

## Aunty's gardening book launched

*The Kūmara Vine* reflects her dedication to feeding the community

Ruth Wong

**E**arlier this month around 150 people gathered at Aunty's Garden in Waipatu, Hastings, to celebrate the launching of *The Kūmara Vine*, a book that celebrates Aunty Arohanui (Hanui) Lawrence and her intimate conversation of life experiences, contributions from those who have had influence and continue to inspire her passion for gardening.

All garden lovers know Aunty Hanui Lawrence for her beautiful Maara Kai / vegetable garden at Waipatu Marae, better known as Aunty's Garden. It's a thriving space that provides fresh produce for the marae's whānau and wider community.

Aunty's Garden has featured many beautiful recipes in 'Tihei Kahungunu', an iwi-dedicated voice in *Hawke's Bay Today* since June 2015. Through the years Aunty Hanui has shared more than 100 recipes and stories, cooking hints, ideas and ways to make exciting dishes using vegetables and fruits from your garden. She's often greeted by people in the street and admired for what she does for her community.

In 2021 Hanui's dedication to Aunty's Garden was recognised by the wider community when she was awarded the New Zealand Order of Merit for services to Māori and horticulture. The award acknowledged her



tireless work in promoting traditional gardening practices and her contribution to the wellbeing of the whānau of Waipatu Marae and the wider community.

For the past 20 years, Hanui has been a member of Tahuri Whenua Incorporated which is a national collective of Māori NZ Growers. Over the years she has thoroughly enjoyed attending their annual gatherings to thrive in the knowledge sharing.

"I first met Hanui through the Tahuri Whenua collective in 2004 and in the almost 20 years since we have woven a whole lot of experiences together, most of it aligned to Aunty's Garden, and all of it aligned to the opportunity to celebrate our relationship with

the whenua and food, from sharing or sowing seeds, producing crops, preparing as kai and all the other manaakitanga aspects", Dr Nick Rahiri Roskrug, chairman of Tahuri Whenua, said.

Aunty Hanui is testament to the power of community and the importance of preserving traditional knowledge and practices. As part of her desire to share the knowledge, Hanui applied for funding through Te Puni Kokiri (TPK) to run workshops at Aunty's Garden. Part of her desire for traditional knowledge sharing was to write a book. With the help of the TPK funding and Tahuri Whenua collective, Hanui was able to publish her book *The Kūmara Vine*.

"I hand-wrote everything and sent it through with pictures to my Tahuri whenua team and they typed it up, organised the layout and two years later, we have launched it, and I love it," Hanui said.

"I dedicated my book to my

11 grandchildren, eight of whom were present at the launch day. My grandchildren have always helped me on the maara kai to weed, harvest, and do all the hard work. Without them, I wouldn't be able to do as much as I do."

When asked why she called the book *The Kūmara Vine* she simply said: "I love growing kūmara, they tell a story and now they tell my story, about growing from the tipu/plant to the table.

"The launch day was quite magical and everything was perfect".

Hanui is quite the organiser and planned her day well in advance with continued prayer and preparation. Last year she decided to harvest kūmara as a presentation at the book launch.

She carefully planned the first planting of her kūmara on October 3 and within three weeks she said that they were sulking because it was too cold. She planted the next lot toward the end of October and

they were better, then she planted her last batch in early November.

"I am pleased with the growth. Kūmara don't like cold, so by the time the last lot were ready, the first lot had caught up and they were all ready together," Hanui said.

"I would check my plants often to see if the leaves were colouring right and I could feel if the kūmara were growing and I knew that on the day, they would be perfect, and they were. We had 2kg kūmara and it was great to see them all come out of the ground".

As visitors arrived to celebrate the launch of *The Kūmara Vine* they were greeted by Hanui's beautiful grandchildren and could sit under a marquee donated by the Unity Credit Union and Te Taiwhenua o Heretaunga. The proceedings began with a karakia offered by Hanui's grand nephew Charles Ropitini followed by a speech by the chairman of Tahuri Whenua Dr Nick Rahiri Roskrug, followed by Hanui Lawrence.

The kai was prepared by Gretta Carney of Hapi. Granddaughter Mahina Lawrence sang her debut single '7 seas' while people mingled, enjoyed the refreshments, listened to the beautiful music and purchased a book.

The 94-page book is beautiful with recipes, stories, a lot of love and admiration for gardening, kai, and is written with a lot of aroha.

"The book is perfectly imperfect," Hanui said.

"I ordered 300 books for the launch, and they're just about all gone.

"I signed people's books with personalised quotes for them to reflect on."

