



## Kapa haka a joyous event

500 performers from 12 groups attend Ngāti Kahungunu Haka Ngāhau

**Te Rangī Huata**

**N**gāti Kahungunu Haka Ngāhau (celebration) was billed as the kapa haka event of the year and it lived up to that headline in a spectacular fashion.

Thousands of excited and enthusiastic kapa haka followers packed Toitū Arts & Events Centre in Hastings on Saturday, August 14.

They clapped and cheered as 500 performers from 12 kapa haka groups sang and danced in a joyous and moving journey.

It's the first time the Ngāti

Kahungunu national kapa haka finalists at primary, secondary school and Te Matatini level have performed on the same stage.

Pefi Kingi, a supporter of Te Kura Kaupapa Māori o Ngāti Kahungunu ki Heretaunga, said, "They made me cry and I felt so proud to see on stage students, tutors, staff and parents performing together as one. Amazing."

Ngatai Huata was there to watch her grandchildren perform.

"Today kapa haka has lifted to a whole new level. The confidence and skill level of young and seasoned performers on stage was a highlight for me."

This event came about due to the decision by Te Matatini National Board to postpone the national festival at Eden Park Auckland for February 2021 until 2022, due to the risks

to the welfare of kaumātua and whānau posed by Covid-19.

Instead, Te Matatini announced they would replace the 2021 festival with 12 regional kapa haka ngāhau (celebration) events.

Selwyn Parata chairman of Te Matatini said, "These non-competitive events will support whānau and communities to foster and celebrate kapa haka within their regions."

This revised approach was to reduce the risks associated with travel out of the regions to large gatherings while at the same time allowing for broad participation.

Funding was approved from the Arts and Culture Covid Recovery Programme to support this series of regional kapa haka ngāhau events.

Māori TV provided live and

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Ngatai Huata

streaming coverage of the event in Aotearoa, Australia and the Pacific.

"I watched the livestream," said Piki Reti. "Our iwi is so blessed to have such amazing kai haka (performers) and I think the kapa haka ngāhau concept should be a permanent thing."

"We were so glad to be there," said Rose Reid.

"The performances had us on the edge of our seats. It was absolutely thrilling to watch. To see those babies performing so well alongside their parents is an absolutely precious memory."

The organisers of the Hawke's Bay event, Ngāti Kahungunu Runanga Arts & Culture, gave each performing group a performance fee to assist with their travel to compete at their national competitions.

The teams representing Ngāti Kahungunu at Te Matatini next year are Ngāti Ranginui – Tauranga Moana, Mātangirau – Wairoa, Te Rangiora o Wairarapa, Wairarapa and Tamatea Arākinui – Tamatea.

**Te Rangī Huata** is Ngāti Kahungunu event manager

**A group performing at the kapa haka event.**

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# East Coast lad gets big ticks from Nanny

The Nannies is a narrative started during national lockdown 2020. Based on a pair of lively elderly cousins who live next door to each other, the Nannies explore current issues from a traditional knowledge base.

**Nigel How**

**N**anny 75 still hasn't come home from the head of Maui's great fish. Her new mokopuna arrived safe and sound. Nanny 82 and I were expecting Nanny 75 home not long after the birth. Then the news reached us. "Guess what?" I declared to Nanny 82. "Aua," she replied, not knowing what I was on about. "Your cousin," I began. "Apparently she was rushing down the stairs to get in her car to come home when she slipped and twisted her ankle." "Bloody hell!" responded Nanny 82. "No wonder she has no hoki mai ki te kainga." She paused then added, "Her mokopuna will look after her." We are certain they are. The new baby is the youngest of six, they with the older siblings all raised to be caring, thoughtful and hard-working. So there are five sets of dedicated mokopuna hands to look after not only their new brother and recovering mother, but also their beloved kuia.

Nanny 75 still hasn't come home. We miss her. She is now Nanny 76, having spent her birthday surrounded by her loving mokopuna. While she has been gone, Nanny 82 and I have found other ways to inject some life into our days. Recently, Nanny 82 hosted an energetic East Coast lad. One of our old neighbour's relations, he had stayed with her before a few months ago when he needed somewhere to stay. If there is one thing that Nanny 82 has always been, it is generous. At that first stay an invitation was issued for the East Coast lad to come back and tend her gardens in exchange for food and shelter. He accepted before he left and eventually took up the offer. He arrived full of smiles and bearing gifts for Nanny 82. Delicious home-made preserves. "Kaua e haere ki tou mahunga anake" is an old family saying of ours – don't go with just your head. Basically, always take something to eat with you when you visit someone. Big tick for East Coast lad. He accepted our additional invitation to help with a hui at our marae the next day, the monthly Kaumātua Day for the elders of our district. He was a star and charmed some 70 kuia and koroua with his tea pouring skills and general helpfulness. Another big tick for East Coast lad. Said lad is also a



