

Waitangi event proved to be a huge success says iwi

Ruth Wong

**N**gāti Kahungunu Iwi Incorporated (NKII) event manager Te Rangi Huata was pleased to see a wave of more than 10,000 people converge throughout the day on the Hawke's Bay Mitre 10 Sports Park to celebrate Waitangi Day.

With the cancellation of last year's event due to Covid-19 restrictions and the recent torrential rain in other parts of the country causing extreme flooding and the cancellations of major events, NKII organisers remained positive this event would not only go ahead but would bring our whānau together for a big day out for all communities to celebrate togetherness, unity and fun in the sun.

The famous Mahons rides featuring the Hurricane, ferris wheel, Rocking Tug Board, Ghost House and Cup'n'Saucer rides, and all the Madd Fun bouncy castles were free for everyone who took up the challenge to stand in line for a ride.

"It was very hot waiting in line, but I was so happy to go on the rides for free," Rongo Ngawaka said.

"I loved being able to take my time and get around with my walker while the mokos ran to their favourite rides to line up," Rowena Tuimaseve said.

There were 42 vendors selling a variety of things such as pounamu, shoes, clothing, hats, carvings and crafts.

There were also stalls promoting their services, including Te Whatu Ora, Health Hawke's Bay, Corrections, Te Wananga o Aotearoa, EIT, and NZ Police to name a few.

"Thank you for the opportunity for us to be part of the Waitangi Day event, it was a great turnout and we enjoyed it very much," Rita Ale, of Corrections, said.

A major difference this year for Ngāti Kahungunu Iwi Incorporated (NKII) was finding 100 per cent of the funds to host this event. In September, the NKII Management team was informed that due to a downturn in financial circumstances of the previous two years, NKII would need to take a 60 per cent cut in its dividend payment as the 100 per cent shareholder of the Kahungunu Asset Holding Company.

## A day to celebrate



Taikura Kapa Haka performance.



Enjoying Waitangi Day are JB Smith (left), Hastings Mayor Sandra Hazlehurst, CHB Mayor Alex Walker, MP Meka Whaitiri, HBRC chairwoman Hinewai Ormsby, and Napier city councillor Chad Tareha.

NKII directors immediately implemented major budget cuts to accommodate their new situation.

For the iwi's smart services team, it had to cut out 100 per cent of its budget, affecting benefits to members including all sponsorships, scholarships and all events.

The filtering of this new budget information came as a surprise to about 500 people on Waitangi Day, who had come with their iwi membership cards to get their \$5 food voucher.

It was difficult having to turn large families away.

For the past 20 years, the iwi has hosted Waitangi Day for all our communities.

The iwi is grateful to its partners who came on board to help us to host this family celebration – The Ministry for Culture and Heritage, Hastings District Council, Te Puni Kōkiri, Hawke's Bay Regional Council, One Foundation, the Lion Foundation, Pub Charities, Napier City Council, Central Hawke's Bay District Council, and Te Taiwhenua o Heretaunga.

108 Alexandra Crescent  
Hastings  
06 878 3391

*Simplicity*  
Bereavement Services

60 Munroe Street  
Napier South  
06 833 6205

## Kahungunu Funeral Package

\$6,100 + gst

For a more tailored package, pre-planning or any further assistance, please give our friendly team a call. T&C's apply



Funeral Directors  
ASSOCIATION OF NZ

The Funeral Trust

New Zealand  
Embalmers Association



Aunty's Garden

# The sadness of stealing for thrills

It's disappointing to see what is happening to our young

**Hanui Lawrence**

**V**andalism, ram-raids, burglaries, home invasions and random and brutal attacks on people seem to be the order of the day. Heart-rending for all of us who witness these events in the news and on television. Then there are the floods appearing more regularly across our country, specifically in the Coromandel and Auckland, where emotions are running high with those concerned, and the rest of us are reading about it and watching with great empathy. Climate change is banded around, and weather patterns globally are causing havoc, with all kinds of devastation everywhere in the world. And the people suffer from it. The small vandalism attack at Aunty's Garden, a mere drop in the ocean, could have caused deep cuts in my hands. A grand-nephew was sent here to stay with family, at just 16 years of age. I asked, "Why did your nana send you to us?" "I've been naughty," he replied. "What did you do?" I asked. "I stole cars," he said. "Why do you do that?" I asked. "For the thrill of it," he answered. I just shook my head and looked at him in disbelief. It saddens me that these things are happening to our young people, even those close to us.

Over the years, pets such as cats, dogs and chooks have been a huge part of our lives, and they are absolutely trusting, as these animals move with us in our living spaces, bringing us total happiness. There's no ill feeling or violent behaviour – only joy to be with and around us, with abounding love from all quarters. Unfortunately, people can sometimes be a little difficult to be around.

