

## Iwi reports on its year

Ngāti Kahungunu's AGM  
Whānau Day at Splash  
Planet a day to treasure

Ruth Wong

**N**gāti Kahungunu Iwi Incorporated (NKII) held its AGM Whānau Day at Splash Planet on Saturday, November 25.

Weather forecasts leading up to the day showed rain, so it was great to see those who braved the weather and attended the hui.

This is the 17th year that the organisation has held its AGM at Splash Planet. Usually, the day is promoted as the "Kahungunu AGM Pā Sports Day" and draws in more than 20 marae teams that compete against each other in touch, basketball, netball, ki o rahi, volleyball and tug of war competitions held simultaneously around the outside of the complex, prior to the opening of the park.

In acknowledgement of the challenging year it has been for everyone, this year's focus was on bringing the whānau together to enjoy a day in the sun.

Unfortunately, the sun rays were slightly hidden, but it was certainly a "cool" day to remember.

Chairman of the iwi board, Bayden Barber, commenced the hui with a beautiful maumahara video presentation showing the names and photos of those loved ones who have passed away throughout the year.

In his chairman's report, Bayden presented his own video presentation that summarised some of the things that the iwi has done throughout the year, acknowledging the effects of Cyclone Gabrielle, the biggest natural disaster to impact



**Ngāti Kahungunu Iwi Incorporated held its annual general meeting (AGM) at Splash Planet on Saturday.**

Ngāti Kahungunu in a generation.

He acknowledged the marae in our communities that were devastated in the process, including Pōrangahau, Ōmāhu, Waiohiki, Mōteo, Pētane, Tāngōio and Takitimu along with many other communities throughout Hawke's Bay.

He acknowledged the huge contribution to the response and recovery efforts post-Gabrielle from Civil Defence, PSGEs, Taiwhenua, councils, and other community groups, other iwi and all donations that came from everyone throughout the country and overseas.

Key to this initial response was the Ngāti Kahungunu Tihei Mauriora Welfare Hub, led by Henry Heke and his team.

Bayden added that the recovery is going to take months, if not years. In the meantime, the people were

encouraged to look for ways to care for and strengthen one another mentally and emotionally as we continue to work through this healing process.

Bayden shared some of the difficult decisions that have had to be made throughout the year with the closure of Takitimu Seafoods in April due to the company's loss of \$14.9 million over the past three years and the forecasting of another significant loss for this current financial year, despite restructuring 40 staff only eight months earlier.

The closure resulted in the loss of 33 jobs. The losses at Takitimu Seafoods have put pressure on the Kahungunu Asset Holding Company's (KAHC) overall financial position, which has resulted in KAHC withholding its annual dividend to the shareholder (NKII) until such time that it is in a position to pay it.

This has limited the ability

of NKII to provide benefits to whānau and Taiwhenua.

The organisation has been unable to offer scholarships to students this year along with a range of other benefits to its members.

Bayden, who is also a director on the KAHC board, wants to improve the return on the assets so that KAHC can continue to support iwi aspirations.

He implored our people to be patient and allow the KAHC directors to return our iwi to a stronger financial position.

Despite the iwi's current financial position, Bayden acknowledged the NKII chief executive Chrissie Hape and her operations team, which has been able to achieve desired outcomes for whānau wellbeing amidst these testing circumstances.

The Te Reo team continued to host a successful Te Reo Symposium and a Kura Reo event.

The Environment team continued to host their 13th Fish Hook Summit. The events team held Waitangi Day and a number of Matariki events throughout the Kahungunu rohe.

Their annual report is quite impressive, considering the barriers that have presented themselves throughout the year.

Great things are happening in the Te Ara Toiroa space with regard to iwi development and partnerships. Under Chrissie Hape's leadership, the organisation has partnered with a number of government agencies who have seen the need for iwi input and leadership to achieve successful outcomes for whānau.

All in all, it was a fantastic day to come together to manaaki, to share, to learn of the things that the organisation is doing for its people.

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# Iwi farewells head of te reo tikanga and mātauranga

Dr Jeremy Tātere MacLeod has influenced the iwi through hard work, pursuit of excellence and tenacity

Ruth Wong

**N**gāti Kahungunu Iwi Incorporated has farewelled Dr Jeremy Tātere MacLeod as the director of te reo, tikanga and mātauranga, a role he has held for more than 13 years.

Jeremy was appointed to the position in August 2010 when he was 23 years old.

A working student out of EIT, managing a fruit packhouse as well as staying actively involved with everything at his marae and the community of Waimarama, constantly spending time with his mentors and reo friends, was the platform that sprang him into this position, a job that would see both Jeremy and Ngāti Kahungunu Iwi Incorporated thrive and grow from strength to strength in the te reo and tikanga world.

