



The Māori Battalion is a source of great pride and inspiration and we see the battalion's achievements as a testament to the strength, courage, and determination of our people, and we are proud of the way that our ancestors served our country with distinction and honour.

Haami Hiilton, Ngāti Kahungunu iwi kaumātua.

The O'Keefe whānau paying respect in memory of their Pāpa at a special dawn ceremony held at Te Aranga Marae, Flaxmere, on April 25, 2008.

Anzac Day -so we pay

Ngāti Kahungunu made great contributions to Māori Battalion

Ruth Wong

nzac Day is an important commemorative occasion the people of Ngāti Kahungunu. who have a strong historical connection to the Anzac story as we remember our loved ones gone before.

Anzac Day is a day of remembrance that is celebrated annually on April 25. It marks the anniversary of the landing of Australian and New Zealand troops at Gallipoli in Turkey during World War I.

Although the campaign was

ultimately unsuccessful, the Anzacs showed extraordinary courage, lovalty, and self-sacrifice in the face of great adversity and their bravery has become a defining moment in the history of Australia and New Zealand. For the people of Ngāti

Kahungunu, Anzac Day has a special

significance. Many of their ancestors fought in both World War I and World War II, and they are proud of the contribution their forefathers made

The stories of their courage and sacrifice have been passed down through the generations, and Anzac Day is an important opportunity for them to honour their ancestors and pay tribute to their memory.

One of the most significant events for Ngāti Kahungunu in the Anzac story was the involvement of the

Māori Battalion in World War II. The 28th Māori Battalion was made up of Māori soldiers from all over New Zealand, including a sig-nificant number from Ngāti

Kahungunu. The battalion saw action in North Africa and Italy, and their bravery and determination earned them a reputation as one of the most effective fighting units in the entire

"The Māori Battalion is a source of great pride and inspiration and we see the battalion's achievements as a testament to the strength, courage, and determination of our people, and we are proud of the way that our ancestors served our country with distinction and honour," said Haami Hillton, Ngāti Kahungunu iwi Hiilton, Ngāti Kahungunu iwi kaumātua. Anzac Day is celebrated in many different ways in Kahungunu. There will be dawn services and parades in towns and cities throughout the region, and many people wear poppies and other symbols of remembrance. In addition, there are special whānau events and ceremonies that are held at marae and in Māori communities throughout the region, where people come together to remember their ancestors and pay tribute to their memory.

Anzac Day is an important oc-casion for all New Zealanders. "They shall not grow old, as we that are left grow old, age shall not weary them, nor the years condemn. At the going down of the sun, and in the morning, we will remember them — Lest We

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Keep breathing it's going to be okay

There's support for those affected by cyclone damage

Ruth Wong

yclone Gabrielle recently made landfall, leaving behind a trail of destruction and devastation.

While the physical damage caused by the cyclone is evident, the psychological impact on individuals and communities is equally significant. Coping with the aftermath of a

Coping with the aftermath of a natural disaster can be challenging, and it is essential to provide psychosocial support to help people cope and recover.

Psychosocial support refers to the provision of emotional and psychological assistance to individuals and communities affected by a disaster. It aims to reduce psychological distress, promote coping, and improve overall wellbeing.

Here are some ways in which we can provide psychosocial support to help our community cope with the aftermath of Cyclone Gabrielle:

1. Provide emotional support:

 Provide emotional support: Emotional support can help individuals process their emotions and feelings. Encourage people to express their feelings and validate their experiences. Let them know that it is normal to feel overwhelmed, anxious, or sad in the aftermath of a disaster. Listen to their stories and provide a safe space for them to share their experiences.

their experiences.

2. Promote self-care: Self-care is critical during times of stress and adversity. Encourage individuals to take care of themselves by eating nutritious food, getting enough rest,



Providing ongoing psychosocial support can help individuals and communities cope and recover from the aftermath of Cyclone Gabrielle.

and engaging in physical activity. Encourage them to engage in activities that they enjoy and that make them feel good.