**Arohanui (Hanui) Lawrence speaks at the launch of her book *The Kūmara Vine*.**

Photo / Connall Lang

***The Kūmara Vine*** is available at \$35 a copy. Waipatu, Arohanui Lawrence QSM and whānau whanui of Waipatu Marae and the wider community of Hastings/Hawke's Bay are pleased to offer online bookings using the following link <https://form.jotform.com/n.watene/thekumaravinebook-purchase>

All of it [is] aligned to the opportunity to celebrate our relationship with the whenua and food ...

— Dr Nick Rahiri Roskrug, Tahuri Whenua

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# Lessons help put kids in the swim

Water-safety pilot is set to continue to promote healthy lifestyles

Ruth Wong

**T**he Hawke's Bay Community Fitness Centre Trust is excited to announce the extension of the Royston Health Trust Learn to Swim and Water Safety Programme for children across Hawke's Bay.

Following the resounding success of the initial pilot in 2023 which saw more than 17,000 individual funded lessons, the trust has committed to funding two additional years of this vital initiative, ensuring continued access to essential aquatic education for local youth.

The Hawke's Bay Community Fitness Centre is based within the Hawke's Bay Regional Sports Park. The Learn to Swim programme, scheduled to run throughout 2024 and 2025, will provide more than 700 students per term, ranging from year 3 to year 8, with eight fully funded learn to swim and water safety lessons each.

This comprehensive approach not only focuses on developing swimming proficiency but also emphasises crucial water safety skills necessary for safe



enjoyment of aquatic environments.

"We are thrilled to continue our partnership with the Hawke's Bay Community Fitness Centre Trust to offer this vital programme," said Jacqui Gray, chairwoman of Royston Health Trust.

"Ensuring that children have access to quality swim lessons and water safety education is paramount for us. It's an investment in their health, well-being, and future."

Commercial and partnerships at the trust Greg

Howie said it recognises the importance of equipping children with the skills and knowledge to navigate water safely.

"By working with the Royston Health Trust, extending the Learn to Swim and Water Safety Programme, we are reaffirming our commitment to the health, safety, and wellbeing of our community's youth."

The programme's curriculum has been carefully designed to integrate both swimming instruction and

water safety education seamlessly. Participants will learn fundamental swimming techniques while gaining awareness of water safety practices, including recognising hazards, understanding currents, and implementing rescue strategies.

Kahungunu grandmother, Hine Hape enrolled her four grandchildren with the trust earlier this month and within two days the children started their first lesson.

"Enrolled the children

because I know how important it is for them to learn how to swim and survive," Hine said.

"We spend a lot of our time in and around water, and learning to swim will give not only the children, but us as parents and grandparents, the confidence that they understand water safety and can swim to survive if they need to.

"My youngest moko, 4-year-old Leila, is in the 'Penguin' class and will graduate as she progresses. The best thing about this is that they can all learn together as a family."

The Hawke's Bay Community Fitness Centre Trust's Learn to Swim and Water Safety Programme exemplifies its commitment to fostering active and healthy lifestyles within the community. By offering swimming lessons and emphasising water safety, the trust not only promotes physical activity but also equips individuals with vital life skills. Through this programme, participants gain confidence in the water while simultaneously enhancing their overall fitness levels.

By focusing on community engagement, the trust ensures its initiatives have a lasting impact, benefiting individuals of all ages and backgrounds. This holistic approach underscores the trust's dedication to promoting well-being and fostering a healthier community.

**Leila in her Penguin Class.**

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**Mail:**  
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**Offices:**  
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**The closing date for submissions is Sunday 14 April 2024.**

**Have your say**  
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The easiest way is online at [hbrc.govt.nz](http://hbrc.govt.nz)

If you have any questions, please contact Hawke's Bay Regional Council  
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# A suburb that knows how to bounce back

Flaxmere adapts to supermarket closure

**OPINION**  
**Traci Tuimaseve**

**R**esilient communities are the backbone of our society.

They can weather crises, adapt to change, and thrive in the face of challenges.

Understanding what makes a community resilient is vital for building sustainable and united neighbourhoods that can support their residents in times of need.

One community facing such a challenge is the Hastings suburb of Flaxmere with the recent closure of its only supermarket, New World.

In this article, we'll explore how Flaxmere is becoming a resilient community, the strategies and solutions, the role of community leadership, essential resources and support mechanisms, and other insights on how Flaxmere is bolstering its resilience in the face of this and future challenges.

A resilient community is like that friend who always bounces back no matter what

life throws at them.

It's a community that can withstand and recover from challenges, whether it's a cyclone, yahoos doing burnouts on our streets, or even that one weird neighbour who loves singing karaoke at three in the morning.

