

## Waka team on the hunt for crew

Napier-based iwi venture seeking new blood for vessel's voyages

**T**housands of years ago legendary explorers such as Māui, Kupe and Whatonga ventured across the Pacific Ocean in double-hulled sailing waka to explore.

Now people keen to follow in their footsteps are invited to register to crew for an iwi-owned waka in Hawke's Bay.

Those who long ago crossed the world's largest ocean were the first deep-sea sailors and accomplished navigators. The navigation and sailing skills of the Pacific Islanders has been handed down across the generations for more than 4000 years.

Te Matau a Māui is the name of the iwi-owned waka initially built by a wealthy German philanthropist, Dieter Paulmann. It was one of seven identical waka built in 2009.

The design of the mould came from the Cook Island waka, named Te Au o Tonga. The seven waka were built in the 1990s and were part of a kaupapa to voyage together on an environmental campaign called Te Mana o Te Moana, which spanned 18 months, dozens of Pacific Islands and more than 30,000 nautical miles.

In 2011, the waka was purchased by Ngāti Kahungunu Iwi Incorporated as an investment into rejuvenating ancient voyaging practices and reinvigorating cultural values through leadership and development of rangatahi. In 2014 the iwi partnered with the Te Matau a Māui Voyaging Trust chaired by celestial navigator and captain Piripi Smith, to ensure the waka's wellbeing and the continued sharing of these ancient practices.

Almost 10 years on, the



**Te Matau a Māui is the name of the iwi-owned waka initially built by German philanthropist Dieter Paulmann.**

waka is still in great condition and is managed by the Ātea a Rangi Educational Trust. It takes a lot of hard work and the effort of a team of people to ensure this kind of vessel is maintained well.

The sharing of ancient practices has continued through wānanga and educational workshops where thousands of children have had the opportunity to learn and develop skills and some have gone on to further their interests by becoming skippers. Some have joined the solid team of crew members who are now able to teach others special techniques and

practices.

"We're planning some sails over the next few months and years. The Te Hau Komaru National waka festival will be held down in Te Tauihu at Kaiteretere next year, and there are other coastal sails planned to Mahia and Turanganui a kiwa," says Piripi Smith.

The Te Matau a Māui Waka Hourua team are looking for new blood to join their team of crew members. On November 18 an open day will allow interested people to come on down to the waka, which is based in Ahuriri, Napier. People are invited to come aboard, see, feel and

touch the waka and learn more about its kaupapa.

On November 25-26, a wānanga to recruit new crew members will take place. Keen and committed people are invited to register to attend. Only 30 spaces are available, so you'll need to get in fast.

"Since our last crew recruitment a couple years ago we have been able to do some awesome coastal sails. As our crew grows, the opportunity will open up to do some open-ocean sails again," says Smith.

"To become a crew member you don't need to have any previous sailing experience,

you just need to be a person who is into the kaupapa and who can work in a crew. We have tane, wāhine rangatahi in our current crew and it's a safe wāhānau environment.

"Nau Mai Haere Mai, Come and learn the kaupapa of the waka and look to the ahead to being able to sail the Pacific Islands to retrace our Takitimu kōrero and whakapapa links."

● For more information contact Michelle Smith [msmith@atea.nz](mailto:msmith@atea.nz). Registrations for the wānanga close on 20 November 2023.

108 Alexandra Crescent  
Hastings  
06 878 3391

*Simplicity*  
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60 Munroe Street  
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## AUNTY'S GARDEN

## Choral concert by uncle is soul food

Just like home cooking, music is a simple comfort

Hanui Lawrence

**T**here's no doubt that music lifts the soul when one is feeling down, loved ones have passed on or horrible happenings occur around you and you suddenly hear a piece of music or singing. It can capture your thoughts and lift your state of mind to greater heights.

At the recent Hastings Arts Festival, I, along with my two granddaughters, witnessed a concert by their Uncle Robert Wiremu with his new arrangement of Mozart's *Requiem*, which he brought to life with the internationally celebrated New Zealand Chamber Choir and instrumental ensemble under the direction of Dr Karen Grylls.

I have very fond memories of Robert, who attended Karamu High School with my sons in the mid 1980s. Each morning Robert would arrive at our house in Ellison Rd and collect my sons and off they'd go to school. Robert was a gifted pianist back then as well as an excellent cellist and violinist. Along with my son and another talented young man from the Rudolf Steiner



**Chunky roast vegetables are hard to beat.**

school, they would enter the Westpac School Music Contests and between them, they alternatively played the piano, violin or cello in their

performances. From these early beginnings, Robert has accomplished so much, has degrees in the music area, lectures at the University of

Auckland and accompanies the Summer Opera singing schools here in Hastings.