**Kamo kamo and potato salad**

- What you need:**
- Pot of kamo kamo and a pot of potatoes (Māori)
  - 1 red onion, grated
  - 1 cup of mozzarella cheese
  - 2 packets of cream of chicken soup
  - 2 cups of cream
  - 6 boiled eggs
  - Salt and pepper

**Method:** Steam potatoes and kamo kamo and cut chunks into a serving dish; cover and sprinkle with red onion. Put cream into a pot and bring to simmer, then gently add soup mix and stir until it thickens. Pour over kamo kamo and potatoes on a serving dish. Add your cheese, sliced eggs, and salt and pepper to taste. This can be served either warm or cold and is a very nice side dish or main, depending on the weather.



Aunty's kamo kamo and potato salad.

Ngāti Kahungunu Wairoa Taiwhenua Inc.  
3-5 Bridge Street, Wairoa  
P: 06 8384748  
E: [wairoa.tai.whenua@xtra.co.nz](mailto:wairoa.tai.whenua@xtra.co.nz)

Te Taiwhenua o Te Whanganui A Orotū  
02 Wellesley Street, Napier Sth, Napier  
E: [admin@taiwhenua.com](mailto:admin@taiwhenua.com)  
FB: [@taiwhenuatwao](https://www.facebook.com/@taiwhenuatwao)

Te Taiwhenua o Heretaunga  
821 Orchard Road, Hastings 4122  
0800 TAIWHENUA or 06 8715350  
W: [www.ttoh.iwi.nz](http://www.ttoh.iwi.nz)

Te Taiwhenua o Tamatea  
Kitchener Street, Waipukurau  
P: 06 858 7206  
E: [tamatea.taiwhenua@xtra.co.nz](mailto:tamatea.taiwhenua@xtra.co.nz)

Kahungunu ki Tāmaki nui a-Rua  
171 High Street, Dannevirke  
P: 06 3749224  
E: [administration@kahungunutnar.co.nz](mailto:administration@kahungunutnar.co.nz)

Kahungunu ki Wairarapa  
187-189 Queen Street, Masterton 5810  
P: 06 377 5436  
E: [mariana@kahungunuwairarapa.iwi.nz](mailto:mariana@kahungunuwairarapa.iwi.nz)

Ngāti Kahungunu Iwi  
INCORPORATED

**OUR OBJECTIVES**

- Ngāti Kahungunu - Culturally Strong
- Ngāti Kahungunu - Healthy and Vibrant Whānau
- Ngāti Kahungunu - Economically Strong
- Ngāti Kahungunu - Informed and Participating Citizens in the World
- Ngāti Kahungunu - Independent and Self Determined
- Ngāti Kahungunu - Healthy, Thriving and Sustainable Environment
- Ngāti Kahungunu - Making our Mark

**OUR VISION**

“Kahungunu - ki te whaiao, ki te ao mārama”  
Achieving excellence in all areas of our lives

**OUR MISSION**

Kia maumahara ki te mana āhua ake o Ngāti Kahungunu  
Uphold the absolute uniqueness of the living breath of Kahungunu  
“To enhance the mana and well-being of Ngāti Kahungunu Iwi”



Te Kapa Haka o Tamatea Arikinui performing in 2017.

# Fans gather for kapa haka's top event

Four teams to represent Ngāti Kahungunu at Te Matatini in Tāmaki Makaurau event

**T**e Matatini is the world's biggest kapa haka competition and the pinnacle event for Māori performing arts.

Held every two years, it is one of the most highly anticipated events for performers, their whānau and the mass of passionate kapa haka fans throughout the world.

Hosted in a different city each time, the festival draws thousands of people who come to witness the best of the best. For many, it is an opportunity to not only experience kapa haka excellence, but to also reconnect with friends and family and express their loyalty and pride in their whānau on the stage.

This year's event will be hosted in the multicultural capital of Aotearoa New Zealand, in Tāmaki Makaurau (Auckland) at Ngā Ana Wai (Eden Park) from February 22-25.

Four kapa haka teams will represent Ngāti Kahungunu at the event – Ngāti Ranginui, Te Rangiora o Wairarapa, Matangirau and Tamatea Arikinui.

There will be loud cheering at the event itself and also from the homes of Ngāti Kahungunu whānau as they join in on the action from the live streaming on TV2 and TVNZ+.

For kapa haka, this festival is the culmination of years of hard work, passionate commitment and unswerving dedication to bring their best to the national stage.

Thousands of hours have gone into composing, teaching, rehearsing and organising 40 performers – first to qualify at their regional competition, then to prepare a single performance compressed into 30 minutes for the national stage, all with the intent to captivate, beguile and



Te Matatini draws thousands of fans.

impress judges and audiences enough to progress to the final day and win the supreme title of Toa Whakaihūwaka.

