It is one of the cheapest, most portable kinds of healthcare and self help around. Meditation can be used to manage stress, pain, anxiety and depression. It is also a way to connect more deeply with the richness that we are, a way to come home to beauty and peace.

During this six week course, 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.

The course will include mediation practice, art work, gentle body movements, discussion and sharing. Each participant will be encouraged to reflect on things she'd like to change in her own life.

This course would suit people who are new to meditation and those who are looking to revitalize their practice.

Ruth Pink is a writer, poet, counsellor and celebrant. She has been meditating and studying meditation for more than 17 years. A stressful job brought her to meditation and a serious illness helped her really practice it! Ruth is connected to the Wangapeka Study and Retreat Centre in Nelson, and has studied with the Venerable Tarchin Hearn, the Venerable Namgyal Rinpoche, Leander Kane and many other teachers whose wisdom has enriched her life.

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

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

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.

Financial Workshop for Women

Planning for A Debt Free Future (How To Have More Dollars Every Day)

This course is run over three sessions, one hour each session.

Dates: Mondays 16th May, 23rd May and 30th May 2011 Time: 10-11am

Facilitator: Fiona Christie

There is no charge for this course but you do have to register your enrolment. Please phone 5692711 to register.

Session One: How to have more dollars every day

This one hour session lays the foundations for personal financial planning. It is illustrated with practical examples and all participants are given templates to use for themselves at home. This relevant and practical introduction to personal budgeting lays the foundations for the following sessions.

Key points covered:

- Why we need a budget – how it can help us plan our finances
- What is a cashflow – a powerful tool to help us too
- How to eliminate debt – the effect of different interest rates
- The four T's to money management
- Key steps to a better financial life

Session Two: How to Prepare a Household Budget That Actually Works

This one hour session will cover how to prepare a budget which records income and your expenses and also how to fix a budget when your expenses are more than your income.

Key points covered:

- How to prepare a budget
- How to record income and expenses
- How to fix a budget in a deficit

Session Three: How to Eliminate Debt and Control Your Cash-flow

This one hour session will cover how to prepare a plan to pay back debt and how a cashflow forecast can help you to have money to pay your bills when they are due.

Key points covered:

- *What a cashflow forecast is and how to use it to pay your bills*

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 9th June 2011

Time: 7-9pm

Cost: \$40 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, and Certificate in Adult Teaching. She has been counselling for 11 years and social work approx 9 years.

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 a 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**

Any body

<http://anybody.squarespace.com/anybodys-aims/>

This page and the following three pages are from the **anybody** website (above)

AnyBody promotes diversity in the representation of, and provision for, bodies of all sizes. We are working to encourage the fashion industry to broaden the size ranges they manufacture and to use models who more accurately reflect the size of ordinary women.

Media And The Definition Of Beauty

AnyBody intervenes with the media's portrayal of beauty, which fluctuates with the fads of the market upon which it is dependant. AnyBody aims to offer back to the individual a sense of her own beauty and thereby re-establish previously lost and damaged self-esteem.

Diet/ Food Industry and Attitudes to Eating and Body

AnyBody challenges the misconception that the diet industry is a benign or even helpful player in tackling the growing public emergency that is obesity. The industry's main effort is towards those who fail to meet the thin aesthetic: causing long term damage through disrupting natural 'set-point' weight, and making a profit out of the 97% recidivism rate, which leaves the majority of dieters in a state of body distress as they fight their bodies' exclusion from the glamorous world of thin and lose any sense of peace and beauty in the skin they are in.

AnyBody also challenges the judgemental language used to describe food and eating (such as 'sins' and 'points') and the misleading description of children's and 'healthy' products in order to develop a more simple, honest and autonomous relationship with nutrition and body

Anybody's 10 Positive Steps:

1. STOP WEIGHING YOURSELF

Scales are for fish, not people. Stop measuring how good you feel about yourself by what the scales tell you. Scales don't know you as a person and they cannot tell you how to think or feel. Take the power away from the scales and try to take control of how you feel about your body and about yourself.

2. STOP TALKING CRITICALLY ABOUT YOUR BODY

Be a positive influence to other women/men and especially young people, by not talking about your weight and about how you dislike your body. You may sometimes feel uncomfortable about feeling ok

about your body, when everyone else around you wants to change theirs. But every discussion we have about weight and body size leaves an impression on people around us. We are in danger of encouraging an unattainable quest for perfection if we continue to follow the rules laid out by the diet industry and media.