His *Requiem*, performed at the Waiapu Cathedral in

Napier to a full house, was stunning. An orchestra of four violinists, two cellists and a xylophone – along with an 18-piece choir under renowned conductor Dr Grylls, was superb and held us spellbound throughout. I felt quite emotional yet proud of Robert, as did his two nieces, who hadn't seen their uncle for a number of years. It was a very beautiful concert, thanks to the Hastings Arts Festival for bringing him to us.

#### Recipe – Roast Veges and Mince

- 1 swede
- 1 beetroot
- 1 parsnip
- 2 carrots
- 2 potatoes
- 1 onion
- 50gm butter
- Salt to taste
- 2 tsp organic vegetable powder & warm water to mix
- 500gm – precooked beef mince with tomato and pasta

#### Method

Wash all veges, cut into chunks and place in an oven bag with the butter and roast in the oven for 45 mins at 180C. Heat mince mixture. Dissolve organic vegetable powder in warm water then add to the mince mixture. When veges are cooked, serve together with the mince. Add salt to desired taste. Eat with your favourite green tossed salad or by itself, it's beautiful.

Te Taiwhenua o  
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ORANGA HINENGARO  
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# Holistic care journey for elderly

Cultural insights transforming dementia care

**N**au mai, haere mai – Welcome to our journey of holistic care for pakeke living with wareware (declining memory/dementia) and incontinence.

Picture this, in the heartland of Kahungunu, a kaupapa springs to life. Its mission: to delve into the life experiences of our older whānau, their caregivers, and their journey with wareware and incontinence.

Spearheading this voyage of discovery is Dr Sharon Awatere, supported by the unwavering tautoko of Roni Nuku and Arapera Riki. Under the korowai of Dr Tess Moeke-Maxwell, this project seeks to uplift our pakeke, glean insights into their unique challenges.

Listening intently to the words of wisdom from Kāhui kaumātua (Lexia Puna, Necia Williams, Areta Koopu), Roni Nuku, and Kuia Arapera Riki, the research team navigates the intricacies of daily life for those affected. Even seemingly simple strategies, essential for maintaining mana (dignity and independence), like using the wharepaku, are brought into focus for our pakeke living with dementia and incontinence (toileting

## The details

● **Where:** TTOH, 821 Orchard Road, Camberley, Hastings 4156

● **When:** 29 November 2023, from 10 am to 12 noon

● **With:** Kaumātua Ageing Well Rōpū

difficulties).

As the team has ventured into the labyrinth of care pathways and mātauranga (knowledge) surrounding dementia and incontinence, they have found gaps. Especially for our elder Māori, the existing care frameworks, like the ones described in Hawke's Bay District Health Board's Continence Service Guidelines, proved inadequate and outdated, lacking a true reflection of tikanga Māori (Māori customs and values).

Yet, the team's spirit is far from dampened. Fuelled by the backing of a Health Research Council of New Zealand grant, they've been pushing the boundaries of mātauranga and practice. Using the compass of the 'Te Whare Tapa Whā' framework, they're pioneering an all-encompassing approach that embraces taha tinana (physical health), taha

hinengaro (mental health), taha wairua (spiritual health), and taha whānau (family health).

The work continues as the team carefully sift through the stories of 16 pakeke living in our community, along with their caregivers, families, and whānau. "We are on a quest to uncover invaluable insights from the lived experiences of pakeke, caregivers, and whānau in Hawke's Bay. Additionally, our extended research team focuses on gathering information from non-Māori individuals in the upper North Island. By weaving together these diverse perspectives, we aim to create a comprehensive understanding of dementia care that encompasses the rich tapestry of our community", says Dr Sharon Awatere – Research Lead.

The gems of knowledge they uncover will aid the crafting of culturally safe guidelines and supportive resources, aiming to uplift the lives of Māori and non-Māori living with dementia and incontinence.

Dr Awatere shared, "We are privileged to receive guidance from our kāhui kaumātua and Māori advisors. Their insights are the keys to understanding



Professor Vanessa Burholt is the director of the University Centre for Co-Created Ageing Research.

It's very important that this messaging and the research information is shared with our communities to keep them aware and understanding toward our loved ones coping through challenging time.

Professor Vanessa Burholt

the needs of our Māori whānau. Their wisdom anchors our research in community realities and honours the diversity of older Māori."

The heart of this project beats with the desire to empower and educate the community by delivering

findings that are accessible, relevant, and transformative. This ground-breaking research symbolises a pioneering leap towards a future incontinence care pathway, co-created by the Māori community, for the Māori community. The devoted team is optimistic that their mahi will greatly enrich

the quality of life for pakeke living with dementia and incontinence, and their whānau. Honouring tikanga Māori customs and values and prioritising cultural safety, they're building a bridge between research and practice, delivering tangible, positive change for the community's oranga well-being. Now, that's a journey worth joining.

