

Marae revamp providing jobs

Works gives training for rangatahi and a surge of pride for local hapū

> multimillion-dollar renovation of Heretaunga and Ahuriri marae is providing jobs, training for rangatahi and a surge of pride for local hapū as the marae are painted, repaired and renovated.

> In October 2020, 19 marae in Heretaunga and Ahuriri received \$6 million from the Provincial Growth Fund's Marae Renovation project, a national initiative to uplift marae, increase skills and provide employment to local Māori. The PGF is managed by the Government's Kānoa -Regional Economic Development & Investment Unit and 12 months after being launched, the Te Tū Marae ki Te Matau a Māui project is in full swing, achieving its goals despite Covid lockdowns shortages on materials and

> tradespeople.
> The project was due to be completed in November 2021, but the project team are working within the limitations being felt across the building industry, and the need to fit in with marae - where tangihanga and whānau take

precedence. "We are about 75 per cent of the way through the project, with works in progress at 15 marae," said project manager Lyndon Hakopa, Te Tu Marae project manager and managing director of Prestige Limited.

Lyndon and his wife Derisa took on Te Tū Marae project as it closely aligned with the Prestige Limited kaupapa of the past 28 years; to work with and for Māori.

"Our marae are taonga that represent who we are as Māori. We feel privileged to deliver the much-needed work on our



Te Tù Marae ki Te Matau a Māui Steering Group: From left, James Graham (Hastings District Council), Wayne Ormsby (Te Puni Kökiri), Lyndon Hakpoa (Prestige Limited), Jodie Fels (Te Taiwhenua o Heretaunga), Derisa Hakpoa (Prestige Limited), Tania Eden (Te Taiwhenua o Te Whanganuiā-Orotū), Waylyn Tahuri-Whaipakanga (Te Taiwhenua o Heretaunga) and Monique Heke (Te Puni Kōkiri)

marae alongside whānau and to help change lives by providing opportunities for kaimahi to get the experience and skills that they can pass on," Derisa said. Lyndon and Derisa both

whakapapa to Heretaunga marae, and they have ensured that 90 per cent of the project kaimahi are Māori or Pasifika. "We try to use Māori owned

subcontractors as much as we can. We have a lot of young Māori apprentices working in this project. One of our builders, Shonn, came over to Prestige specifically to do the marae work and train up the young people for us."
Shonn Roberts says he took

the job for several reasons "It pulled on my

heartstrings and made me think, instead of building new homes for random people, I could work on my own marae. Being able to work on the whare tipuna I thought of my

ancestors doing the mahi before me, and now it's my time, to use my knowledge and put my work into it, and to also share my knowledge with the young ones coming through.

Ngāwari Homes is one of the subcontractors engaged in the project. Owner Jack Pritchard is using the opportunity to start his own business and employ young Māori keen to learn a trade.

"Having the promise of mahi through this project has given me the capability to start my own business and take on young apprentices. And who knows what the next adventure will be. I've been talking to kaumātua about papa kāinga housing options for whānau to get on their feet and save money for their own

One of the young apprentices at Prestige is Tia Craig, mother of three young We have a lot of young Māori apprentices working in this project.

Lyndon Hakopa

tamariki. "I've been given the opportunity to increase my skills and gain a trade in painting and decorating through this project," Tia says.

"I'm loving this mahi and getting the chance to work at so many marae and give back to my own culture is really rewarding. It is such a good feeling; marae need a lot of work to help them last longer for us all."

"Our marae would never have had the funding or taken a very long time to be able to save up to afford these renovations," says Waa Harris, from Houngarea Marae.

We've had a renovation

wishlist for a long time now, and it would not have been possible or would take many years to complete what is needed to uplift our marae, adds Mary Martin and Rosey Hiha from Petāne Marae.

"It has made such a difference to the marae and we are hoping that it brings back whānau as there is more to do. Our kaumātua are so appreciative of the work that has been done."