Jeremy came into office following in the footsteps of the late Megan Joe and Christine Teariki, Hawea Tomoana, Ihaia Hutana, Kym Hamilton, Ngairi Aben and Eru Tahuri who were all part of the te reo and mātauranga team just prior to Jeremy starting.

Jeremy applied for the job along with a number of other qualified and eligible applicants and he was quite surprised to be called to say he had the position.

He was supporting a group of Kahungunu kaumātua who were travelling to Ngaruawahia to attend the annual Koroneihana when he received the call from former chief executive Meka Whaitiri to say he had the job.

"That morning I received a

I was asked not to disclose the information [that he'd got the job], but it was hard to contain it because everyone on the bus was listening to the conversation.

**Director of te reo, tikanga and mātauranga Dr Jeremy Tātere MacLeod has been farewelled from Ngāti Kahungunu Iwi Inc.**

Photo / Te Rawhitiroa Bosch, Rawhitiroa Photography



Te Taiwhenua o  
**HERETAUNGA**

ORANGA HINENGARO  
TE POUTAMA TAUTOKO

**Are you ready to be part of our kaupapa Māori organisation?**  
*Ngā turanga waatea (job vacancies):*  
[ttoh.iwi.nz/careers](http://ttoh.iwi.nz/careers)

phone call from kaumātua Haami Hilton who asked me to represent Kahungunu and speak on the paepae at Ngaruawahia, so I jumped on the bus to tautoko. It was on our way back that I received a call to say I had the job," Jeremy said.

"I was asked not to disclose the information, but it was hard to contain it because everyone on the bus was listening to the conversation."

Jeremy has been a great asset to the organisation during his time at Ngāti Kahungunu Iwi Incorporated. He stepped into a big role and was responsible for managing and progressing the Ngāti Kahungunu Iwi Incorporated Te Reo Māori Strategy to safeguard and protect Kahungunutanga through the implementation of the Strategic Plan for the Revitalisation of Te Reo Māori o Ngāti Kahungunu 2006-2027.

Under Jeremy's leadership, the organisation has led many successful initiatives including the review of the Ngāti Kahungunu Māori Language Strategy from whence came Kahungunu, kia eke!, the implementation of Te Kura Reo o Ngāti Kahungunu that recently celebrated its 10th year, the Te Reo ki Tua National Māori Language Revitalisation Symposium, the Ngā Tohu Reo o Ngāti Kahungunu where we've celebrated our Kahungunu language champions, the Whakamana i Te Pae o Huakipōri whaikōrero and karanga wānanga, the development of rangatahi excellence

programmes including Te Tira Hou, Te Pae Tata and Te Pōkaitara. Rangatahi who have attended these programmes have gone on to become leaders in their own communities and throughout the country.

During the past 13 years, the organisation has received a number of national supreme awards in acknowledgement for its Māori language revitalisation efforts.

This young man has influenced the iwi through his hard work and sheer determination to follow his dreams and project his passion for the continuous pursuit of excellence when it comes to learning and understanding everything about Kahungunu reo and reaching our potential as individuals, as whānau and as an iwi.

He has always acknowledged his mentors, those people who have nurtured him and helped him progress in his journey, especially those who have now passed on, the late Tuahine Northover, Merooa Haenga and Dr James Wharehuia Milroy. Their legacy lives on as people like Jeremy continue to refine and share te reo Māori with the world.

We make special mention of Sir Timoti Kāretu who is a key figure in Jeremy's life and has also reared him during his tenure at the helm of Ngāti Kahungunu's reo strategy.

Jeremy received his Bachelor of Māori Performing Arts Degree in 2014 and further challenged himself to gain his PhD which he received in 2021. His doctorate topic was the

history, evolution, and future of dialect within Ngāti Kahungunu.

Jeremy is married to Te Rina Wainohu, and together they have a family of three sons: Te Uaki, 14, Te Maurutanga, 9, and Mahikai, 2.

In 2020, Jeremy established Kauwaka Limited, a service provider that contributes to the language and cultural revitalisation endeavours within Ngāti Kahungunu. Going forward, Ngāti Kahungunu Iwi Incorporated will continue to partner with groups like Kauwaka to progress our reo revitalisation goals and aspirations.

"I'm grateful for my time with the iwi. I feel privileged and grateful for my work experience and my work colleagues who have become close family friends," Jeremy said.