Communications and support for the participating teams comes through the Ngāti Kahungunu Runanga Arts and Culture Board, which serves all art forms throughout the rohe of Ngāti Kahungunu. Kahungunu delegate on the National Te Matatini Board, Hira Huata, is pleased with the hard work of the teams that will represent the iwi on stage.

"A lot of hard work, commitment, time and energy goes into kapa haka at this level and I'm extremely proud of our whānau," said Hira Huata.

"In Kahungunu we are encouraging our whānau to participate in kapa haka at their marae and compete in inter-marae events such as Hakanuia in Heretaunga and Pa Haka in Te Wairoa."

The last Te Matatini event was hosted by Te Whanganui-a-Tara in 2019. The 2021 event that was to be hosted in Tāmaki Makaurau was cancelled due to Covid-19 restrictions and we are now look forward to this one taking place. We wish the organisers all the best for great weather and a huge turnout of fans.



Te Taiwhenua o  
**HERETAUNGA**

**Come and work with us:  
Heretaunga Ringahora!  
For all our mahi opportunities  
go to [ttoh.iwi.nz/careers](https://ttoh.iwi.nz/careers)**

# Still a place in today's world for rongoā

DJ Kireka, Opinion

**'K**o te kai he rongoā, ko te rongoā he kai – Food is medicine, medicine is food."

Rongoā is traditional Māori medicine – a system of healing that is passed on orally. It comprises diverse practices and an emphasis on the spiritual dimension of health.

Rongoā includes herbal remedies, physical therapies such as massage and manipulation, and spiritual healing. It was the natural way of healing ourselves in times of old, but today we are dealing with many unfamiliar diseases.

The key is identifying what the sickness is and using the appropriate medicine or rongoā to heal ourselves.

Māori and alternative remedies have few side effects when prepared and administered correctly.

In our world today, there's a time and place to learn, know and use rongoā. I personally prefer natural remedies, but I have learned that there are times where pharmaceutical medicine is the best cure for modern illnesses.

When we were younger, we ate more natural foods. But with chemicals added to our environment, and more processed foods, our bodies can struggle to fight off diseases.

I learned to heal myself when I met my husband and our Te Rau Aroha whānau in 1982 while we lived communally in Haumoana. We were vegetarians, seeking our reo in tikanga Māori.

We had our own Siddha yoga meditation centre, and we learned from Denise Helmbricht, a herbalist, iridologist, and reflexologist who knew natural herbal remedies.



In our world today, there's a time and place to use rongoā, writes DJ Kireka.

Photo / Supplied

She taught us how to make rongoā and apply it through mirimiri (massage). Denise was such a blessing at the time. Through her, many of us learned this wonderful skill and we can now make our own rongoā.

**A few rongoā recipes:**

**Harakeke/Flax:** The leaf or root is

pulped, heated and put straight onto boils.

**Kowhai:** The bark is heated in a calabash with hot stones, and made into poultice for wounds, or to rub on a sore back. A person bitten in the face by a seal had wai kowhai (kowhai juice) applied to their wounds

and was well within days.

**Kūmarahou:** The leaves are boiled and used as a soothing and healing agent. The juice of the leaves is also used in baths. Drinking the liquid in which the leaves have been boiled is said to be good for rheumatism and asthma.

**Kawakawa:** The leaf and bark are used to heal cuts, wounds and stomach pains. For a toothache, a kawakawa poultice is applied or the leaves are chewed.

The leaf and bark are a remedy for stomach ache and the root is chewed for dysentery.

**Hon Meka Whaitiri**  
MP for Ikaroa-Rāwhiti



**Office hours:**  
Mon to Fri  
9:30am - 3:30pm  
06 873 3457  
2/115 Avenue Road,  
Hastings 4122  
f/MekalkaroaRawhiti

 **Labour** 

Authorised by Hon Meka Whaitiri MP, Parliament Buildings, Wellington

 

**Flaxmere night market**

**LAST 2 NIGHTS THIS SEASON**

**THURS 23 FEBRUARY**  
**THURS 23 MARCH**  
5pm to 7pm - Flaxmere Park

**LOTS OF PRIZES INCLUDING**  
**A 50 INCH FLAT-SCREEN TV**



Gambling is addictive and harmful. Get help now.

Photo / Whakaata Māori

## How do you know if you have a problem with gambling?

- Do you spend a lot of time and money gambling?
- Have you ever felt the need to bet more and more money?
- Have you ever lied about how much you gambled?
- Have you faced financial difficulty because of gambling?
- Do you withdraw from your family because of gambling?
- Do you feel incapable of stopping?
- Do you neglect your relationships to gamble?
- Have you taken out a loan to gamble?

