

## Award honours Matua Nelson

Rangitakaiwaho annual award recognises pursuit of higher education

**OPINION**  
Ruth Wong

**E**arlier this month, Kahungunu ki Wairarapa Iwi Board announced the new Rangitakaiwaho Annual Education Award that will be offered to tangata whenua members of Kahungunu ki Wairarapa in recognition of their pursuit of higher education and achievement.

This award was created in honour of Wairarapa kaumātua Nelson Francis Rangitakaiwaho (Rangi) for his years of service, leadership and unwavering dedication and commitment to Ngāti Kahungunu ki Wairarapa Iwi and across communities in Wairarapa for both business and community initiatives.

"We are honoured and privileged to recognise our kaumātua Matua Nelson Rangi for his dedication and service to his iwi and to the wider community of Wairarapa," iwi chairwoman Kristina Perry said.

"There have been many recipients of his leadership and guidance over the years and it was fitting for us to celebrate and acknowledge our rangatira."

Kahungunu ki Wairarapa is one of the six taiwhenua affiliated to Ngāti Kahungunu Iwi Incorporated, constituted, established and convened for the purpose of representing Ngāti Kahungunu or the people of Kahungunu in the Wairarapa region.

Kahungunu ki Wairarapa is dedicated to supporting the continuous development of culturally strong, healthy and vibrant whānau.

Its key vision is to recognise and grow rangatahi



Wairarapa kaumātua Nelson Francis Rangitakaiwaho (known as Nelson Rangi) with his whānau.



Rangitakaiwaho Annual Education Award.

board for many years and is still a dedicated board member today and continues to offer wisdom from his decades of experience and leadership.

Acknowledged for his background in business and finance management among other attributes, he has always advocated passionately for everything that helps develop a thriving prosperous future for the people of Wairarapa.

Ngāti Kahungunu Iwi Incorporated congratulates both Kahungunu ki Wairarapa and Matua Nelson Rangi for this acknowledgement.

Ruth Wong is the support services team leader at Ngāti Kahungunu Iwi Inc.

leadership, acknowledge and strengthen their league of fit and health kaumātua, and support the collective of Kahungunu ki Wairarapa marae and hapū through Te Kotahitanga.

Matua Nelson Rangitakaiwaho, aka Nelson Rangi, is a dignified 95-year-old resident of Masterton who is revered in his community among all ages. The wisdom of age that

describes kaumātua Nelson Rangi sparkles through his unique humour, gentle manner, elegance and warmth.

Nelson was the chairman of the Kahungunu ki Wairarapa

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Te Po and TK were among the crew of Te Matau a Maui on its recent voyage to Kaiteriteri and back.



The crew in their Te Matau a Maui uniform.

## Kaitiaki pass on ancient skills to rangatahi

**OPINION**  
**Ruth Wong**

**N**gāti Kahungunu has a proud voyaging history, first landing in Aotearoa more than 1000 years ago on the waka Takitimu.

In 2011, Ngāti Kahungunu Iwi Incorporated (NKII) bought Te Matau a Maui, a 22-metre waka hourua (double-hulled voyaging canoe), as an investment into rejuvenating ancient voyaging practices and reinvigorating cultural values through leadership and the development of rangatahi.

To realise this aspiration, the iwi has an agreement with Kahungunu kaitiaki to manage the care of the waka and to design and deliver programmes to share the cultural knowledge and practices of ancient voyaging. NKII acknowledges Atea Rangi Educational Trust, which delivers these educational programmes and opportunities.

Earlier this month the crew of Te Matau a Maui set sail for Kaitereteri (near Nelson) in the South Island, to attend the annual Te Hau Kōmaru festival, an event to share knowledge of waka hourua, heritage, craftsmanship, waka workshops, interactive activities, and provide a platform for waka experts to share their knowledge and in-depth understanding.

Atea Rangi leader and celestial navigator Piripi Smith said the voyage was a great opportunity for the new crew to get sailing experience.