"Ka pū te ruha, ka hao te rangatahi! Ka nui te mihi atu ki tēnei tamaiti kua riro nei i a ia tēnei tūrangā motuhake. Waiho mā te ringa kakama pēnei i a Tātere, tātau e ārahi whakama i roto i te pakanga nui ki te whakapūmāu anō i tō tātau reo Māori me ōna tikanga, ā, ki te whakarite huarahi e eke ai tō tātau iwi ki ngā taumata teitei o te mātauranga. Heoi anō, kia maumahara anō tātau ki tērā kōrero tuku iho a kui mā, a koro mā - ko te amorangi ki mua, ko te hāpai-ō ki muri. E kore hoki e tutuki katoa i a Tātere me tana kotahi ō tātau wawata mō te reo Māori me te mātauranga ki te kore tātau katoa e tautoko i a ia i roto i ngā mahi nei." - Dr Joseph Te Rito (2010)



# Why zero waste is so important

The health of the environment has a direct bearing on the health of tangata whenua

Ruth Wong

**P**ara Kore simply means zero waste, an environment kaupapa focused on wellbeing through our relationship with our surroundings.

We believe that our natural environment provides our physical sustenance as well as being a reminder of tipuna and the spiritual aspect of our existence.

The health of our environment has a direct influence on the health of our people. We are charged to preserve and protect our air, water and lands, and the resources within for the benefit and survival of ourselves and our mokopuna.

Established in 2010, Para Kore Marae Incorporated is a Māori not-for-profit organisation working towards zero waste.

Para Kore facilitates wānanga to educate the community, educational, tertiary, religious and commercial organisations on how to look after our environment, contributing to building Māori power, building a circular economy, increasing



biodiversity, supporting climate justice, and regenerating ecosystems.

Jane Morrell, the Kahungunu kaitiaki, has been visiting schools, marae and employment organisations to introduce herself and the Kaupapa of Para Kore to encourage this learning to generate throughout our communities.

To register your interest simply contact Jane – see details below. Once registered and after a presentation she will provide you with a variety of workshop options including:

■ Te Orokohanga (a creation

story)

■ Ngā Rawa Māori (natural resources)

■ Te Pūnaha Hoko Mea (system of stuff)

■ Te Wehewehe Para (waste check)

■ Te Pūnaha Whakahaere Para (the waste hierarchy)

■ Composting and worm-farming

■ Maara Raupihī (microgreens)

■ Ikura (traditional and waste free menstruation)

■ Kope Toitū - cloth nappies (as funding allows)

Jane is excited to be working with William Colenso College, Bridge Pa School, Te

Kura Correspondence School and her own marae in Bridge Pa.

"We provide ongoing online and in-person support, resourcing and mentoring to our rōpū," Jane said.

Para Kore is here for the long haul and will continue to work with you for as long as you need support. They respond to the needs and aspirations of the organisations they come in contact with. Part of the support is providing the organisations with resources.

"Some of the equipment we give to rōpū include crates, wheelee bins, hungry bin worm

farms, reusable menstrual products, cloth nappies, water bottles and seeds," Jane said.

"We also provide online wānanga to the public and we take part in various sector groups, community projects, government working groups and climate and environmental campaigns."

If you or your community organisation, kura, kōhanga or marae would like to learn more about Para Kore please get in touch with Jane.

You can email Kahungunu kaitiaki **Jane Morrell** at [jane@parakore.maori.nz](mailto:jane@parakore.maori.nz) or go to [parakore.maori.nz](http://parakore.maori.nz).

**Students at Te Kura learn about Para Kore.**

## Jade Townsend He Whare Ātaahua

9 December – 14 April 2024

Saturday 9 December at 11am

Artist Talks: Jade Townsend (Ngāti Kahungunu, Te Ātihaunui-a-Pāpārangī, Pākehā, British)

Jade will discuss the thinking behind *He Whare Ātaahua*, her installation which combines different traditions of painting, adornment, and decoration. She will talk about the process of painting directly onto the gallery walls, responding to the architecture and important influences, including her father's work as a sign-writer and John Hovell's wharekai at Te Aute college.



**Te Whare Toi o Heretaunga  
Hastings Art Gallery**

201 Eastbourne Street East, Hastings [www.hastingscityartgallery.co.nz](http://www.hastingscityartgallery.co.nz)



Jade Townsend, *Sisters at Takapuna Beach*, 2023 (detail).  
Image courtesy of Season and photographed by Samuel Harnett.



# Weight-loss surgery 'best gift to myself'

Brave woman shares her experience

**Ruth Wong**

**C**hanging your lifestyle takes courage, dedication and a lot of self-determination. This has been the case for a lot of New Zealanders who have chosen to make a lifestyle change for the better.