Under the many trying circumstances of the past year Te Tu Marae has still managed to uplift marae, provide meaningful skills training and mahi for Māori, reconnect whānau, and future proof marae for years to come. The Te Tū Marae ki Te

Matau a Māui Steering Group is made up of Te Taiwhenua o Heretaunga, Te Taiwhenua o Te Whanganui a Orotū, Te Puni Kōkiri, Hastings District Council and Prestige Limited.

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Hot topics and laughter while not burning kai

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

Nigel How

anny 82 and Nanny 76 are real people and love these stories about themselves. I wouldn't be able to share them if they hadn't given permission to do so. The Nannies love the surprise people get when they find out these korero are about them. They love reading about themselves. Divas, the pair of them.

Not long after the last chapter of the Nannies was printed, me and Nanny 76 were seated in the kitchen of Nanny 82, watching her pots bubble least she burnt our kai. Nanny 82 has an uncanny knack of losing track of time and how much water is in her cooking pots. Smoke alarms are the best invention ever for such a kuia.

Note to readers, the Nannies hope you all remembered to check your smoke alarm batteries last month. If not, do it now. Please.

Back to us watching bubbling pots. Conversation drifted towards said habit of burning our tea. Suddenly, Nanny 82 burst out laushing.

Another note to readers –
I have removed the 'colourful language as not to offend sensitive eyes.

"He aha tou raruraru?" a straight-faced Nanny 76 asked. "Oh," Nanny 82 giggled, "I

"Oh," Nanny 82 giggled, "I got a call from my friend up the line. He told me his tama came bursting in the other day and told his father that I burnt the pork head the tama gave us."

"Eh? How did his tama know that?" pondered Nanny

Nanny 82 giggled on. "His tama was reading the Tihei Kahungunu and finally figured out that those stories are about us. He knew it was me!"

By now all three of us were in hysterics. Nanny 76 felt obliged to retell the story in excruciating detail while we laughed. Nanny 82 kept repeating "He knew it was me."



Laughter filled the air and by the time we settled down, our kai was cooked.

Not burnt.

It is that busy time of year right now — the time of hui. There are farm AGMs, iwi AGMs and all manner of endof-year functions being held. The Nannies enjoy them all. It is a season of feasting, of laughing, of connecting with relatives and of collecting the odd share dividend or kaumätua grant.

Much discussion occurs over the teacups when a notice arrives in the post. The large green marker-pen then comes out and basic details of each hui are added to the wall calendar in the kitchen of Nanny 82. This calendar is the saving grace of their collective schedule, as it reminds them to plan hair appointments, shopping trips, medical appointments and breakfast outings around the hui dates clearly marked out.

What the Nannies haven't enjoyed is the constant havoc Covid-19 has caused with many of these hui. Now many of these hui are held online. The closest either nanny gets to any kind of line is the one they hang their washing from, or the ones they aim to keep their respective cars inbetween when driving.

Yesterday a large, thick, official envelope arrived from Nanny 82's Whanganui people. She carefully studied all the paperwork while we sat hope you all remembered to check your smoke alarm grant from the farm this year."

batteries last

month. If not,

do it now

grant from the farm this year." Nanny 76 shot me a glare of all glares, so I asked if I could look at the papers. My life may have depended on it.

After reading the offending documents, I said, "I can register you through my email and you can attend the hui by watching it from my computer. That way, you can get your \$100. Ka pai?"

Nanny 82 brightened. "Ooh, really? Ka pai," she said.

"Ae," confirmed Nanny 76.
"You do all the mahi and she
can whiwhi the putea. Ka pai."
Nannies!



Working with iwi to develop better outcomes

Getting iwi prespective to work with whānau

arlier this month Marcus Matena was welcomed into the Ngāti Kahungunu Iwi Incorporated tari/office to work alongside kai mahi/ workers in the Te Ara Toiora/ Health and Well-Being Unit of the NKII tari.

For the past five months Marcus has been in the position as the regional Māori practice coach with Oranga Tamariki and has come to sit with Ngati Kahungunu to develop a community and iwi perspective on how to best support whānau who are engaged with the iwi Introducing Marcus

Matena Ko Hikurangi me Rangitoto

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matua Ko Mahnaylah Mātena tōku Ko Marcus Mātena tōku

Nō Taumarunui ōku whanau, engari i tupu ake ahau i Te Matau a Māui, ā, kei te noho tonu ahau I kōnei inaianei.