"The highlight for me was to see our young crew members being able to handle the moana," Smith said. "We had

seven rangatahi do their first sails over the two legs; our youngest were 12-year-old Millie Logan, 14-year-old Tainga Smith and 15-year-old Tamas Madarasz-Smith, all children of crew members."

These wonderful opportunities are made possible purely through a group effort. The kaitiaki of the waka and their team are committed to this kaupapa and it is evident in their time and effort spent to maintain the waka, learn further skills and share the knowledge.

The Te Hau Kōmaru festival ran from April 6 to 14.

The highlight for me was to see our young crew members being able to handle the moana

Piripi Smith

was disseminated but, as for all travellers, the weather determined the timing. Waka experts made good decisions and the waka functioned well there and back.

Te Hau Kōmaru National Waka Hourua Charitable Trust was formed in 2021 to support kaupapa waka hourua throughout Aotearoa.

Te Hau Kōmaru Board is a collective of kaupapa waka experts voted in as representatives of the different rohe to guide, advise and inform on mātauranga waka with a focus on the preservation and protection of kaupapa and kōrero waka to keep mātauranga waka alive.

Smith represents Te Matau a Maui on the Te Hau Kōmaru Board. Organisers of the Te Hau Kōmaru festival are pleased with the event.

The crew in their Te Matau a Maui uniform.



Their intent to raise awareness and educate people about the cultural significance and history of

**Te Matau a Maui crew Millie and Dan.**

waka hourua was achieved and learnings from this festival will help to improve future events.

Our voyaging heritage is safe in the hands of our rangatahi. The knowledge must continue to be shared.



# Weekend reignites tipuna's legacy

'My name is Māori, we are one' – Rēnata Kawepō

**OPINION**  
Ruth Wong

**O**n April 13-14 Te Piringa Hapū comprising of Ngāti Hinemanu, Ngāi Te Upokoiri, Ngāti Honomōkai and Ngāti Mahuika joined together for a weekend of events dedicated to Rēnata Kawepō.

Rēnata Kawepō was a prominent Māori leader, who exemplified resilience and cultural pride.

Renowned for preserving Māori traditions, Kawepō championed indigenous rights and environmental stewardship.

With unwavering dedication, Kawepō empowered Māori communities, promoted unity and fostered a legacy of strength and cultural revitalisation for his progeny or descendants – Te Piringa Hapū.

The Rēnata Kawepō weekend commenced with a karakia breakfast, followed by a pop-up marketplace where stall holders were able to sell hot kai, baking, crafts, clothing and more.

A wānanga dedicated to Rēnata Kawepō took place simultaneously with presentations and kaikōrero on the life of Rēnata Kawepō and a focus on hapū unity and flourishing.

Whānau had the opportunity to attend the wānanga space, while others were able to focus on a visionary and hauora space workshop or join Rēnata's mokopuna enjoying fun activities.

It didn't matter what event you took part in, the whole purpose of the weekend was to foster unity and celebrate a flourishing community through a year of hard work.

Everyone joined together on Sunday for a hapū hiko for unity and flourishing which started at Rūnanga Marae with a good walk to Te Awhina Marae then converging at Omahu Marae for a final karakia and hakari.

Omahu was badly hit by Cyclone Gabrielle 14 months ago.

The Te Piringa Hapū Rēnata Kawepō weekend of events was a time to celebrate the unity and strength of a community that has come together, rebuilt homes,



Reverend Zhane Tahau Whelan leads Hapu Hiko for Unity and Flourishing which started at Runanga Marae with a good walk to Te Awhina Marae then converging at Omahu Marae for a final karakia and hakari.

May the seeds of our hapū that were planted by our tipuna and watered by Gabrielle's flood waters, continue to blossom

Reverend Zhane Tahau Whelan

reinforced relationships, created a support network and each day, the community has worked together to show how resilient they can be through any trial, when you are unified in your approach.

"Positive events such as this hiko has helped to reunite and reignite the community. Continuing to be strengthened by our whakapapa is the beginning for us to realise the dreams of unity and flourishing that Rēnata Kawepo and our tipuna had for us all," Reverend Zhane Tahau Whelan said.