3. QUESTION THE MOTIVES OF THE DIET, COSMETIC AND FASHION INDUSTRIES

These industries make money by trying to determine 'the look' which women (and increasingly men) feel under pressure to conform to. Fashion and cosmetics can be an enjoyable aspect of life,

but is it worth trying to buy into the unrealistic ideals? Experiment with what suits you and your body, rather than being told what should do so.

4. VALUE YOUR MONEY

If you didn't buy into unrealistic and destructive eating regimes and you spent your earnings more on what reflected the person you are, would you still spend your money on the same things and in the same way?

5. APPRECIATE YOUR BODY FROM A DIFFERENT PERSPECTIVE

Rather than being preoccupied with body size and shape, learn to enjoy the marvel that is your body through movement, exercise, nourishment, health, comfort and pleasure, for a more sustaining sense of self-acceptance.



Sandra Torrijos / Isis International-Manila

6. TRY TO EAT ACCORDING TO HUNGER

Instead of eating according to a set plan, respect and listen to the signals of your body which knows how much and what food it needs. When you are eating according to hunger most of the time, your body will adjust to the size you are meant to be.

7. THINK ABOUT THE QUALITIES YOU REALLY ADMIRE IN OTHER WOMEN

Think about the people you really like and admire. With these values you have, does it really matter whether these people conform to a mainstream depiction of size and shape?

8. CONSIDER HOW YOU DEAL WITH DIFFICULT EMOTIONS

If you stop translating difficult emotions into a preoccupation with body and size, there'll be more room and energy to focus on the real issues that make us happy or down at a particular time.

9. FOCUS ON THINGS YOU LIKE ABOUT YOURSELF

Rather than obsess on what you don't think is acceptable and are driven to change, ditch the idea of a 'perfect body'. Aim for the serenity to accept the things you cannot change, the courage to change the things you can, and the wisdom to know the difference.

10. BE A ROLE MODEL

It's never easy to go against the grain. But there have always been females/males who took risks to grow and who have set new standards. Blaze a trail to liking and being who you really are, body and beyond.

For further positive help visit out 'Body Image Workshop' section - where exercises personally designed for AnyBody by Susie Orbach herself will help you understand and improve your relationship with your body

Questions and Answers re: Body Image

Are there alternative forms of information exchange to target audiences and raise awareness ?

Yes of course, particularly useful is electronic networking and subverting the messages that we are being forced. AdBusters is a good example, and making use of open sources like YouTube in addition to working with commercial companies to change. Dove's Campaign for Real Beauty is another example. But government and funding regulators also need to work towards change. We want sustainable bodies and we want to make sure that fashion schools, the food industry, the diet industry and the advertisers are made accountable if they continue to exploit and perpetuate body hatred. Psychotherapists Birgitta Johansson and Mary-Jane Rust delve into the major issues surrounding self-image that made the founding of Anybody important to them.

Why are so many women suffering from low self-esteem and how does this link to eating problems?

MJ: This is a complex question that relates to the history of Western culture, where women are used to their bodies and appearances being evaluated rather than their skills and ambitions have come to feel inferior to men. Women rely on having the 'right' size body (which varies according to the times we live in) to feel successful.

Is having a body image problem a disease?

MJ: Only in the sense that they are 'ill at ease' with their bodies. But it is not a physical disorder, although there may well be physical problems which result from continual dieting.

B: Images are produced by trends and attitudes towards women. These can form a pressure on women that lead to psychological stress. Eating disorders might become one way of coping with pressures on how the body is

supposed to look.

How can you reduce the suffering?

By having a nationwide education programme about how one might recover from this problem, which would address the difficulties at a societal level. There has already been a response to from TV programme makers to air documentaries on super-dieting, or the effects of anorexia especially children. There should also be further regulation on advertisements for weight-loss products and unhealthy food. Any advertising that promotes a sense of body hatred, or incites the consumption of junk food to you children should be banned (as it has been in Sweden). Funding could enhance the development of



educational and therapeutic programmes to help sufferers in all kinds of ways, and study initiatives in other countries or areas of health such as those that have been launched to stop drug addiction and smoking.

Once you have suffered from an eating problem is it ever possible to get completely better from it?

Many women do recover.. but it is a lifelong task to stay comfortable with one's body if different body sizes in women are not taken for granted.

How can anybody get away from worrying about their body size?