3. Connect people with resources: Connect people with resources that can help them cope and recover. This can include mental health professionals, support groups, and community services. Ensure that people know how to access these resources and provide them with the necessary information and contacts.

4. Foster social support: Social support can help individuals feel less isolated and alone. Encourage individuals to connect with friends, family, and their community. Help them identify people in their support network who can provide emotional and practical assistance.

and practical assistance.

5. Encourage resilience: Resilience is the ability to bounce back from adversity. Encourage individuals to focus on their strengths and to identify positive aspects of their experience. Help them develop coping strategies that can help them manage stress and adversity.

It is important to remember that

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the psychological impact of a natural disaster can last for months or even years. Providing ongoing psychosocial support can help individuals and communities cope and recover from the aftermath of Cyclone Gabrielle.

In conclusion, Cyclone Gabrielle has left a significant impact on our community, and providing psychosocial support is crucial to help individuals and communities cope with the aftermath of the disaster.

By providing emotional support, promoting self-care, connecting people with resources, fostering social support, and encouraging resilience, we can help our community stay well mentally and recover from the impact of Cyclone Gabrielle.

First and foremost – keep breathing, it's going to be okay. Keep it in perspective – talk to someone.

Māori agencies attend Psychological First Aid Course to learn how to listen to and support whānau affected by emergencies and traumatic events.

Photo / Ruth Wong





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OPINION

Hopeful community needs our help

Residents eager to get back home after cyclone

Ruth Wong

aiohiki is a small rural community Taradale.in Hawke's Bay

Along with its neighbouring communities, it was hit hard by Cyclone Gabrielle, which swept through in the early hours of Tuesday, February 14, causing widespread damage and displacing many residents from their homes, with no time to think of anything but escaping fast.
Since then the people of

Waiohiki have been struggling to survive, with many forced to live without the comfort of their homes

"I woke up and the water was already up to my knees,' Roy Pewhairangi said.

In a plea for help, the Waiohiki resident invited Ngāti Kahungunu Iwi Incorporated staff to come to view the problems they face in order to inform our iwi board of the difficulties they are experiencing with the lack of council response

I drove through Waiohiki with Roy and his nephew Tainui, to see the real state of the community and how things were eight weeks on.

The cyclone brought with it strong winds and heavy rain, which caused severe flooding and landslides in many parts of the community. The Tūtaekurī River, which runs through the heart of the community, overflowed its banks, causing extensive damage to homes and infrastructure. Many families were forced to evacuate their homes, and some lost everything they owned.
"At Waiohiki Marae about

80 per cent of our homes are uninhabitable due to severe flood damage displacing most of our hapū as refugees in temporary accommodation throughout Napier and Hastings," Roy said.

There are 92 residential homes in Wajohiki, 70 are inhabitable. Around 20 whānau members are still living at Waipatu. Roy and his nephew live in temporary housing in Napier.

In the aftermath of the cyclone, the community came together to support one another. Volunteers from



Eight weeks on, rubbish and silt is still piled high at Waiohiki, a small rural community located south of Taradale.

across the country worked tirelessly to clear debris and repair damaged infrastructure

The Tihei Mauri Ora Emergency Response team and Hawke's Bay Civil Defence provided emergency relief supplies such as food and water. Waiohiki Marae was the immediate place of safety for many of the residents. Most of the whānau were trucked to Waipatu Marae, where some still reside.

"During the first three weeks after the flood we were grateful that many volunteers came to help us, after that the whānau used their own resources to remove silt and debris, waiting for insurance and EQC claims to be finalised - if you were insured. Some whānau don't have resources to get this mahi done. Despite our efforts, many people are still struggling to get back on their feet and feel helpless. We need help," Roy said.

One of the biggest challenges facing the people of Waiohiki is the time it is taking to get back into their homes. Many homes were destroyed or severely damaged in the cyclone, and those that remain standing are uninhabitable due to flood damage or other issues. As a result, many families have been forced to live in temporary accommodation while they wait for their homes to be repaired or rebuilt.