"May the seeds of our hapū that were planted by our tipuna and watered by Gabrielle's flood waters, continue to blossom and may we be bold in joining together with Rēnata in saying my name is Te Upokoiri, my name is Hinemanu, my name is Honomōkai, my name is

**Renata Kawepo, was a prominent Māori leader, who exemplified resilience and cultural pride.**

Mahuika and we are one." Ngāti Kahungunu Iwi Incorporated (NKII) acknowledges the community of Omahu, Te Piringa Hapū and all those individuals, whānau, teams and organisations who are helping

to lead the community to revive and thrive. Ngāti Kahungunu Iwi Incorporated chairman Bayden Barber attended the Rēnata Kawepō weekend. "I was pleased to see a resilient community come

together, guided by the legacy of their tipuna, united and re-energised through activities and wānanga to further enhance the mana of Te Piringa Hapū. I commend the organisers for their mahi," he said.



Te Taiwhenua o  
**HERETAUNGA**  
**MATARIKI**  
Living Taonga Awards 2024

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visit [www.ttoh.iwi.nz](http://www.ttoh.iwi.nz)

**AWARDS EVENING**  
6.30pm, Friday 21 June 2024  
Toitoti - Hawke's Bay Arts & Events Centre

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Te Taiwhenua o  
**HERETAUNGA**