**East Coast lad makes short work of the Nannies' garden.**  
Photo / Supplied

professional acupressure practitioner. After our kaumātua left, he did a session in our wharepuni with a client. A lad cannot live by generosity alone. While he was working out whatever kutu were ailing our relation, I finished cleaning our marae. Nanny 82 went

home for a nap. Then it was time for the matter he was there for, tackling the overgrown jungle that was the gardens of Nanny 82. He gave it a good start before dark. I left them both quite happy that evening. I would see them again after I'd

been to work in town the next day. By the time I returned almost all the gardens were weeded and tamed, the lawn edges were trimmed and the grass was cut. He did all this while dealing with an upsetting email and the constant oversight of Nanny 82, which included her running commentary and piles of food while he worked. If you know Nanny 82 like we do, entertaining her is not an easy feat when you want to get a job done. Power to the East Coast lad. His patience and warmth to our elders is becoming legend. It is a trait we don't see much of these days, respect for our elders. Another big tick for East Coast lad. I'm certain Nanny 82 overworked him. I hope we haven't put him off returning. Nanny 76 will have five cents plus change to add to all this once she learns of it. East Coast lad's brief and very productive stay was concluded with more invitations issued by Nanny 82, along with more plans on how to best use his skills. She never wastes an opportunity. She continues to sing his praises. Nannies! **Nigel How** is chairman of Ngati Kahungunu Wairoa Taiwhenua Incorporated, and a board member of Ngati Kahungunu Iwi Incorporated.

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**kōrero  
mai!**

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Taekwondo teaches integrity, self-defence and unconquerable spirit

**Ruth Wong**

**A** hard-working mother of five girls makes for a very busy mum, but for Ngā Whenua Rāhui senior negotiation support adviser Barbaletta Aranui, every day is precious and this fulltime working mum is training her girls to become independent and look after themselves.

Barbaletta is mum to Mahinaarangi, 21, Roxey-Ngahua, 14, who boards at Hukarere Māori Girls' College, Santarna-Rose, 12, Harmony-Rae, 8, and Destiny-Maia, 5. The younger three girls attend Te Kura o Pakipaki.

"It takes a village to raise a child and I have an amazing village of people who all offer me support and contribute to my girls' wellbeing whether that be emotionally, pick-ups and drop-offs to school or training, a friendly ear and sometimes financially help too (thanks mum and dad). This is how I am able to work full time and keep my girls active," Barbaletta Aranui said.

After Covid-19 lockdown in May 2020, mum Barbaletta enrolled all five daughters into the Koryo Taekwondo programme to learn self-defence. A year later circumstances have allowed for the three younger girls to continue and advance to blue



**Three of the Aranui sisters from left, Harmony-Rae, 8, Destiny-Maia, 5, and Santarna-Rose, 12.**

Photo / Supplied

armed forces such as join the police, fire, army or navy forces.

"This sport teaches quality disciplines that will also help the girls develop great valuable lessons for life and become better kinder human beings," Barbaletta said.

"As a mother this gives me a huge sense of relief that the girls can protect and defend themselves. The reality is that I cannot be with the girls all of the time, however by equipping them with this knowledge and the skill they are able to handle situations where self-defence may be required.

"Taekwondo is another outlet that has given my girls the space and tools to empower themselves, like any sport including Taekwondo there are components of discipline, focus, co-ordination, social skills and much much more.

"It also contributes to building their self-esteem and confidence through deep feelings of pride and satisfaction as they achieve their goals. These skills can be transferred into their everyday life and future pathways too.

"This sport also teaches the girls about humility, celebrates their successes and also allows them to go at their own pace, whether they are competing or not."

● If you are interested in Taekwondo for you or for your children, get in touch with the Dojang Training Centre on Market St East and phone **0800 027 429** or email **info@koryo.co.nz**.

## Martial arts opens doors for sisters

and orange belt status.

Koryo Taekwondo is about integrity, self-defence, perseverance, courtesy and unconquerable spirit.

The girls train at the Dojang Training Centre on Market St in Hastings. Recently training centres opened in Havelock North and in Greenmeadows, Napier. The owner and instructor is master Camille Pruckmuller.

Camille established Koryo Taekwondo in 2020. Her vision was to set up as many

taekwondo training halls as possible with the help of her black belt students. Camille's motivation is to share her passion for taekwondo as a sport and a way of life.

Barbaletta saw this opportunity as giving her daughters the support, knowledge and skills to be more amazing in their everyday lives and to open up their future pathways.

In regard to pathways, if they choose, they can represent NZ at the Olympics,

### Pepeha

Ko Kahuranaki te maunga  
Ko Ngaruroro te awa  
Ko Takitimu te waka  
Ko Houngarea te marae  
Ko te Pakipakitanga o  
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# NGĀTI KAHUNGUNU HAKA NGAHAU 2021

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AUNTY'S GARDEN

# Look up, look ahead and look out for others

Chicken broth gives some needed warmth

Hanui Lawrence

**A**s I write this article, life is like a seesaw with yet another lockdown.

Up to this moment we in our twin cities have enjoyed a myriad of events such as concerts, sports, activities, picnics, musical events and so many ordinary and extraordinary things that we had been used to all of our lives.