No reira tena koutou katoa. Marcus was raised in Te Matau a Māui on the coast in Haumoana.

Marcus has built his foundation in te ao Māori through his studies at Te Manga Māori where he completed his Bachelor of Arts Māori in 2009.

Since then he has worked in different fields and later completed a masters in Applied Social Work where he has directed his research around the transformative qualities of Kaupapa Māori social work practice for Māori.

Since the completion of his studies he has worked at the Hawke's Bay District Health Board (HBDHB) within the Child, Adolescent and Family Service (CAFS).

During his time at CAFS Marcus has incorporated his clinical knowledge and mātauranga Māori into his



practice for working with Māori whānau.

Marcus' practical experience working with hard to engage whānau highlighted for him the barriers for Māori which still exist within government organisations This has motivated him to move into a role where he can advocate for Māori on a meso

level and normalise bicultural practice in social work for any whānau regardless of their heritage

Alys Edwards,

Marcus Matena, and

Ana Carrol.

Marcus is incredibly passionate about working with our whānau and holds firmly to the transformative qualities of Māori concepts and the collective strengths of Māori when they are connected to

"To enhance the mana and well-being of Ngāti Kahungunu Iwi"

their whakapapa, whānau, hapū, iwi, and guided by tikanga and kawa to flourish in

East Coast regional manager for Oranga Tamariki Julie Tangaere is pleased that Marcus will be able to work alongside Ngati Kahungunu kai mahi to develop a better understanding of how the iwi works with Māori service providers for best outcomes for whānau, hapū o Ngāti Kahungunu.

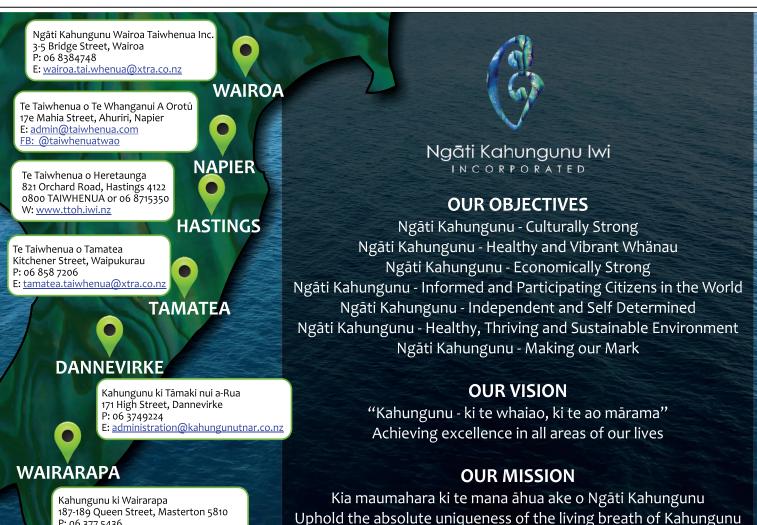
"Marcus is very passionate about his work and has a genuine desire to make a positive difference for Māori through the role he has as the Māori Practice Coach at

Oranga Tamariki. "There is no better way to inform and shape his work than to have him immersed in the hub of our iwi at Ngāti Kahungunu to see the mahi that they do for our whānau and community," Julie Tangaere said.

"We have a small tari of 16 staff here at Ngāti Kahungunu Iwi Incorporated and we welcome Marcus into our whānau bubble where he will thrive on the mauri/energy and wairua/spiritual energy of our tarias he embraces the way we work with our whānau for best outcomes for a thriving, healthy, vibrant whānau, hapū, iwi," says chief executive for Ngāti Kahungunu Iwi Incorporated, Chrissie Hape.

This is a great opportunity for the iwi to share our knowledge, perspectives and aspirations to our whanau within the Crown agencies.

This awareness help create that 'shift change' that is required within the system to support our whānau.