A kaumātua hui facilitated by the School of Nursing and School of Population Health at the University of Auckland, in collaboration with the Kaumātua Ageing Well Rōpū, proudly presents 'Me Kōrero Tātou' – A Journey Shared', a hui to provide an enlightening and supportive environment for our esteemed kaumātua. It is a platform to share knowledge, foster understanding, and empower our community.

Project Leader, Professor Vanessa Burholt, is the Director of the University Centre for Co-Created Ageing Research (CCREATE-AGE). "Our mission is to develop a transdisciplinary centre that will deliver creative and innovative solutions to realise opportunities, needs, and concerns identified by older people, to improve health, wellbeing and human flourishing" says Vanessa. "It's very important that this messaging and the research information is shared with our communities to keep them aware and understanding toward our loved ones coping through challenging time".

Me Kōrero Tātou, Nau mai, haere mai! Let us weave a future filled with hope, understanding, and dignity for our beloved kaumātua.



## Te Matau a Māui

Piki mai, kake mai e te kaupapa nei



Ngāti Kahungunu Iwi  
INCORPORATED

### Waka Open Day

### New Crew Recruitment Wānanga

**Saturday 18 November**  
11am - 3pm

- Te Matau has voyaged throughout Te Moana nui a Kiwa [Pacific]
- Come and see how
- West Quay Ahuriri
- Whānau welcome
- Check our facebook page for details
- Nau Mai Haere Mai
- All Welcome

**Weekend of**  
**25-26 November**

- Committed people who are keen to become new crew members
- Learn from experienced voyagers
- No previous sailing experience required
- 30 spaces available - \$5 koha
- Further details upon registration
- Contact msmith@atea.nz or through our Facebook page
- Registrations close 20 November 2023



Te Matau a Māui Waka Hourua



# Annual meeting planned for Splash Planet in November

Chance for whānau to gather and have fun

**Ruth Wong**

**T**his will be the 17th year that Ngāti Kahungunu Iwi Incorporated has held its annual meeting at Splash Planet.

The AGM is being held in the conference room at 9am on November 25.

Usually, the day begins with inter-marae sports, but this year we decided not to have sports and allow everyone to enjoy the Splash Planet complex together as a whānau.

The day will still feature an inter-marae tug-of-war tournament that will be held on the sandpit. Whānau winners from past years will come to defend their titles.

Waimarama, Tangolo, Korongata, Whiti Te Ra are a few winners from the past, but that's not to say that we will not have some new strong people come and take it out this year. This day is all about

whānau and enjoying a day in the sun with loved ones.

The day begins at 9am with rides starting at 10am. This is to allow whānau to enter the park while other family members can attend the AGM.

## SPLASH PLANET WRISTBANDS

This day is exclusive to registered whānau members and their immediate family. Wristbands are \$5 each for adults and children 3 years and under are free. To get your wristbands and complimentary \$5 food voucher, you need to go to the following places:

- If you live in Heretaunga or Te Whanganui-a-Orotū – come to the Ngāti Kahungunu Office, 304 Fitzroy Ave, Hastings. Phone 0800 524 864. Pay and pick up only. Eftpos or cash payment is available.
- Wairoa, Tamatea, Tamaki-nui-a-Rua and Wairarapa you will need to go to the local offices to pay \$5 to receive



**The 2017 Tug of War Champs**  
Tāmaki-nui-a-Rua.

your band and voucher. If you're not sure, give us a call at the iwi office. 0800 524 864.

## CHANGES AT SPLASH PLANET

There have been some exciting changes at Splash Planet. There is no cooking allowed in the park – so no barbecues – but a picnic lunch is welcome! No takeaways can be brought into the park but the good news is that there will be vendors in the complex where you can buy your lunch and use your \$5 voucher. For health and safety reasons

Splash Planet has limited the number of people who can fit in the park at one time. Ensure you get your wristbands early to secure your spot in the park.

## ANNUAL GENERAL MEETING (AGM) INFORMATION

Ngāti Kahungunu Iwi Incorporated Annual General Meeting, November 25, 9am, Splash Planet Conference Room, Grove Rd, Hastings

## AGENDA

1. Mihimihi
2. Himene

3. Karakia
4. Apologies
5. Maumahara
6. Previous Minutes
7. Chairman's Report
8. Kahungunu Asset Holding Company Report
9. Audited Financials
10. Re-appoint Auditor
11. Annual Plan 2023-2024
12. General Business
13. Himene
14. Karakia

● For more details on the AGM, go to: [www.kahungunu.iwi.nz/annual-general-meeting](http://www.kahungunu.iwi.nz/annual-general-meeting)



# Let's go to Church!

**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 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)

# Great to see kaumātua out having fun

Their energy and devotion is inspiring

**Ruth Wong**

**O**ur kaumātua are living longer. This statement isn't based on any research, but simply my personal observations at church, in the community and the noticeable amount of kaumātua events and activities that are taking place to keep our kaumātua active and sprightly.