Tracey Rangihuna is one of those brave women. A widow of four years, mum of two adult children and gorgeous mokopuna, she recently turned 60 years old and realised she had more years behind her than ahead. She decided she wanted to make her future years count.

Tracey is brave in more ways than one, and today she is happy to share her experience of a lifestyle change with readers in the hope her story might help someone else who may need encouragement to take a step toward their own wellness.

Tracey has struggled with her weight for the past 30 years. She tried many diets

and says "they all work, until they don't, because they are not sustainable".

In 2021, Tracey met a woman who she worked with. Within the six weeks between her interview and her starting date, she looked like a totally different person.

Tracey asked her what she had done to lose the weight, and she explained she'd had gastric sleeve surgery.

Although interested after merely seeing the wonderful results, Tracey still had a firm belief she could lose the weight by herself.

"I remember thinking about it, but saying to myself that I could never afford it," Tracey said.

"My friend told me that I could claim my KiwiSaver to pay for it. This was when the seed was planted, but I felt like there was a stigma and judgement around this surgery."

Fast-forward two years, and by that point, Tracey could count about 20 people she



**Tracey Rangihuna lost 21.6kg after gastric sleeve surgery.**

knew who'd had the surgery, and they all seemed to do so well and mentioned increased energy levels, fewer health problems and a decreased need for medications.

At the time, Tracey was taking medication for high blood pressure, diabetes, high cholesterol and anti-inflammatory medicine for joint pain - all weight-related. This is when she made the decision to pursue having the operation.

"My first step was to apply

for my KiwiSaver. I had planned to have the surgery here in Hastings - however, I didn't have quite enough because I couldn't withdraw the Government contributions, so I joined a whānau group who were planning to go to Thailand.

"I am now two months post-op. Prior to the op, I was 114.8kg, and I am now 93.2kg. I have lost 21.6kg. I am off all medications, my blood pressure is normal, blood sugars are lower - not quite

normal yet, but low enough for my doctor to stop the medications - and my cholesterol is normal. No more joint pain, and I already have more energy.

"This was definitely the best gift I could ever give myself, and I am very excited for my future".

Just remember, whoever you are, wherever you are, whatever you are doing, you are important, and you matter. Stay well, smile and have a happy day.

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FLAXMERE PĀHARAKEKE

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NIGHT MARKET THURSDAY 30 NOV

5.00 – 7.30PM

Flaxmere Park

Food & Info Stalls, Entertainment, Park Karaoke, and Activities.

LOTS OF GIVEAWAYS INCLUDING A 50INCH FLAT-SCREEN TV



# Strengthening leadership skills

Te Pūtiki Wharanui programme established for rangatahi

Ruth Wong

**T**oi Matarua's rangatahi development programme, Te Pūtiki Wharanui, saw more than 30 rangatahi Māori of Kahungunu and Rongomaiwahine descent advance their leadership skills through Mātauranga Māori wānanga and meaningful mentorship.

The authentic "by rangatahi, for rangatahi" initiative enabled indigenous youth to gain knowledge, skill and experience in modern and traditional Māori Kaupapa including rongoā Māori, Māori games, sports and mahi toi/creative arts.

One of the outcomes of the programme has been that the rangatahi leaders have decided to present what they have learned in a book they are developing to share with their whānau, friends and the wider community.

The book, titled *Kia Whakatōmuri te Haere Whakamua*, is a collection of pūrākau (traditional stories) and instructions for indigenous activities interpreted by nine of our rangatahi leaders that captures some of the rich



**Rangatahi at their development programme, Te Pūtiki Wharanui.**

learning gained over the course of the six-month programme.

These rangatahi are developing something unique which young Māori can pick up and engage with to learn more about their culture.

This exciting journey also inspired some of our rangatahi to become more involved in the rangahau or research arm

of Toi Matarua mahi, with one rangatahi in particular delving into the meaning of the book's title.

"In my research, I learned that 'Whakatōmuri te Haere Whakamua' means to look into our past to assess how and why things were done for our betterment, for our day, and for our communities. It means positively looking and

learning to pick up from where we left off so we are sharp and ready," rangatahi leader and author Nikora said.

"I believe that we need to follow the right path to reach our goals. We can reach our goals by learning from our kaumātua, whānau, and even our rangatahi and tamariki.

"What we learn from each other can be put into our kete

mātauranga so that whenever we need it, we have it locked and loaded so we get on the right path and walk our way up to the top."

The process of writing the book itself has been yet another opportunity for the rangatahi to develop life-long skills.