It is obvious the whānau want to return to normality and at least be able to clean up their front and back yard to get a cabin or caravan onto their land, so they can be close by to work on their properties while maintaining their jobs to survive and provide for their

Living in temporary challenging, particularly for families with young children

or elderly relatives. The cramped living conditions, lack of privacy, and limited access to basic amenities such as running water and electricity can take a toll on people's mental and

Many families are also struggling to keep up with their rent or mortgage payments which has added to their

financial stress.

Despite these challenges, the people of Waiohiki have shown incredible resilience and strength in the face of adversity

They are to be commended for their efforts to maintain their dignity during such hard times. The community needs support and resources to rebuild their homes and their

While the road to recovery may be long and challenging, the people of Waiohiki remain hopeful and determined.
But like a nightmare, when

they return to their home they are re-traumatised by the state of their properties.

There are great leaders in the community seeing things through. A locality plan looks ahead to a 10-year strategy for recovery, and if the stars align the future looks good.

If anything, I hope that this article brings new hope for the people of Waiohiki – this beautiful community that sits south of Taradale where the grass seems a lot greener.

> Ruth Wong is Ngati Kahungunu Iwi Inc communications officer





AUNTY'S GARDEN

Thousands of little lanterns bring delights

20th anniversary of gardens

Hanui Lawrence

his year I grew a whole bunch of Cape gooseberries that are very bushy now and ready to be eaten.

There are thousands of little lantern shapes with a yellow berry inside. These berries are very tangy and melt in your mouth when eaten.

The gourds I've planted have also grown productively except the shapes of these gourds are long and look like a green shoe horn.

Asian and Indian people from our community have come to the mara/garden, and cook these gourds in their stir-fry dishes, adding their different spices to enhance the flavour. They've tried to teach me how to cook them, but I have them very bland.

This season marks our 20th anniversary of growing vegetables and fruit at Aunty's Garden at Waipatu. It has been of service to many people with cheap and tasty vegetables an adventure in a way as the pathways meander around the māra kai.

Now well into autumn, we're readying for winter planting of cabbages, broccoli and cauliflower.

This month's recipe

Cape Gooseberry Crumble

2 cups of Cape gooseberries 1 cup of sliced mango (1 can) 1 cup of sliced peaches (1 can) 4 Tbsp sugar 2 cups flour 100g butter

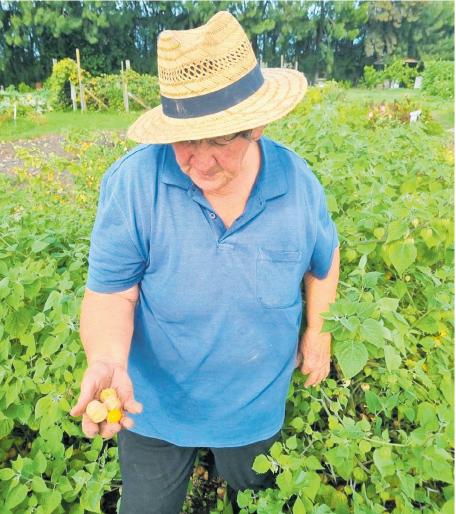
Put the goosberrries into a pot with 2 Tbsp of sugar and bring to a simmer until soft.

Turn off the heat, add the peaches and mango and mix then put into an oven dish.