Yet the powers that be, through no fault of their own, in their wisdom are guiding rightly or wrongly so that 99 per cent of us can live to our appointed time and not fall victim to this pandemic.

All across our beautiful country our departure

numbers of Covid are few. Sure, businesspeople are suffering, but I think we could all be more positive and look up, look ahead, look happy, look out for others as well as ourselves. There's no need to be afraid.

Our bubble consists of Ma and Pa, three grandsons, and two aunts and we're rather stretched as we continue to plant fresh vegetables at Aunty's Garden.

Our recipe today is Winter Chicken Broth. These past few weeks, even though we've had beautiful bright blue skies and sunny days, winter is still here.

## Winter Chicken Broth

### Ingredients

- ½ dozen chicken nibbles



- Water
- 2 med carrots
- 1 kumara diced
- 1 parsnip diced
- 1 onion chopped finely
- 1 pkt chicken cream soup
- 1 pkt chicken noodle soup
- Hand full of brussel sprouts,
- Hand full of spinach leaves,
- Mixed herbs (boxed or fresh)
- 2 Tbs tomato sauce
- Salt and pepper to taste

### Method

- In a medium pot, boil the chicken nibbles and chopped onion until the meat falls off the bone
  - Remove chicken meat from the pot and use the chicken stock
  - Add to your pot of chicken stock a little bit more water if you need.
  - Place the carrots, kumara, parsnip and herbs into the pot and bring to boil until the veges are soft
  - Add the brussel sprouts and spinach and continue to boil until tender.
  - Finally add the chicken meat back into the broth and stir in.
- Enjoy this with your favourite homemade scones, it's beautiful!

Winter Chicken Broth.

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# Manaaki Panel uses new approach

Focus on kaupapa  
Māori and whānau  
centred solutions

**T**he dreams and aspirations of tāne are the focus when Corrections staff take part in the Manaaki Panel meetings which started last month.

The Manaaki Panel is a group made up of representatives from six Māori providers who have been commissioned by Ngāti Kahungunu Iwi Inc to deliver the Kaiarataki Navigator workforce – part of the Māori Pathways programme.

The panel plans to meet once a fortnight with Corrections staff to work through what support can be provided for whānau of men in the Corrections system.

"We took five cases to the first panel hui," says Māori Pathways principal case manager Justin Edwards.

"They are tāne who we are working with who want their whānau alongside them on their journey towards wellbeing.

"The case managers talked about the tāne they are working with, then the panel discussed which of the providers might be best to work with his whānau.

"It was the first one, so there was lots of kōrero about the



The Manaaki Panel is where Corrections staff will be able to talk through whānau support options with kaiarataki navigators. From left, Matiu Bartlett, Te Kupenga Hauora; Hori Reti, Kahungunu Health Services; Helen Nesbitt, Kahungunu Health Services – Choices; Arama King, Te Taiwhenua o Heretaunga; Melissa White, Ngāti Kahungunu Iwi Inc; Justin Edwards, Ara Poutama Aotearoa; Delphine Fairburn, Te Kupenga Hauora Ahuriri; Kevin Lauvao, Ara Poutama Aotearoa and Dean Dawson, Ara Poutama Aotearoa.

In this panel, we change the structure of the conversation.

Justin Edwards

kind of things that make the best match. Sometimes a whakapapa link, and knowledge and understanding about a particular whānau,

might be the best option. But in other cases, expertise in specific areas, like drug and alcohol treatment, would be better.

"What I found heartening was that we were all guided by tikanga Māori in how we talked about finding the best approach for the men and their whānau."

Justin says the Whānau Manaaki Plans that have been developed by the Māori Pathways team at HBRP were a feature of the hui.

"Often in the past when we discussed a tāne and what he might need, we start with the deficit – what they have done wrong and what their problems are.

"In this panel, we change the structure of the conversation. We use each man's Whānau Manaaki plan to talk about his aspirations and what he wants to achieve. Of course we have to talk about his taniwha, his issues, but the goals come first."

Māori Pathways is using kaupapa Māori and whānau centred approaches to work to improve outcomes for Māori.

The kaiarataki navigator workforce is part of Paheretia te Muka Tāngata – Uniting the Threads of Whānau which draws on strengths of the Whānau Ora approach.

"Through the fortnightly Manaaki Panel we will be keeping each other up to date – we want to work well together. It is a very new approach so we are keeping open minds as to how we can continually improve our systems and processes in a way that keeps whānau wellbeing as our focus."

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### Contact Details

Mobile: Ruth 0272139547  
Email: whakatufreezingworks@kahungunu.iwi.nz  
Office: Ngāti Kahungunu Iwi Inc.

### Organising Group

Malcolm Cornes, Gilbert and Billy Kemp,  
Ralph and Ricky Sparks, Tom McGuire,  
Ngahiwi and Mere Tomoana

### For more information visit

[www.kahungunu.iwi.nz/whakatufreezingworks](http://www.kahungunu.iwi.nz/whakatufreezingworks)





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