Earlier this year after the devastation of Cyclone Gabrielle on our Hawke's Bay communities, Te Taiwhenua o Heretaunga hosted a Kaumātua Ball.

It was an amazing function with around 500 kaumātua participants dressed up on the dance floor. It was amazing to see so many kaumātua having fun.

A few months ago, I visited Tamatea Taiwhenua to attend their monthly kaumātua hui. It was an intimate group and we enjoyed fresh vegetable soup around their large dining room table.

You could feel the love of their coordinators who create exciting kaupapa to keep their kaumātua involved and engaged.

The group was small enough in numbers to register them all for the annual Kahungunu Fish Hook



**Nannies at the Kaumātua Matariki luncheon hosted by Kahungunu ki Tāmaki-nui-a-Rua.**

Summit and around 20 stalwart kaumātua from Tamatea attended the Fish Hook Summit event which took place at the Napier War Memorial centre.

Having this minibus load of kaumātua at our iwi event felt special, as they conformed with their smiles, the kaupapa of the day. In July I attended a kaumātua luncheon held in Dannevirke. It was a kaumātua Matariki lunch hosted by Tāmaki-nui-a-Rua Taiwhenua.

There were more than 100 kaumātua from Dannevirke, Central Hawke's Bay and Wairarapa who were having

lots of fun, either singing, mingling or catching up.

We are in the final quarter of 2023 and exciting things are still taking place everywhere for our kaumātua to stay healthy, engaged, active and busy. I have an uncle who is out on a daily basis at activities and events with other kaumātua.

It's a nice change from seeing him on the paepae all the time and seeing him on stage, overseas and having a good time.

They practise waiata together, travel together, attend events together, and

just like being around one another. It's beautiful to see him out and about doing so much in his mid-80s.

Likewise with my own 82-year-old dad who sometimes forgets his age and likes to get around and help everyone with their lawns, doing odd jobs for people and his own place has the best-grown fruit and vegetables.

It's admirable to see the energy of these koro and nannies. They never complain and they are always where they need to be, early, nicely dressed and with a smile.

In the community, we have

a lot more kaumātua who aren't aware of the outings and activities that are available for loved ones to enjoy. See above a list of contact details for those taiwhenua who have kaumātua groups who meet regularly.

Make contact and join in the fun.

Some groups meet more often than others. For example, Wairoa has an event on Tuesday, October 31 and Heretaunga has an event on Wednesday, November 1.

It's not too late to go along and see how you go, you just might enjoy yourself.

## CONTACTS FOR THE DISTRICTS IN KAHUNGUNU

- Wairoa — Kahungunu Executive (Dianne) 0800621700 or (06) 838-6835 ext 2009
- Napier — Te Taiwhenua o Te Whanganui A Orotu (Joy) 0800 4 AHURIRI (2487474)
- Heretaunga — Te Taiwhenua o Heretaunga (Kymmie) 06 871-5350
- Central Hawke's Bay — Tamatea Taiwhenua (Makere) 06 858-7206
- Dannevirke — Kahungunu ki Tāmaki-nui-a-Rua Taiwhenua (Vanessa) 06 374-9224
- Wairarapa — Kahungunu ki Wairarapa (Lorraine) 027-288-7571 (Takere) 06 377-1701

## Feeling tired? Take a break.



### Tiredness, fatigue, weariness or exhaustion can affect your driving long before you nod off.

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

Coffee, music, fresh air will only help with fatigue for the short term. Stopping and getting a good night's sleep is the only remedy.

Travelling at  
the speed of life.

[roadsafehb.org.nz](http://roadsafehb.org.nz)

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Ngāti Kahungunu Iwi  
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# [ AGM WHĀNAU DAY ]

Sat 25 November 2023, 9am-5pm  
Splash Planet Hastings  
Grove Road, Hastings

*Come and join in this day of  
'fun in the sun with your loved ones'  
No inter-marae sports  
just Tug of War on the pit.*

**SPLASH  
PLANET**  
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Rides start  
at 10am

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Splash Planet  
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exclusive to  
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members and their  
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Wristbands are \$5  
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and children. 3yrs  
and under are free.

## GETTING YOUR WRISTBANDS

To get your wristbands and  
complimentary \$5 food voucher: Come  
to the Ngāti Kahungunu Office 304  
Fitzroy Avenue, Hastings or if you live  
in Wairoa, Tamatea, Tāmaki-nui-a-  
Rua, or Wairarapa you can go to your  
local office. **Don't wait  
though...tickets are limited.**

## AGM

The AGM  
will start  
at 9.00am  
in the  
Splash Planet  
Conference  
Meeting Room

[www.kahungunu.iwi.nz/annual-general-meeting](http://www.kahungunu.iwi.nz/annual-general-meeting)

Phone: 0800 524 864