# **MATARIKI**

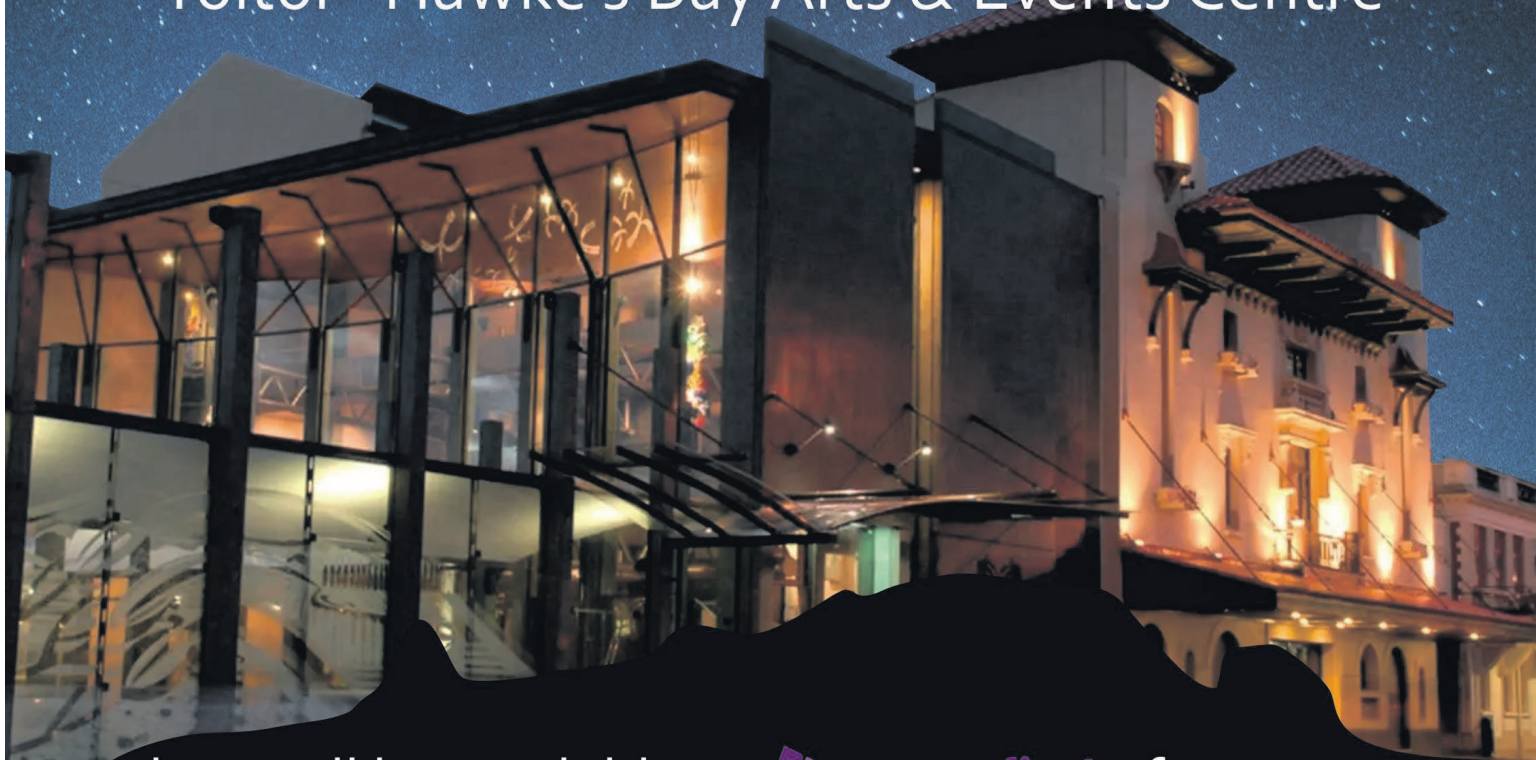
## Living Taonga Awards 2024

**NOMINATIONS CLOSE**

Tuesday 30 April 2024  
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6.30pm, Friday 21 June 2024  
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# HUI TAUMATA

KOTAHITANGA - TO ACTION MĀORI UNITY

**31 MAY 2024**  
**OMAHU MARAE**  
**PŌHIRI 9AM**

857 Korokipo Road, Fernhill 4175 (Omahu)  
Heretaunga (Hastings)



Ngāti Kahungunu Iwi is hosting this national 'Hui Taumata' to mobilise iwi Māori to identify solutions for Māori Unity - Kotahitanga. Thought leaders from around the motu are invited to put forward proposals and discussion documents on achieving Kotahitanga before the hui, so they can be considered and discussed by those in attendance on May 31. To submit your discussion papers email [huitaumata@gmail.com](mailto:huitaumata@gmail.com) To keep breast of this kaupapa go to the website [www.huitaumata.co.nz](http://www.huitaumata.co.nz)



*"We must come together as an irresistible force that cannot be ignored, no matter who is sitting in government".*  
Bayden Barber  
Toihau [chairman]  
Ngāti Kahungunu Iwi  
Incorporated



*"We've done the talking. It's now time to do the mahi and consider what Kotahitanga could look like in the 21st Century".*  
Helmut Modlik  
Tumu Whakarae  
Te Rūnanga o Toa Rangatira

[huitaumata@gmail.com](mailto:huitaumata@gmail.com)  
[www.huitaumata.co.nz](http://www.huitaumata.co.nz)





THE RANGATAHI CORNER

# No student should have a hungry puku

Cuts to Ka Ora, Ka Ako Healthy School Lunches scheme hard to stomach

**T**oi Matarua, established in 2011 as a "by rangatahi, for rangatahi"

performing arts group focused on mental health and suicide, has now transformed into an emerging rangatahi-led research organisation that specialises in health and wellbeing, social and justice issues pertaining to Māori.

The core objective of Toi Matarua is to meet the demand for significant research pertaining to indigenous issues including health, education, incarceration and addiction, to develop informed initiatives and educational programmes that foster leadership and optimise the health and wellbeing of whānau and their communities.

The mission of Toi Matarua is "Kia tipu kia rea ngā pononga o ngā iwi taketake hei tikitiki mo te mähunga kia whakaora i te whai oranga ā mokopuna, ā whānau, ā hapū, ā iwi." To unearth the numerous truths of indigenous knowledge and use it for the healing and advancement of tamariki, rangatahi and whānau.

"It's about empowering our rangatahi in their pursuit and development of new knowledge to become their best," says founder Charlizza Matehe.