A collective of concerned residents has rallied our community to explore solutions for those most impacted by this event. Manaaki Mai o Ngā Paharakeke [Manaaki Mai] has held community meetings, circulated surveys and petitions, and is exploring support options and short-term solutions.

"We're not going down without a fight" says Marcelle Raheke [Aunty Rantyl], one of the Manaaki Mai advocates. Who knew grocery shopping could spark such activism?

Alongside the uniting leadership of Manaaki Mai, there are a lot of others advocating on behalf of our community, providing support and resources for those impacted at this time.



**Flaxmere New World has closed its doors.**

Photo / Paul Taylor

Mayor Sandra Hazlehurst has stated on several occasions that "It's Flaxmere's Time", and I truly believe her.

Amidst a barrage of negative feedback, she and the Hastings District Council have continued to be positive about finding a permanent supermarket solution.

Our Flaxmere ward councillor Henry Heke has been a key community advocate with council and an adviser to the Manaaki Mai collective.

Age Concern Flaxmere has stepped up with their weekly supermarket shopping transport service.

Support Since 2022 Flaxmere residents have had access to the Nourished For Nil project, which re-distributes foodstuffs freely through

community hubs.

The Flaxmere Community Centre has been the hub for this community with open access on Friday evenings and Saturday days.

The community centre also has a pataka [food cupboard]. They have also started a community garden.

The Flaxmere planning committee continues to hold community events to provide temporary respite and uplift Flaxmere families. The monthly night markets have been hugely successful with the final summer market day being combined with the Flaxmere schools Relay4Life Cancer Society Fundraiser.

In the age of technology, residents are turning to their screens for salvation.

Online shopping and

delivery services are a real alternative to in-person shopping, bringing the aisles of a virtual supermarket right to our doorstep.

So, is Flaxmere a resilient community? Absolutely.

Will challenges keep coming? Inevitably.

Will we get through this challenge? Certainly.

Flaxmere is a vibrant community working towards building sustainable and united neighbourhoods that support and uplift each other in times of need.

Flaxmere is using this challenge as an opportunity to build resilience and discover how to pave the way to a brighter future.

**Traci Tuimaseve** is Flaxmere planning committee chairman

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# Designed by Māori, for Māori

Kaupapa to ignite talent and leadership across te ao Māori in research, science and innovation spaces

**N**gāti Kahungunu uri (descendants) are leading and working in rangahau (research), pūtaiao (science) and auaha (innovation) spaces locally and across the motu.

The opportunity to scale and strengthen skills, networks and pathways of uri a Kahungunu, will have long-term positive impacts on our iwi, region and Aotearoa. Areas where our people are contributing include food cultivation, climate change, astronomy, health and wellbeing and mahi toi (artistic pursuits).

Kanapu is a kaupapa

designed by Māori, for Māori, to ignite talent and leadership across te ao Māori in research, science and innovation spaces. Focusing on matauranga Māori, Kanapu helps build capability, confidence and networks. It is hosted by Ngā Pae o te Māramatanga, New Zealand's only Māori centre of research excellence.

Pouhere (executive director) Kanapu, Vanessa Clark, says they are excited to support whānau, hapū and iwi aspirations.

"Our biggest learning has been about 'meeting our people where they are at' and

delivering value based on feedback from those we connect with across the motu," Vanessa said.

Some Kahungunu uri involved in this intergenerational project include Kiwa Hammond, Rāhiri Mākuini Edwards-Hammond, Mana Keefe, Whare Kupenga-Keefe and Tina Walker-Ferguson.

Upcoming events Kanapu is delivering for whānau and hapori Māori include:

● Tūhono Rau Tangata: Over the next few months we will hear from Wayne Mulligan, Te Taka Keegan, Tina Porou, Bobby Campbell Luke and

Eruera Tarena about their career journeys and visions. Register for any of these kōrero at [www.kanapu.maori.nz/](http://www.kanapu.maori.nz/)

● Te Ako Rau: A free online mentoring programme for grassroots Māori collectives and their projects to develop robust processes and systems to achieve their aspirations. Rōpū 3 starts on May 13 and runs for six weeks, with 90-minute wānanga once a week in the evening. Sign up at [www.kanapu.maori.nz/](http://www.kanapu.maori.nz/)

Past participants have said Te Ako Rau is "great value... delivering way more than anticipated" and they are

"learning a lot about mātauranga Māori".

Te Papa Ako offers a support package (hoa haere) of up to three months for Te Ako Rau participants.