Have you got your Vax Pass yet? I have, and it was easy, says Ruth Wong. Go to https://www.health.govt. nz/our-work/disease and-conditions/covid-19-novel-coronavirus/ covid-19-vaccines/mycovid-record-proofaccination-statu

Don't be scared – but get prepared



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 10:30. 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 ad adults. Children's Sunday school classes run on a fortnightly basis during the Main

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 historial ancient land in Israel.

Feel free to come and try us out! Main Sunday Meeting 10.30am Phone 06 879 5588

Email: flaxmerechristianfellowship@hotmail.com Web: www.flaxmerechristianfellowship.com

Delta is in Hawke's Bay so make sure you and your whānau are ready and protected

Ruth Wong

elta has officially entered Hawke's Bay – and we now have families isolating at home.

Soon it will rapidly spread like wild news of a glorious sale at Briscoes.

Some people will show interest and some won't. Some will flock to the doors early enough to get the best deals and some will not hear the news at all.

But it will have an effect on all of us at some stage, where we all will hear, feel and see the affects.

For the past few months, here in Hawke's Bay, we have been watching the news and seeing how Auckland has been hit hard.

Slowly we have seen this spread to other parts of the country, then suddenly, just like that, it's right here in our own neighbourhood.

The best thing we can do is to protect ourselves first and then, by maintain a safe lifestyle that will continue to help our bodies become stronger, to fight any disease that might come near us.

Our actions can and will have a ripple effect on our families, our friends and our communities, but it starts with us as individuals. **PROTECT YOU** – If you are

not vaccinated, please consider it. Not for your job, or for your friends or even your family. Do it to protect

vourself. There's more to it than just getting the jab. Keep yourself healthy and well. Eat well,

sleep well, drink clean water

and exercise. Enjoy your life and have a great attitude. This will help to protect yourself. PROTECT YOURS - Last year during lockdown we started

using the word 'bubble'. We are all in different bubbles. Some of us belong to a large family, with mum, dad, nana, papa in our bubble, some of us are in our own bubble. We also have our work bubble and our friendship bubble.

Protecting your family and friends is about you caring for them by inviting and encouraging them to look after themselves by protecting themselves. We need to be brave to be kind. Have the discussion with those you

PROTECT US - We all want to live a relatively normal life and still see one another and participate in activities together, like birthdays, even tangi, meet friends at church, enjoy sporting activities, travel and do fun things together as a community.

To do these wonderful things, however, we need to protect ourselves. As we accept and adjust to life wearing a mask in public places, signing in at different places we go, washing our hands, and staying clean, we can protect ourselves, our family, friends and the community.

WHAT OTHER THINGS CAN

YOU DO TO PREPARE TO HAVE NO FEAR? Start the korero – talk to

your family and friends about what you will do if you are a close contact or if someone in vour house gets Delta, Share your concerns and be open with each other.

Make a Plan - just like making a plan to escape the house during a blazing fire, you must have a plan for when Delta hits your home. Share vour plan with your whānau nana, papa, the kids, the mokopuna, everyone should be involved. This is whānau

Every home is different. Make a plan that works for your whānau.

 $Implement\,good\,hygiene$ habits - encourage everyone in your whānau to wear a mask, wash your hands and stay home if you're sick. Regularly meet as a family to encourage these new habits. Everyone needs to be on board.

Prepare your homes - last year during lockdown we bought a freezer to store more kai, including dog food for my three fur babies.

I also planted a pear tree that's coming along nicely.

When you go shopping, buy non-perishable kai (cans of food) that you can eat if you are stuck at home selfisolating. Buy lots of sachets of gravy and mixtures that make kai interesting.

TÜ MOTUHAKE, TÜ TANGATA MAI – BE INDEPENDENT & SELF-RELIANT – the best thing we

can do as a whānau is keep ourselves informed.

Do not rely on a system or a delivery of news or kai to

KAUA E MATAKU – ENGARI ME TAKATŪ – DON'T BE SCARED, BE PREPARED, STAY INFORMED – covid19.