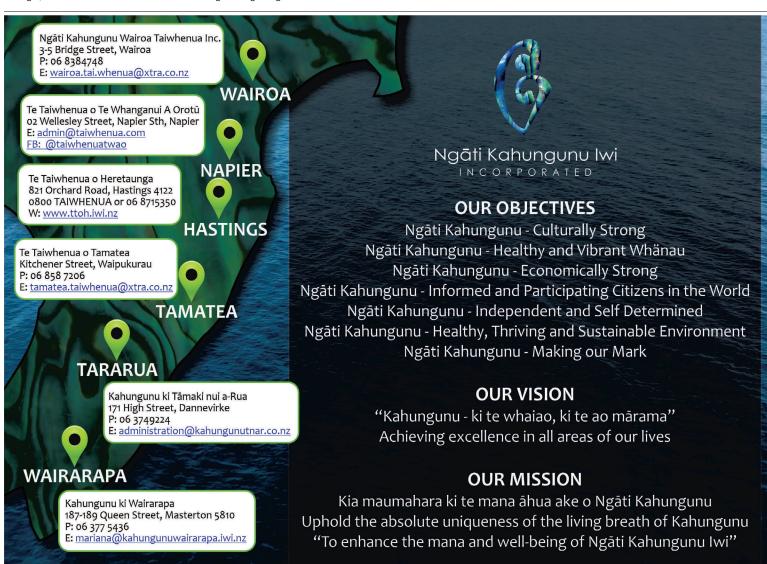
In a bowl put in flour, butter, sugar and rub in the butter with your fingers until nice and crumbly. Cover the fruit mixture with the crumble and bake at 180 for 30-35 minutes.

Our kumara harvest has been a disappointment with not enough sun but we're grateful to have some for next season's plants.

This year is going to be tough costwise as vegetables are just so expensive but we will get through it together.



Hanui Lawrence in her garden with some Cape gooseberries.



Aunty and garden help out whānau



Aunty Hanui on April 17, doing her favourite thing in the garden, weeding. Aunty Hanui says weeding is nurturing the plant and helping it to flourish and grow

Love for gardening, fresh produce and her community

Ruth Won

aipatu Marae, located in the sunny region of Hawke's Bay, has a special garden maintained by Hanui Lawrence, affectionately known as Aunty.

Aunty's Garden is a beautiful and thriving space that provides fresh produce for the marae's whānau and the wider community.

Hanui has been tending to this garden for over two decades and has become an important part of the marae's culture and heritage.

She grew up in Hawke's Bay and

She grew up in Hawke's Bay and has always had a love for gardening. She inherited this love from her mother, who was also a keen gardener.

When she came up with the idea to plant a garden next to Waipatu Marae, Hanui saw the potential for a thriving garden that could provide fresh produce for the Waipatu whānau. The idea grew from her wonderful imagination into sketches on a piece of paper into this wonderful landscape of pathways like an artist's design when seen from a birdseye view.

With the support of the marae's

With the support of the marae's trustees, Hanui began to work on the garden. With the help of the community and interested persons, her whānau and friends, she started by clearing the overgrown weeds and using her piece of paper, her team carved out the whenua with limestone pathways curving around like koru designs.

She then prepared the soil for planting and started to plant a range



Waipatu Marae.

of fruits and vegetables, including tomatoes, pumpkins, beans, and strawberries. As the garden began to thrive, Hanui's vision began to unfold. Over the years, Aunty's Garden

over the years, Aunity's Garden has become a special place for the whânau of Waipatu Marae and also for the wider community. The garden provides fresh produce for the marae's kitchen and is also a place for the whânau to gather and learn about traditional gardening practices.

Hanui has been instrumental in passing down her knowledge and skills to members of the community to ensure the garden's legacy is continued for generations to come.

The impact of Aunty's Garden

The impact of Aunty's Garden extends beyond the marae. The garden has become a symbol of the importance of sustainable and local food production. It has inspired other community gardens in the region, and Hanui has been invited to share her knowledge and experience with many interest groups.

many interest groups.

Aunty Hanui's dedication to
Aunty's Garden has been recognised
by the wider community and in 2021

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.

Aunty's Garden has featured in the Tihei Kahungunu insert of *Hawke's Bay Today* since June 2015. Through the years Aunty Hanui has shared over 100 recipes and stories, cooking hints, ideas and ways to make exciting dishes using vegetables and fruits from Aunty's Garden. Numerous fans follow her articles and greet her in the streets in admiration for what she

Aunty's Garden is 20 years old and Aunty Hanui is 20 years older, almost hitting 80 years young. She's a testament to the power of community and the importance of preserving traditional knowledge and practices. Hanui's dedication to the garden has created a space that provides fresh produce, educates younger generations, and inspires others in the community.