There are several ways to establish 'body security'. Firstly, stop relying on others (diets, people etc) to tell you what to eat, when, how much etc. Start to trust your own body. Learn how to listen to different kinds of hungers: emotional hunger, physical hunger. Learn how to respond to emotional hunger without using food. Understanding that success, feeling good inside, finding the love and nourishment in your life, is not dependent on being thin. Check this out in your own life experience. It's true!

Are eating problems to do with the relationship we have with our mothers?

MJ: Yes, in as much as most daughters tend to identify with their mothers, so that if mother is insecure in her body, goes on diets, etc, then probably her daughter will learn that this is

part of being an adult woman. And this can start at a very early age.

B: Too many children are given food instead of attention and encouragement.

How can we help our children/daughters not to start this treadmill of hating their bodies and dieting, especially when they are surrounded by it at school?

We could have educational programmes for them at school that focus on emotional literacy and food/body image education. Programmes should also be set up to help mothers from the moment they begin to nurse their newborns to guide them away from passing anxieties around food to their children. It is important to promote visual literacy in schools that allow both girls and boys to understand what motivates advertising and how manipulated images of the perfect face or body are fabrications of an industry. We need to surround ourselves with more diverse images of women in the media.

Do you think the problem is going to get worse?

As Western-style tv and advertising are inevitably exported around the globe, the problems associated with the visions they promote have been proven to influence young people and change cultures for ever, especially with regard to how women regard their bodies. This situation will get worse if we do not attend carefully to what is happening and press for change now

Fashion's ultimate insult to women: The latest way of demeaning real women is a male model dressed as a girl

By [Amanda Platell](#)

Eye for glamour: Andrej Pejic's flawless feminine features. For years now the debate has raged over size zero models, yet each year they became skinnier and less like women. No breasts, no curves, so desiccated by starvation they'd be unable to have a child even if they wanted to.

They became utterly defeminised. But by whom? Real women started to love their curves long before Christina Hendricks wowed the world in *Mad Men* with hers. And by all accounts men love them, too. So who drove this obsession to strip women of their femininity? It was an edict by the fashion mafia — buyers, trend-setters, photographers, but especially the designers. They decreed that to look good in their creations a model couldn't look like a woman. She had to be flat-chested, devoid of hips, with collarbones you could hook a clothes hanger on. In fact, she has to look less like a woman and more like a boy.

Size zero turned out to be an apt term as the most feted designers, mostly brilliant gay men, effectively tried to squeeze women out of the fashion equation. And now they have.

Who could have predicted that the ultimate solution to the Size Zero Debate would be Zero Woman. Because that's exactly what we have with London and New York Fashion Weeks, and Couture Week in Paris.

The new darling of the catwalk is a man. The Serbian-born model of female beauty is an androgynous lad of 19 from Melbourne. With his long blond hair, huge almond-shaped eyes, Angelina Jolie lips and a body as flat as a surfboard, Andrej Pejic is the toast of women's high fashion the world over. A beautiful teenager with the face of a girl and the body of a boy — the perfect expression of beauty for these top fashion designers.

Ruffling feathers: Pejic in that Gaultier wedding dress A star in stripes: On the catwalk in Paris last month. It's the ultimate in woman hating, to create a half-man, half-woman creature because the girls are simply not up to the job.

They're too, let's face it boys, womanly, even

when they've been starved to within an inch of their lives.

What an act of object misogyny.

This betrayal of women has been brewing in the fashion world for decades now. People point to the Sixties and Twiggy, the skinniest model in the entire universe, but she was a one-off, not a trend-setter.

Most women then would still have wanted the perfect hourglass figures of Ava Gardner or Jane Russell. And so would their men.

Another model, Brazilian Ana Carolina Reston, died shortly afterwards. The 21-year-old was 5ft 8in and weighed just over 6st when she died. But like many models, to work and keep the body shape required by the designers and the bookers, Luisel had to fight nature with starvation, with slimming pills, with laxatives — anything and everything to stay skinny.

You would have thought that would have been a wake-up call for the fashion industry but no, the designers wanted them even thinner — as demonstrated this week when Samantha Cameron sat in the front row of the Erdem show at London Fashion Week, watching a pair of chopsticks walking down the catwalk.

Chloe Memisevic, the model, was so thin she did not have an ounce of fat on her body. Caved in cheekbones, arms — if you'll forgive the analogy — that belonged to a concentration camp survivor. I was at London Fashion Week and I saw some of the women for myself. In the flesh they look even more hideously gaunt, legs without a defining muscle on them, knees that knock together as they walk, chests devoid of any femininity save the occasional pert nipple.