To get your vaccination pass go to: Go to www.health. govt.nz/our-work/diseases and-conditions/covid-19-novel-coronavirus/covid-19-vaccines/my-covid-recordproof-vaccination-statu

PhD fulfils lifelong passion of language enthusiast

Congratulations to Jeremy MacLeod

gāti Kahungunu Iwi Incorporated is extremely excited to publicly congratulate fellow staff member and director of te reo, Tikanga and Mātauranga — Jeremy Tātere MacLeod, who has been working hard behind the scenes to complete his doctoral thesis at Waikato

University.
The thesis was titled:
"Determining a dialect for
Ngāti Kahungunu; its history,
evolution and future".

The thesis is the culmination of a life-long passion of the Ngāti Kahungunu tribal dialectal variations

In his thesis he provides a framework that will help researchers measure unique tribal dialectal distinctions.

An avid language enthusiast, Jeremy has worked hard to complete his 100,000 word thesis as well as managing his heavy workload, and also raising his now three

sons with his wife Te Rina. Last Friday he sat his oral examination with his markers where he had to defend his

Surrounded by close friends and language mentors, Jeremy was able to confidently respond to each question raised by his markers.

After an hour he was asked to leave the room so the markers could deliberate. Twenty minutes later he was invited back and was confirmed as having fulfilled the requirements of his PhD and effectively becoming a doctor.

The day was tinged with sadness as Jeremy and his sister Jess reflected on both their parents who have now passed away.

Both in their mid-30s, they suddenly lost their father at only 52, only to lose their mother five years after a brave battle against cancer.

Jeremy also had several



language mentors present to support him with his examination including his father figure Dr Sir Timoti Kāretu and a very close friend, Dame Hinewehi Mohi. Also present was his colleagues from Ngāti Kahungunu Iwi Inc who were thrilled to see their friend complete his research. Jeremy looks forward to

continue with postgraduate research and bringing to fruition the goals contained within his thesis.

with sister Jess MacLeod.

Congratulations Dr Jeremy Tâtere MacLeod.



EIT students Kate Smith (left), Morgan Fraser (centre) and Gypsy Saker (right) are all past recipients of EIT's Year 13 Scholarship.

Apply now for EIT scholarships

Year 13 students wanting to win a scholarship to study at EIT have until the end of the month to get their applications

This scholarship is open to students intending to study a degree but is also available to students who wish to study certificate or diploma programmes that are embedded in a degree.

ETT is offering scholarships

EIT is offering scholarships to students in Year 13 to follow their dreams of getting a degree through EIT. The Year 13 scholarship covers one year of tuition fees including any course related costs which have been approved to be included as part of the scholarship.

Currently the Government Fees Free policy covers the fees for their first year of study and this scholarship, if awarded, will cover the student's second year of study. This could mean two years of their degree will be fees free. To qualify, students must meet the degree (or eligible certificate or diploma) entry criteria, be accepted to undertake fulltime degree study at EIT, starting semester one, and any other terms and conditions related to the programme.

Applications are open to

Applications are open to Year 13 students from Hawke's Bay or Tairāwhiti/Gisborne (Hick's Bay to Taupō and Dannevirke), or Year 13 students nationwide who apply for the Bachelor of Māori Visual Arts (Te Toi o Ngā Rangi), the Bachelor of Viticulture and Wine Science, or the Bachelor of Veterinary Nursing.

Nursing.
The scholarship has been running for a number of years and has proven attractive to school leavers from across the region.

region.
Kate Smith, a past recipient, is now enrolled in the Bachelor of Business Studies programme through EIT's

School of Business.

"Studying broadens my ideas and opens up many opportunities. Our lecturers make every effort to support us. The Year 13 scholarship allows me to study without worrying about money."

For Morgan Fraser, the scholarship has allowed her to stay in Hawke's Bay, live at home and "save a lot of money".

"Our lecturers really care about us. The degree is very hands-on, and our placements enable us to gain real-life work experience," says Morgan, who is studying for a Bachelor of Teaching (Primary) degree.