"We facilitate and manage safe spaces that support rangatahi to assert their tino rangatiratanga and develop solutions to issues that impact them. We are there to guide and provide support through mentorship and other resources to explore and 'go deeper' into issues of importance to them.

"It's the best feeling seeing rangatahi experiencing achievement and contributing to their own success as they learn and accept their own leadership."



Each month rangatahi from Toi Matarua will submit a kaupapa of concern from a rangatahi perspective.

**Kaupapa for this month – Hungry Puku**

**OPINION**

**Joseph and Amaiah**

Rangatahi are concerned about the Government stopping the Ka Ora, Ka Ako Healthy School Lunches

programme that was introduced as part of the government's efforts to address child poverty and improve the health and wellbeing of children by providing free and nutritious lunches in schools.

It aimed to ensure that children had access to healthy food during the school day, which could positively impact their learning outcomes and overall health.

So what is it that's actually

**Healthy lunches help young children learn.**

happening?

In preparation for next month's Budget 2024 Associate Education Minister, Act leader and deputy Prime Minister in waiting David Seymour is reviewing the free school lunch plan and said that he intends to reduce it by up to 50 per cent.

According to the most recent NZ Health Survey statistics released last year, one in three Māori students are impacted by shortages of

food, compared to one in five of the rest of the kids.

This means that Māori tamariki will be the most affected by these government cuts.

We should be concerned about this because research proves that a good kai helps us to learn and participate better at kura.

Some kids come to kura with no lunch because they have no option.

It is crucial that all tamariki have the opportunity to eat healthy kai at school, as they may be dependent on it in situations where they do not have enough food at home – let alone to bring to school every day.

Some schools offer lunches in a canteen but at the expense of bringing your own money and not all kids have this option either!

One student, Julia, told us: "I think it's a good idea to actually put MORE effort into the free school lunches programme because lots of kids with big families like mine can struggle to send food with each kid.

"As rangatahi, we think we should be given a voice in what the Government plans to take away from our kura. We think we should stand up and protest and let our voices be heard."

We urge everyone to speak up and protect it, so kids can focus on learning without worrying about a growling, hungry puku.

This piece was put together by 16-year-old Flaxmere College student Joseph, and 14-year-old Napier Girls High School student Amaiah.

**i** If you are a young person based in Hawke's Bay or have a young person in your whānau that you think might like to get involved in Toi Matarua Kaupapa, contact us by visiting [www.toimatarua.com](http://www.toimatarua.com) or email us at [pakarupanui@toimatarua.co.nz](mailto:pakarupanui@toimatarua.co.nz)

AUNTY'S GARDEN

# Abundance of produce a blessing for community

The average weight of our kūmara harvest planted early, in new ground and nurtured carefully was 2 to 3 kilos.

They were harvested to coincide with the book launch of *The Kumara Vine*.

Kūmara are a great passion of mine.

The harvest is now drying out and being stored for planting next season.

An abundance of fruit and vegetables has been grown here in the Bay.

It is such a blessing for our community to have so much kai around us.

Now, in the 20th year of Aunty's Garden, we too have provided a great variety of vegetables and fruit to more people who come to the garden.

It's extraordinary, as all the food we grow is spray-free and so tasty.

At my extended age of three score and 10 plus, I'm noticing a slowdown in pace.

My enthusiasm is still there but for how much longer, I'm not sure.

So many classes, garden groups, special needs, schoolchildren, kindergarten and kohanga reo children and their kaiako and parents have come to share in what we do at Aunty's Garden.

I didn't set out to be famous or well-known, but somehow it just happened.

I will continue to do what I love, and that is to work in my garden.

I love to share my passion for the garden with others.

Providing recipes for *Hawke's Bay Today* via Ngāti Kahungunu Iwi Inc's Tihei Kahungunu pull-out is no easy task.

Even though the recipes are



**Aunty's Garden basic lettuce salad.**

basic, they tax my imagination – but it's a lot of fun to do.