How did we ever get to the stage where we allowed a small group of designers — however talented — to determine that this is what is beautiful in a woman?

So step by step the elite of mostly gay designers has been creating catwalk designs for pre-pubescent teenagers, and each year wanting models who looked less and less like women. And the ridiculous thing is no woman can maintain a body mass index of around 18 — which is what a tall woman needs to look like a skeleton — without abusing their body.

The designers were wanting women to look more and more like young men. That, I am afraid, is the uncomfortable truth. So it was not a big step for them to start replacing women with teenage boys then, was it?

And so step forward Andrej Pejic. And in what must be the ultimate misogynist's in-joke, his explosive arrival on the elite fashion scene was at Couture Week in Paris last month when he was chosen by Jean Paul Gaultier to wear his show-stopping, semi-see-through wedding dress.

The bride with no breasts and a lunchbox was more like the bride of Frankenstein. You'd have thought the one walk-on part a woman could have in a designer's fantasy was as a blushing bride.

Don't get me wrong. The 19-year-old Australian is beautiful. He is clever too.

The son of an economist father and lawyer mother, he eventually aims to go into law himself. But he is still a fake. One of his admirers recently commented that he was beloved in the fashion industry because he is 'so at home in his own skin'.

Nonsense. He's at home in a woman's skin.

The truth is, it doesn't have to be like this. As Andrej was having his Brazilian wax in preparation for his catwalk appearances, the designer Roland Mouret was quietly opening a huge salon at 8 Carlos Place in Mayfair.

It owes its existence to a dress he designed some years ago — the Galaxy. He has been a phenomenal success because he understood that women have curves they can't do much about and men by and large like them, especially when they can be transformed from a muffin-top waistline into Marilyn Monroe.

And this as Mad Men shoots another series, mainly off the bosom of Hendricks, and Debenhams reports a 225 per cent sales increase in clothes that give women hourglass figures.

Even the original stick insect Victoria Beckham has jumped on the real woman bandwagon and designed her entire range around feminine curves.

It is not all hopeless. I went to the designer Amanda Wakeley's show and was moved almost to tears (very uncool I'm told) by the most sublimely beautiful clothes unashamedly designed for women.

They nipped in waists, complemented curves and celebrated cleavage. Andrej would have looked a right twit in them

Taken from the following website

<http://www.dailymail.co.uk/femail/article-1360460/Andrej-Pejic-Fashions-ultimate-insult-women-mans-dresses-woman.html>

The Causes and Prevention of Breast Cancer

On 4th March 2011 the University of Otago's department of Preventative & Social Medicine celebrated 125 years Public Health Teaching and Research by hosting a symposium in Dunedin in honour of Professor Sir David Skegg. Lynda Williams attended the symposium and reports on the presentation given by Valerie Beral –

Dame Valerie Beral, Professor of Epidemiology and Director of the Cancer Epidemiology Unit at the University of Oxford since 1998, is known for her leadership of the Million Women Study. Since it started in 1997, the Million Women Study has recruited more than 1.3 million UK women over 50 years of age via the National Health Service (NHS) breast screening centres. An incredible one in four UK women in the target age group are participating, making it the largest such study in the world.

Much of Professor Beral's research focuses on the role of reproductive, hormonal and infectious agents in cancer, and she leads major international collaborative studies on breast, ovarian and endometrial cancer.

In August 2003 Professor Valerie Beral's group published the landmark results showing that taking Hormone Replacement Therapy (HRT) increases a woman's risk of developing breast cancer, and that an estimated 20,000 UK women aged 50-64 years may have developed the disease between 1993 and 2003 due to their use of HRT. The use of oestrogen before or after menopause increases the risk of breast cancer.

The publication of these findings resulted in a dramatic drop in the use of HRT. Over the following few years several countries began reporting a decrease in their rates of breast cancer. Professor Beral reported to those attending the symposium that over a dozen countries have now recorded a significant drop in the incidence of breast cancer among their population. In a recent finding from the Million Women Study reported in January 2011 the team found that women starting hormone therapy at the time of menopause were at greater risk of breast cancer than those starting it later. (1)

The presentation in Dunedin focused on the major factors responsible for the rising rates of breast cancer throughout the world.