● Hui Hihiri – Kanapu National Online Wānanga. Hui Hihiri is a two-day free online wānanga for whānau and hapori interested in rangahau (research), pūtaiao (science) and auaha (innovation) who are grounded in mātauranga Māori. This year's theme is Hiki wairua – the power is within us. More details at [www.kanapu.maori.nz/](http://www.kanapu.maori.nz/)

Follow Kanapu on social media to connect.

People learning with the moana.

Photo / Rāhiri Mākuini



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# Feeling tired? Take a break.



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In 2020, fatigue was a factor in 21 fatal crashes and 113 serious injury crashes. Because the driver doesn't brake, these crashes are usually the most serious.

Once fatigue has set in, no amount of willpower will keep you awake. The only answer is to take a break or sleep - it really can be a matter of life and death.

## **How fatigue can affect you**

- Slower reactions
- Difficulty concentrating
- Poor risk judgment
- Excessive speed changes
- Centre line drift

## **Warning signs of fatigue**

- Restlessness
- Blinking frequently
- Yawning
- Braking too late
- Forgetting the last few kms
- Drowsiness

## **Driving alert can save a life**

- Take a break every two hours
- Drive during daylight hours
- Share the driving
- Take a 20 min power nap

## **Common myths**

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# Kahungunu chief calls for iwi to unify

Discussion documents circulated soon

**Ruth Wong**

**A** Hui Taumata will be held in Ngāti Kahungunu on May 31 hosted by Omāhu Marae to identify solutions for Māori Unity – Kotahitanga.

Ngāti Kahungunu Iwi Inc. chairman Bayden Barber said they saw thousands of people gather at Tūrangawaewae, Rātana and Waitangi.

"One of the key themes spoken of at each of these hui was the need for iwi Māori to unify. We must come together as an irresistible force that cannot be ignored, no matter who is sitting in government. We must not lose momentum on this important kaupapa. We need to take advantage of the energy and passion that is out there. The timing is right."

Helmut Modlik, CEO of Ngāti Toa Rangitira, who facilitated a National Iwi Chairs Forum (NCIF) wānanga in Rotorua last month to start thinking about such issues, says, "We've done the talking. It's now time to do the mahi and consider what kotahi-

tanga could look like in the 21st century. If we are to truly achieve rangatiratanga as a people, we need to come together, but it needs form and function."

The Hui Taumata will be an action call to Māoridom's thought leaders from around the motu to put forward proposals and discussion documents on achieving kotahitanga before the hui, so they can be considered and discussed on May 31.

"If we can start forming the building blocks before the Hui Taumata, we won't need to start from scratch as some of the thinking would have already been shared," Barber said. "We have numerous existing collectives within Te Ao Māori such as the National Iwi Chairs Forum, NZ Māori Council, Māori Women's Welfare League etc. and they all play an important role, however, we are yet to achieve the kotahitangi needed to truly influence. This Government continues to ignore us. We need to change that."

This is not the first time



Ngāti Kahungunu chairman Bayden Barber is hoping for a strong turnout to a Hui Taumata hosted by Omāhu Marae on May 31.

Photo / Paul Taylor

Ngāti Kahungunu has been involved in aims to unify Māori. The Kotahitanga Movement started with a hui held at Waipatu Marae in Heretaunga in 1892. Ngāti Kahungunu ancestors such as Te Whatahoro Jury, Henare Tomoana, Mohi Te Ātahikoia and many others saw then what we are seeing now, that a unified iwi Māori is a powerful proposition.

Rāhui Papa, spokesperson for Waikato Tainui says, "The tūrangawaewae hui was a call from Kīngi Tūheitia to unite on issues that were coming thick and fast from the Coalition Government, especially the attack on our founding docu-

ment, Te Tiriti o Waitangi. We saw the power of a united iwi Māori. We now need to move to the next taumata or level where we can map out what constitutional arrangements will collectively move Māori to the Mana Motuhake and Tino Rangatiratanga we aspire to."

The Hui Taumata will be held at Omāhu Marae, one of the seven marae devastated by Cyclone Gabrielle just over a year ago and the largest marae in Heretaunga.

Barber says, "Omāhu is a tohu, or sign, of Māori Mana Motuhake, of true community resilience in the face of extreme hardship. Our marae have shown what can be

achieved through unified vision and collaborative effort."

Omāhu Marae minitā the Rev Zhane Tāhau Whelan welcomes the opportunity for his marae and hapū to host.

There will be a repository of discussion documents available at [www.huitaumata.co.nz](http://www.huitaumata.co.nz) in due course. The Hui Taumata will be held at Omāhu Marae, Heretaunga, Friday, May 31.

In association with the National Iwi Chairs Forum, the Hui Taumata will be hosted by Ngāti Kahungunu Iwi, Mana Ahuriri, Ngāti Pāhauwera, Ngāti Hineuru and Omāhu Marae/ Te Piringa Hapū.