A great number of vegetables are donated to Nourish for Nil to give out to whānau and nothing is ever wasted, however, those who are able are welcome to come to the māra kai to pick your own vegetables for a kind or generous koha to help support Aunty and her whānau to keep the garden flourishing.

Aunty Hanui acknowledges the

Aunty Hanui acknowledges the many individuals, groups, organisations, church groups, māma groups, and local businesses for all of the contributions and kind donations.



TE HERENGA WAKA^o O AHURIRI

WEAVING TE AO MĀORI AT NAPIER PORT

Te Kāhui o Te Herenga Ahuriri (the Napier Port Kāhui) is a group of people committed to promoting Te Ao Māori throughout our business. Led by Pou Tikanga Te Kaha Hawaikirangi, the Kāhui has a strong, committed membership and drives Te Ao Māori and tikanga at Napier Port.

Kāhui members will be working to support a number of Te Ao Māori initiatives this year including:

- Te reo lessons offered throughout our business for interested employees. Our first group of learners started their weekly Level 1 classes recently, with a second round of classes set for later this year.
- In July, Matariki celebrations for port whānau, learning about Matariki in the Ātea A Rangi Educational Trust's stardome at the Waitangi Regional Park.
- In September, celebration of Te Wiki o Te Reo Māori (Māori language week), with te reo calendars, te reo labelling in break rooms, and posters of karakia in meeting rooms

We also work closely with local iwi and hapū on projects benefitting the local marine environment, and value their important perspective.

out to all through media channel

encouraging whānau to come in from all corners of Aotearoa to learn this waiata "We want everyone

Despite Gabrielle, Omahu's spirit alive

Te Kewena White is dedicated and responding to challenges

edicated educator Te Kewena White knew he was iin for a challenge when he applied for the principal's position at Omahu Primary School in October 2022.

He followed three former principals who had moved in and out of the position that year. So, in the fourth term of that year he focused on building trusting relationships to allow for positive interaction and learning.

Te Kewena hails from Rongomaiwahine, Ngãi Tūhoe and Ngāti Kahungunu Born in Wairoa and raised in Taita, Lower Hutt, Te Kewena grew up with a passion for learning and a desire community

He recalls as a 16-year-old boy at college being asked by a professor of Māori language, Pou Temara and his late wife Hema to teach the class, so he did, and he liked it

"From this point onwards. I

I want to show the nation that Omahu School is alive and moving.

wanted to do," Te Kewana said. Te Kewena was keen to earn money and his first job was with the Department of Education in

He saved and travelled overseas, appreciating the diverse culture of the world, before studying and graduating with a Diploma Tohu Māoritanga from Victoria University, a Degree in Bilingual Teaching Primary at the Wellington Teachers Training College, and later on he studied toward a Masters degree at Te Wānanga o Rajikawa where he graduated with honour.

Te Kewena placed first in a competition at the Auckland University where he was challenged to summarise his full thesis into a 3 minute speech and has strived to keep things straight to the point ever since.

With more than 20 years of experience in education, Te Kewena has earned a reputation for his innovative teaching methods and his commitment to the success of his students.

After completing his education. Te Kewena began his teaching career in the early 2000s, working in various schools across New Zealand including Waikaremoana School as principal, Wairoa College, and his old stamping ground, Taita

He recalls being able to connect with all of the children because he went to that same school with all of their grandparents, so they dare not null the wool over his eyes

"If any of the children tried to play up. I'd tell them. I know your grandparents and they'd soon

Te Kewena's father passed away when he was 13. He grew up with my mum and her side of the family

year. Thanks to the district health board I was able to visit and check up on her during the school

He gained valuable experience and developed his own unique teaching style, using his life experience to emphasise the importance of student-centred

"I get to know the children and understand their background and their learning interests," he said. "Tencourage each child to make their dreams a reality and

"I believe that every child has

the potential to succeed. "I tell the children that when you think high and you work



"My job is to educate, encourage and ensure that each student at Omahu School is given the support and guidance they need to reach their full potential.