**Basic Lettuce Salad**

**Ingredients**

- 1 iceberg lettuce
- ½ red oak lettuce
- ½ red delicious apple
- 1 mandarin
- ½ red onion
- 1 carrot
- ½ cup nuts (walnuts) or your preference
- 2 boiled eggs

**Method**

- Finely slice lettuce
- Dice apple
- Finely cut mandarin segments
- Finely chop red onion
- Grate carrot
- Peel and quarter eggs
- Toss all in a bowl and add dressing of your choice

It takes five to ten minutes to make this delicious salad.



# Bowel cancer screening is saving lives

Don't be a fool, submit that stool! You can poo it!

**OPINION**  
**Ruth Wong**

**T**he National Bowel Screening Programme is free for people aged 60 to 74 years.

It aims to save lives by finding bowel cancer at an early stage when it can often be successfully treated.

Te Whatu Ora workers Sally Maoate and Liz Morley are running an awareness campaign to help people understand what's involved.

A series of videos and clear messages are being shared on the Health NZ – Hawke's Bay facebook page along with a number of health messages that could save your life.

Around the time of your 60th birthday you will be invited to join the National Bowel Screening Programme and a test kit will be sent to you in the mail.

The promotional campaign involves several videos of Sally and Liz demonstrating how to complete the test. It's really easy to do and aims to save lives.

"Aotearoa has one of the highest bowel cancer rates in the world with more than 3000 people being diagnosed each year and over 1200 who die from the disease. We have a really big concern," Liz Morley said.

"When we are presenting to a group, we always meet people who have been impacted by bowel cancer is some way.

"Our monthly video messaging on facebook aims to breakdown the main information around bowel screening to hopefully dispel misconceptions and encourage participation," Sally Maoate said.

Just about everyone knows someone going through the bowel cancer journey.

Every eligible person that you know should be doing the test. If that person is you, please take the time to do the test," she said.

Last year, my friend turned 60 and soon after she received her Screening Pack.

Being a responsible wahine, relatively healthy and fit, she followed the instructions and



did the test. She was quite surprised with the result, however being sensible in her reaction, she took the necessary steps to do what was needed to be successfully treated.

Needless to say, I'm very proud of her.

In communicating with my friend for this article, she commented, "Take the test! For me, it has meant more time with my whānau, more wonderful time with my moko! Take that test, so you are the best for your whānau!"

The screening involves sending a sample of your poo to the laboratory to be tested.

The pack that you receive has all of the instructions and you can do it at home. No one has to know a thing.

The screening test is sent every two years to people of age who are eligible for publicly funded health care.

Information on who is eligible for publicly funded health services is available on Te Whatu Ora – Health New Zealand's website or by phoning 0800 924 432 or email [info@bowelscreening.health.nz](mailto:info@bowelscreening.health.nz)

If you are eligible to take part, you will be sent an invitation letter, a consent form and a free bowel

**Te Whatu Ora workers Sally Maoate and Liz Morley.**

screening test kit with instructions on how to use it.

You can be a part of the campaign by joining the facebook page to listen Sally and Liz. Save a life, save your life. You can poo it whānau! Don't be a fool, submit that stool!

This is no laughing matter, but if a catchphrase helps you do the right thing, well ka pai! Take that test, so you are the best for your whānau!

**i** Find out more at <https://www.timetoscreen.nz/bowel-screening> or call 0800 924 432.

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## NGĀTI KAHUNGUNU IWI INCORPORATED

BENEFITS TO MEMBERS

### SCHOLARSHIPS

OPEN 11 MARCH  
CLOSE 4PM 10 MAY 2024

Ngāti Kahungunu Iwi Incorporated acknowledges education as an important key to personal, whānau, hapū and iwi development. We are offering two types of scholarships as follows:

1. General Scholarship for students who are currently enrolled at a tertiary institution as a full time tauria in the third TO final year of completing a degree OR doing post graduate study can apply for a \$500 General Scholarship.
2. Research Scholarship - Four Research Scholarships worth \$5000 each, can be applied for by full-time Ngāti Kahungunu tertiary post-graduate students undertaking full time research studies.