**Ngāti Kahungunu Wairoa Taiwhenua Inc.**  
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- Ngāti Kahungunu - Healthy, Thriving and Sustainable Environment
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"To enhance the mana and well-being of Ngāti Kahungunu Iwi"

# Manioro Festival celebrates community

Rainbow+ groups come together for support, creativity, education

**Ruth Wong**

**L**ove us the same, hold us the same is the theme for the Manioro Festival held at the beginning of this month.

Takatāpui and Rainbow+ peoples gathered from across Aotearoa at the ToiToi Hawke's Bay Arts & Events Centre to attend one or more of the six-session event, the second held in Hawke's Bay.

"Over 2500 people attended the event.

"There were no empty seats this year with all six sessions packed.

"This increase in interest is great and it tells me that more people are open to listening to our message," Shaq Uelesa, co-founder of the Nevertheless Trust said.

"Manioro is about disrupting toxic narratives and challenging unhealthy stereotypes surrounding our communities.

"Nevertheless Trust has been hosting Manioro, a gathering of people to deliver educational and creative workshops for whānau and communities while increasing the visibility of the Māori and Pasifika Rainbow+ peoples through storytelling, cultural



**Nevertheless co-founders Shaq and Maia with Waylyn Tahuri-Whaipakanga - chief executive, Te Taiwhenua o Heretaunga.**

performances and panel discussions."

The event started with a moving pōwhiri set by whaea Hira Huata and a team of rangatahi from Te Kura Kaupapa Māori o Ngāti Kahungunu ki Heretaunga who welcomed a full house of visitors to the event.

A great number of participants came from outside the region.

Hastings mayor Sandra Hazelhurst opened the event

with a speech in total support of this kaupapa.

Performances followed in a unique style as all participants were given a silent headphone to wear and link into one of four presentations that were occurring simultaneously.

Presentations were by creative art display, creative design, video story telling, dance and fashion parade. The stories were amazing and heartwarming. Barber Peleti Oli gave gender-affirming

haircuts for free while his discussions were shared through the silent headphone system. It was good to hear the voice of conscience of unfiltered open discussions.

There were more than 50 Takatāpui, Pasifika Rainbow+ and LGBTQIA+ rangatahi in attendance from different schools.

Although the festival is finished, the support for the Rainbow+ communities in Hawke's Bay continues

through the delivery of weekly workshops on Tuesdays and Thursdays, 5.30pm-7.30pm, at the Manioro Nu'u Rainbow Hub, which is thriving.

"Nu'u is the Samoan term for village. We know it takes a village to raise a child and the Manioro Nu'u - Rainbow Hub has endeavoured many challenges yet is still offering free workshops to our community," Shaq said.

Te Taiwhenua o Heretaunga have partnered with Nevertheless Trust through providing an Operations Co-ordinator to provide transport and organise weekly workshops and funding towards resources. This support shows the Taiwhenua's commitment to the Takatāpui and Rainbow+ community, which is the kind of support needed across all organisations.

One of the panels that ran during the conference was a parent panel where parents could share their challenges and how they overcame themselves to accept and love their children the same.

"We have a parent support group starting on the 26th March 2024 and invite all parents who would like to either give or receive support to other parents of Rainbow people to come," Shaq said.

**i** For more information or if you want to become involved, contact [info@neverthelessnz.com](mailto:info@neverthelessnz.com)



*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 and 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](mailto:flaxmerechristianfellowship@hotmail.com) Web: [www.flaxmerechristianfellowship.com](http://www.flaxmerechristianfellowship.com)**

# TE MARAE O MANGAROA

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Mangaroa ki te whenua  
Mangaroa mō ake ake ake

**Easter Weekend**  
29th & 30th March 2024

Hei te wā o te Aranga o te tau nei ka whakanui ngā whānau rātou ko ngā hapū o te marae o Mangaroa i te huringa tau e whā tekau ngā tau o tōna ake tūnga rangatiratanga. He wā kia tiro whakamua kia whanake whakamuri, he wā anō kia whakamaumaharatia ki a rātou mā I hāngai he marae haumarū, he marae houkura; he kāinga āhuru he kāinga rua mō ngā uri whakaheke kia tangihia kia whakanuia.



Friday 29th March

**Karakia**

**PŪKENGA  
EXHIBITION**

*Pō Whakamānawa*

**Waiata Ngahau**

Saturday 30th March

**Tamaiti Tākaro**

**Pōhiri**

**Whare Kōrero**

**HĀKARI**

**Waiata Ngahau**