Due to Cyclone Gabrielle and the damaged school buildings, the children were welcomed by Irongate School in Flaxmere to continue their schooling there. "The teachers and children at

Irongate School have been absolutely wonderful and have made our Omahu children and the staff feel very welcomed," he

"I feel very comfortable there because there are quite a few

can also speak Samoan, I tell all of the children not to be shy and to be proud of their culture and not to be afraid to speak our reo.

"My heart is with the small rural schools like Omahu School because I see great potential for the children if given the opportunity to try.

"When I saw the Omahu School principal position I was immediately interested and I applied."

Te Kewena has no regrets about his move to Kahungunu ki Heretaunga because he feels that he can help the school to thrive

to his mother who lives in Waikaremoana. Omahu School will be 125 years old in 2024 Not even Cyclone Gabrielle can deter this educator from his love for teaching.

Te Kewena says that he and his staff are in good spirits as a school. "Thave wonderful teachers and staff who are dedicated, four of whom are te reo Māori speakers and we have a lovely feeling within our staff. If anything, the cyclone has brought us closer as a school and I believe that the

bonded together for a common

was damaged by the cvclone students have

welcomed h

Omahu School has received thousands of dollars from other schools around New Zealand reaching out to help. The Ministry of Education has

been very supportive as well as businesses and friends who have helped. The workload has tripled, but for a great cause. The children were encouraged to write stories

about their feelings about Cyclone Gabrielle to help them to work through the trauma that they experienced as residents of Omahu when the floods arrived. "One child was angry because describes the water coming in every second and how pleased they were to see the helicopter

The children made thank you

cards to send to all of the groups and people who have helped them since the Cyclone. From a Māori perspective, ho do we thank the nation? You

arrive to rescue them.

compose a song! Te Kewena has composed a song to thank the nation for its

"The song describes the elements – the wind, rain, lightning the thunder, the

of term two, so keep an eve out for the pānui". Te Kewena acknowledged Omahu community and the wonderful work being done by the leaders there including kaumātua Joseph Te Rito

together and join in. There will be an open invite so no one feels left out, we are looking to launch this at the end

minister Zhane Whelan, Meihana Watson and Renata Hakiwai to name a few Everyone knows that it will take a while to move forward to normality or to accept the new normal but Omahu community

has great leadership which is at a good pace.

Te Kewena and the school have been informed by the Ministry of Education that the Omahii School and the Omahii Kohanga Reo will be moving to a joint space at Flaxmere College in term 4. This request came from shows the strength and unity of

"As the principal of Omahu School I'm taking my role seriously.

leaving us in despair, then turning

to thank the nation to thank them

Without giving out too much

"I want to show the nation that

more, a number of experts have been called upon to help with

making this song go viral.

Omahu School is alive and

"This song will help the

students to think big and build up their courage to dream big, aim

high, follow their dreams achieve

Soon an open invite will come

for their help."

their goals."

"Thave dreams and great aspirations for the children and the school so it prospers into the future and beyond its 125-year celebration next year. I am honoured to be leading the school as the principal with the help of everyone surrounding me, the wonderful staff, the parents and families of our tamariki, and

everyone reading this article "I'm keen to see these kids

The Flaxmere

which has been

Avenue it draws people from around

the Hastings and

Napier area. This

Pentecostal Church was birthed out

of the Charismatic

renewal of the late

Christian Fellowship is a local Church

operating since 1980.

Situated on Flaxmere

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The main meeting is every Sunday morning classes run on a fortnightly basis during the Main starting 10:00. A Bible College also operates Sunday service on Sunday evenings for those serious about The Fellowship aims at reaching people advancing their knowledge of the Bible. Different groups run during the weekend which cater

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 historial ancient land in Israe

1970's.

to youth ad adults. Children's Sunday school

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