Another recipient, Gypsy Saker, who is also doing a Bachelor of Business Studies, says: "It's great that I will be able to finish my studies with a manageable student loan."

"Young people don't want to have to work for a long time after their studies to pay off a hugeloan," says Gypsy.

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AUNTY'S GARDEN

Enjoy both peace and joy in the garden

he powerful influence of the media, whether it's radio or television, has constantly aroused perceptions of our status here in our own home country, New Zealand Aotearoa.

There is uncertainty, animosity, hardship, fear, protests, opinions, turmoil even hatred, an awful situation to be in at present.

Words and new words that confront us daily could have new meanings, for example, Covid (not even in the dictionary) means - life or death: Kind – could mean tough; Mandate – could mean force; Protest – could mean get it right: Choice - could mean nothing; Vaccinate or don't – could mean division: Freedom -could mean when; Normal - could mean what's that! and so on.

Personally I am very perturbed with what is happening in our country and with people, it is not nice. As a whānau we are very close. At Waipatu and Aunty's

Garden or where I live at Wairua, near Mangateretere, we are all, along with most New Zealanders, adhering to the rules set and just get on with living.

As I walk the pathways of Aunty's Garden, I see the crispy lettuces, silverbeet, spinach, spring onions and beetroot in a glorious salad, tossed to perfection.

I see my grandkids sitting among the pea vines savouring every sweet pea. I see Marion, Patricia, Paora or Astrid with their baskets gathering fresh vegetables taking just what they need and returning often for more. I see children that run the pathways, who pause to pick a flower or two, laughing with iov, tossing the petals as they

If we as a people are hurting then Papatuanuku (Mother Earth) is hurting even more with all that is happening to

I invite all to Aunty's Garden. There is peace here, there is serenity and delicious fruit and vegetables but most of all there is joy!



GARDEN FRESH ROAST VEGETABLES

Ingredients ■ 3 new potatoes

- 2 kumara ■ ¼ pumpkin
- 6 baby beetroot 6 red onions
- 3 capsicum (red, yellow

and green) ■ A bunch of fresh green

bread crumbs

■ 3 rashers of bacon
■ A mix of fresh herbs (rosemary, parsley, thyme, sage, celery)

salt and pepper

Method

Chunky chop all the vegetables and add the herbs (finely cut).

Toss and add a Tbsp of

Butter, pepper and salt. Place all into a roasting bag, evenly lay in an oven dish and roast in a (thermal) oven for about 30-40 minutes.

Saute bread crumbs and bacon in oil and put aside when nice and crisp.

After 30-40 minutes, cut the oven bag open and spread the bacon and bread crumbs mix over the top and further grill until browned (about 5 minutes).

A handy hint: I open the oven bag by cutting the two edges and lay it across the top of the dish. This works really well as well as putting everything in the roasting bag.





Te Herenga Waka o Ahurir.

COLLABORATIVE PARTNERSHIPS: KORORĀ RESEARCH & ENHANCEMENT PROJECT

Kaitiaki Rangers, with Te Wai Mauri Environmental Trust, have been doing the mahi in Ahuriri this month kicking off a kororā research and enhancement project that includes three stages of work: habitat protection; current habitat improvements; and future habitat development. This project is part of the Marine Cultural Health Programme (MCHP) - a kaupapa (initiative), developed in partnership between mana whenua hapū of Ahuriri and Napier Port, to monitor and protect the health of the Ahuriri marine environment as the port builds its new 6 Wharf project.

The development of the korora research and enhancement project has required a strong collaborative effort with the MCHP's Programme Manager - Te Kaha Hawaikirangi, and its Steering Komiti (committee) working closely with the Kaitaiaki Rangers, mana whenua hapū, and Napier City Council's Parks and Reserves team.

Te Kaha Hawaikirangi, also Napier Port's Pou Tikanga (cultural advisor) and Environmental Advisor, said, "This particular kororā project is about extending our monitoring and research work outside of the port's boundaries, and our own on-port penguin sanctuary, and into the wider Ahuriri community. Hopefully this work will help to raise awareness about the importance and uniqueness of our local environment and its wildlife, and reinforce the need to protect it."