The 2024 scholarship applications opened in 11 March 2024 and close 4pm 10 May 2024. Find out if you meet the criteria and apply online <https://www.kahungunu.iwi.nz/iwischolarships>

### SPONSORSHIPS

ALL YEAR ROUND  
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We believe that Cultural and sporting pursuits are an important aspect of personal, whānau, hapū and iwi development. For this purpose Ngāti Kahungunu Iwi Incorporated has allocated a limited amount of funding toward sponsorship to encourage, and to recognize the pursuit of cultural and sporting excellence by Ngāti Kahungunu. Check out the criteria and apply online <https://www.kahungunu.iwi.nz/sponsorship>



Apply online [www.kahungunu.iwi.nz](http://www.kahungunu.iwi.nz)  
All inquiries email [waiora@kahungunu.iwi.nz](mailto:waiora@kahungunu.iwi.nz)  
or phone office 0800 KAHUNGUNU





# *Ngāti Kahungunu* MATARIKI EVENTS 2024



**MATARIKI WHAKANUIA KI  
TĀMAKI NUI A RUA**  
Tararua Celebrates Matariki

Dannevirke A&P Showgrounds  
Queen Street, Dannevirke  
6pm - 8pm FREE ENTRY

*Kai, entertainment,  
remembrance & fireworks*



**MATARIKI WHAKANUIA KI  
TAMATEA**  
Celebrate Matariki in  
Central Hawke's Bay

Russell Park  
10 River Terrace, Waipukurau  
6pm - 8pm FREE ENTRY

*Kai, entertainment,  
remembrance & fireworks*



**MATARIKI TĀPUAPUA**  
The Pools of Matariki

The Pond, Flaxmere Park,  
Henderson Road, Flaxmere  
6pm - 9pm FREE ENTRY

*Float a waka lantern with a  
personal message of  
remembrance of healing. Kai  
trucks & acoustic performance*



**MATARIKI WHAKANUIA KI  
TE WAIROA**  
Wairoa Celebrates Matariki

Wairoa Community Centre  
Alexandra Park, Marine Parade  
Wairoa  
6pm - 8pm FREE ENTRY

*Kai, entertainment,  
remembrance & fireworks*



**WHĀNAU MARAMA**  
Light Show

Atea a Rangi, Waitangi Park  
Highway 51, Awatoto, Napier  
Every 30min from 6pm - 8pm  
\$10 @ [www.matariki.events](http://www.matariki.events)

*Family of Light and the  
traditional star compass used  
by ocean navigators. A sensory  
experience like no other.*



**MATARIKI @ WAIAROHA**  
Hikoi of Remembrance

Waiaroha - Heretaunga Water  
Discovery Centre,  
Southampton St, Hastings  
6pm - 9pm FREE ENTRY

*Float a waka lantern with a  
personal message of  
remembrance and healing*



**MATARIKI WHANGAI I  
TE HAUTAPU - HAU AHI**  
Matariki Ceremony

546 Marine Parade, Napier  
[next to the National Aquarium]  
6am - 7am FREE ENTRY

*Ceremony to remember loved  
ones, give thanks for the  
harvest and blessings for the  
future*



**KAI HAU KAI MATARIKI**  
Feast on Kai, Entertainment,  
and Fireworks

Mitre 10, HB Regional Sports Park  
Perciville Rd, Hastings  
6pm - 9pm FREE ENTRY

*Kai, entertainment,  
remembrance & fireworks*



**MATARIKI MAHIKA**  
Storytelling around the fire

546 Marine Parade, Napier  
[next to the National Aquarium]  
6pm - 9pm FREE ENTRY

*Beacon fires along Matau a  
Maui, float a waka lantern with  
a personal message of  
remembrance or healing,  
storytelling around fires*



**TĪRAMA MATARIKI  
LIGHT GLOW**  
Wairarapa Celebrates Matariki

QEII Park  
Dixon St, Masterton  
6pm - 8pm FREE ENTRY

*Light displays, kai,  
entertainment, remembrance*

# MATARIKI.EVENTS