She listed five major factors that influence the risk of women developing breast cancer:

- *The age at which a woman has her first baby*
- *The number of babies a woman has, with each additional birth reducing her risk of breast cancer by 5-10%*
- *The time between each birth*
- *Breastfeeding for many months –the longer a woman breastfeeds the lower her risk of breast cancer.*



- *Incomplete pregnancies (miscarriage or abortion) have no effect*

Thus the more children a woman has, the younger she is when she begins having them, and the longer she breastfeeds them (eg one to two years) the greater the reduction in her risk of getting breast cancer. The protective effect of one full-term birth takes longer than 10 years to disappear.

According to Professor Beral the incidence of breast cancer in developed countries would be more than halved if women had similar childbearing patterns to women in developing countries – having a first baby in early adulthood, having 5 – 6 children and breastfeeding them for two years.

Professor Beral reported on studies undertaken on women in rural and urban Africa which revealed that when urban African women adopted the childbearing patterns of women in developed countries, their rates of breast cancer increased rapidly to match those of women in the developed world.

It is the short term exposure in early adulthood to the hormones oestrogen, progesterone and prolactin during a full-term pregnancy followed by a lengthy lactation period that provides life-long protection against breast cancer.

Incidence of breast cancer

In 2000 there were 1 million new cases of breast cancer.

In 2008 there were 1.4 million new cases of breast cancer.

In 2030 2 million new cases of breast cancer are expected.

Almost all the increase is in the developing countries as women from rural areas move to urban centres, have fewer children and start childbearing later.

The minor players

The other factors involved in the increasing rates of breast cancer are the age at the beginning of menstruation, the age at menopause, height, weight and the consumption of alcohol. Referring to the modifiable factors involved in the increase in the incidence of breast cancer in the UK, Professor Beral stated that the 50,000 new cases of breast cancer in the UK each year could be reduced to 40,000 if no women were obese and they drank no alcohol.

Genetic factors do not play a big part in the risk of breast cancer, as they need the impact of nutritional factors such as alcohol use and obesity before triggering any genetic factors that may then come into play, Professor Beral said.

Reference

<http://jnci.oxfordjournals.org/content/103/4/NP.1.full>

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International Women's Day

In 1869 British MP John Stuart Mill was the first person in Parliament to call for women's right to vote. On 19 September 1893 New Zealand became the first country in the world to give women the right to vote, but not to stand for Parliament. It was to be many years before women in other countries achieved equality and many campaigned for justice for decades

In 1910 a second International Conference of Working Women was held in Copenhagen. A woman named Clara Zetkin, leader of the 'Women's Office' for the Social Democratic Party in Germany, tabled the idea of an International Women's Day. She proposed that every year in every country there should be a celebration on the same day - a ***Women's Day*** - to press for their demands. The conference of over 100 women from 17 countries, representing unions, socialist parties, working women's clubs, and including the first three women elected to the Finnish parliament, greeted Zetkin's suggestion with unanimous approval and thus International Women's Day was born.

The very first International Women's Day was launched the following year by **Clara Zetkin** on 19 March 1911 (not 8 March). The date was chosen because on 19 March in the year of the 1848 revolution, the Prussian king recognised for the first time the strength of the armed people and gave way before the threat of a proletarian uprising. Among the many promises he made, which he later failed to keep, was the introduction of votes for women.

Plans for the first International Women's Day demonstration were spread by word of mouth and in the press. During the week before International Women's Day two journals appeared: *The Vote for Women* in Germany and *Women's Day* in Austria. Various articles were devoted to International Women's Day: 'Women and Parliament', 'The Working

Women and Municipal Affairs', 'What Has the Housewife got to do with Politics?', etc. The articles thoroughly analysed the question of the equality of women in the government and in society. All articles emphasised the point that it was absolutely necessary to make parliament more democratic by extending the franchise to women.

Success of the first International Women's Day in 1911 exceeded all expectation. More than one million women and men attended rallies around the world. Meetings were organised everywhere in small towns and even the village halls were packed so full that male workers were asked to give up their places for women.

During the largest street demonstration of 30,000 women, the police decided to remove the demonstrators' banners so the women workers made a stand. In the scuffle that followed, bloodshed was averted only with the help of the socialist deputies in Parliament.

In 1913 International Women's Day was transferred to 8 March and this day has remained the global date for International Women's Day ever since.

During International Women's Year in 1975, IWD was given official recognition by the United Nations and was taken up by many governments. International Women's Day is marked by a national holiday in about a dozen countries, but none in the western world.

This year March 8th marks the hundredth anniversary of International Women's Day. The theme for this year's celebrations is "*The Rising of the Women is the Rising of Us All*" and recognises the contribution of women across the globe and throughout history.

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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.

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