It is currently nesting season and NCC signage has recently been installed to educate the public about local kororā and reiterate the importance of people and dogs not disturbing the nests.

The Kaitiaki Rangers are employed by Te Wai Mauri Environmental Trust and are supported by the Jobs for Nature programme. Te Wai Mauri is a mana whenua hapū based organisation that supports whānau to undertake their role as a kaitiaki (guardianship of the environment).

Simplicity team opens new Napier premises

Bereavement service all about supporting the whānau and keeping things simple

gâti Kahungunu Iwi Incorporated would like to congratulate Sandra Mcilroy and Lance Murray and the team at Simplicity Bereavement Services for opening a new premises in Napier to serve the people in Te Whanganui A Orotu/Napier and further abroad.

It was a lovely opening with kaumātua Jerry Hapuku and Ropata Hepi leading the morning rituals of the day with a moving karakia/prayer to open the new building and dedicate it to those in the community who will come and be prepared for their final journey in this very building.

After the morning rituals, speeches were welcomed from the floor. Many who attended shared their connection and acknowledgement of the services being rendered to their whānau during times of need. It was quite an emotional event

Photos taken

opening of

the new

premises

month.

earlier this

at the

Simplicity is all about

supporting the whānau and keeping things simple yet absolutely beautiful.

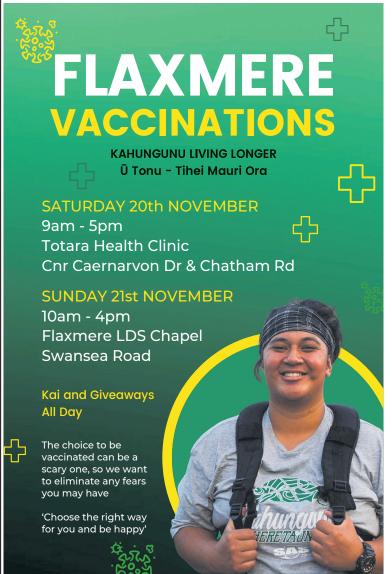
Ngāti Kahungunu Iwi Incorporated is pleased to have a relationship with Simplicity. The Kahungunu Funeral Package is an opportunity for Kahungunu whānau/whānui to access a discounted funeral package without the stress of added unnecessary costs that keep our whānau burdened with debt. If you want a trusted and respectful place to take your loved ones, or even if you want to plan for your own tangihanga for the future, make contact with Simplicity. Ngāti Kahungunu Iwi

Ngāti Kahungunu Iwi Incorporated acknowledges all of the team at Simplicity Bereavent Services for the

mahi they do for our whānau. Contact: Napier Office 60 Munroe St, Napier South 06 833 6205 info@simplicityhb. co.nz Hastings Office 108 Alexandra Cres, Hastings. 06 878 3391 info@simplicityhb.co. nz.









DON'T BE SCARED BE PREPARED

PROTECT YOU, PROTECT YOURS, PROTECT US

"Kahungunu Living Longer"

PREPARE YOUR WHARE

- Designate an 'isolation' room
- Regularly clean/wipe surfaces
- Entertainment (Books, Games etc)

PREPARE YOUR WHĀNAU

- Create a plan for if someone in your whare gets māuiui/sick
 - Keep a list of whānau details
 - Talk with your tamariki & other whānau about the plan

PRACTICE GOOD HYGIENE

- Wear a mask in public
- Wash hands regularly
- Stay home if you're feeling sick

PREPARE YOUR PĀTAKA

- Store non-perishable kai
- Store kai that your whānau will eat
- Store enough kai for one month
- Store water use recyclable drink bottles.

COVID-19 IS TRAVELLING ACROSS AOTEAROA FAST, DON'T WAIT TILL IT'S HERE, START TO PREPARE!

BE INDEPENDENT & SELF-RELIANT

'Our **TIHEI MAURI ORA** Emergency Response Unit is ahead of the game and they are preparing emergency packs for whanau'