"I enjoyed writing a story for the book about Ki-o-Rahi because it made me feel more connected to my Māoritanga," rangatahi leader and author Tuarea said.

"Knowing I have something that I can connect with in terms of tākaro Māori (Māori games/sport) really helped me develop a sense of belonging in the Māori world view.

"Learning and knowing the whakapapa around the game itself made me realise that it's tikanga and there are many ways to play the game whether it be for fun or to be competitive.

"I will keep these stories and their lessons in my kete for the future."

"These pages exemplify the magic that happens when rangatahi are given the space and resources to wānanga and share their valuable insights," founder and director Charlizza Matehe said.

● If you are a young person based in Hawke's Bay or have a young person in your whānau you'd like to get involved in Toi Matarua kaupapa, you can get in touch with us via their website,

[www.toimatarua.com](http://www.toimatarua.com)

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**AUNTY'S GARDEN**

# Gifts from the heart – and garden

Festive, affordable food for family & friends

**Hanui Lawrence**

**C**hristmas is almost upon us once again; it comes around so quickly.

This year the prices of everything have been so exorbitant that managing the household budget and trying to make ends meet is difficult.

I've seen our young ones ripping into gifts that end up being a seven-minute wonder, destroyed or broken, rather meaningless I think.

Gold, frankincense and myrrh were given to a special child over 2000 years ago – gifts of the highest order at that time.

We could perhaps remember Him by turning gold into gratitude for our very being on Earth at this time – no money required.

Delightful children, their antics and unconditional love exuded, many joys and deeds

expressed with the family – no money required.

Myrrh could be turned into magnificence, each family member sharing a song, a poem, a story, a smile, a hug, many acts of kindness and love for each other – no money required.

This is the real meaning of Christmas, it is gifts from the heart. Gold for gratitude, frankincense for family, and myrrh for magnificence.

This year we are having a service Christmas where we can invite those who no longer have children or are on their own to come and share a meal with us – no money required.

All the produce we need will come from Aunty's Garden.

**Recipe -  
Classical Boil Up  
Ingredients**

● A piece of pork belly, about \$20 worth.



**Aunty's recipe this week is Classical Boil Up.**

This will feed the whole family.

- 2 onions.
- Greens – gather a good amount of fat hen leaf tips, and prince of whales leaf tips, (weeds grown in your garden)
- 2 or 3 clumps of puha, a handful of spinach leaves.

- 6 potatoes, peeled or washed and cut into desired pieces.

**Method**

- Place whole pork in large pot, bring to boil, then simmer for 1 hour 45 minutes.

- Wash the greens together and put aside.

- Prepare the potatoes then add to the meat after 1hr 45min. Bring back to the boil then add the greens. You need to add water from time to time to keep it from drying out.



**Flaxmere Christian Fellowship**  
**220 Flaxmere Avenue, Hastings**  
**Main Sunday Meeting - 10:00AM**

*The Flaxmere Christian Fellowship is a local Church which has been operating since 1980. Situated on Flaxmere Avenue it draws people from around the Hastings and Napier area. This Pentecostal Church was birthed out of the Charismatic renewal of the late 1970's.*

The main meeting is every Sunday morning starting 10:00. A Bible College also operates on Sunday evenings for those serious about advancing their knowledge of the Bible. Different groups run during the weekend which cater to youth ad adults. Children's Sunday school

classes run on a fortnightly basis during the Main Sunday service.

The Fellowship aims at reaching people with the Good News of Jesus Christ and the transformational power that message brings. It is

involved with different programs in the community to help bring this to pass. The Flaxmere Christian Fellowship is also a strong advocate for the Jewish People's right to exist as an independent and sovereign state on their historical ancient land in Israel.

**Feel free to come and try us out!**

**Flaxmere Christian Fellowship - 220 Flaxmere Avenue, Hastings**

**Main Sunday Meeting 10.00am - Phone 06 879 5588**

**Email: flaxmerechristianfellowship@hotmail.com**

**Web: www.flaxmerechristianfellowship.com**





# **maui MANU BOMBING COMPETITION**

**SATURDAY 2 DECEMBER**

POOL OPEN 10AM - 6PM | COMPETITION STARTS 11AM

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# Nēri Kirihimete

Tēnā koutou katoa e te iwi!  
Nei rā ngā mihi ki a koutou  
me tō whānau i tēnei wā

Ka kati mātou i tō mātou tari hei te  
Paraire te 22 o Tihema,  
ki te Mane te 8 o Hānuere, 2024.

Seasons Greetings to everyone.  
May you and your whānau  
stay well this season.

Our office will be closed Friday, 22 December  
and will reopen on Monday 8 January 2024