If you answered yes to one or more or all of these questions, you may have a problem. The good news is that there is always help available for you or for someone you know.

Te Rangihaeata Oranga Trust provides free advice, support and counselling to anyone in the community who may be worried about someone else's gambling. It could be your partner, children, an employee, or close friend. Don't be afraid to learn more by asking.

The hard truth about gambling is that it is an addiction that is harming individuals, families and communities. The great news is that there is a way out and you can live your life by Choice not Chance.

# Help available to tackle gambling in Hawke's Bay

Pokies continue to rake in millions as addiction is breaking down whānau in our communities

**G**ambling can be an addiction. An addiction is defined as a chronic relapsing disorder characterised by the compulsive use of something despite adverse consequences.

It's considered a brain disorder because it involves functional changes to brain circuits involved in reward, stress, and self-control. What starts off as a little fun or a little hobby can drastically turn into something quite devastating and harmful, and it is breaking down whānau in our communities.

In Hawke's Bay alone, around \$12.5m was generated over the past 3 months from slot machines or better known as pokey machines. These games of chance have enticed too many of our whānau into a trap. Statistics show that these pokey machines are mainly situated in areas where our Māori and Pacific whānau live.

Te Rangihaeata Oranga Trust – Hawke's Bay Gambling Services is an organisation that can help. Funded by the Ministry of Health, they provide free counselling and health promotion services to all communities within the wider Hawke's Bay including Wairoa, Napier, Hastings, and Central Hawke's Bay. Their aim is to prevent and minimise gambling harm.

The team at Te Rangihaeata Oranga Trust have put together a mini doco called Breaking of a New Dawn – Understanding

Gambling Harm in Hawke's Bay.

This documentary is a valuable opportunity to help to give the community a brief insight into understanding gambling harm here in Hawke's Bay.

This is a free viewing that will take place at the Focal Point Cinema in Hastings, at 10am on Monday, March 6.

Eventually, this opportunity will be available in Wairoa, Napier and Central Hawke's Bay. There are limited spaces, so it's important that you register your interest by contacting Ricky at Te Rangihaeata Oranga Trust – [ricky@trhor.org.nz](mailto:ricky@trhor.org.nz)

Help is available to anyone who may be experiencing Gambling Addiction whether you need help for yourself or a loved one. Te Rangihaeata Oranga has support staff there to help you.

All clinicians at Te Rangihaeata Oranga Trust/Hawke's Bay Gambling Services are highly qualified health professionals with specialities in gambling.

Find out more information on their website <https://gamblinghb.co.nz/gambling-help/> or call their head office in Hastings to talk on the phone and/or book a time to go in for a chat or they will come to you. Everything is free and confidential. Their head office is in Hastings at 210 Lyndon Road West, email [admin@trhor.org.nz](mailto:admin@trhor.org.nz)

## USE YOUR COVID-SENSE

**KIA MATAARA  
BE VIGILANT**



**KIA HAUMARU  
BE SAFE**



**KIA ATAWHAI  
BE KIND**



**KIA TŪPATO  
BE CAREFUL**



"Kahungunu Living Longer"

PROTECT YOU, PROTECT YOURS, PROTECT US

# Milly comes home to start her career



Thanks to Tuakana Teina internship with the Māori Health Team, coming to Hawke's Bay felt 'like I was coming home'

**J**oining this year's intake of house officers at Hawke's Bay Hospital felt like coming home for Milly Bowen.

Milly, of Rongomaiwahine (iwi), grew up on a farm on Te Mahia Peninsula and attended boarding school in Hawke's Bay before heading south to study medicine at the University of Otago.

But it was the whakawhanaungatanga (establishing relationships) gained from the Tuakana Teina Internship that truly made her new beginning feel like she was returning home.

Milly was one of the inaugural Tuakana Teina interns in 2019 who spent the summer working within the Māori Health Team in Te Matau a Māui, Hawke's Bay.

Te Aka Whai Ora Māori Workforce Adviser Heneriata Paringatai says the kaupapa behind the programme is to give Māori tertiary students with a keen interest in Hauora Māori a clear career pathway.

"With the refreshed focus on Te Tiriti o Waitangi, we need to create more opportunities like this where Māori can see themselves in health once they finish their study," Heneriata said.

Each year, the interns are given research projects focused on improving equity for Māori.

"It gives them the opportunity to extend their studies and learn from experienced kaimahi, while they provide us with a fresh, youthful insight.

"The hunger in the rangatahi and applicants we receive is incredible. We need to support their resilience and growing them as leaders in health."

The Tuakana Teina Internship also

plays a vital part in the Māori Workforce Action Plan, to grow the number of Māori in the health workforce in the rohe, Heneriata says. "Currently, Māori make up 18 per cent of the local health workforce at Te Whatu Ora – Health New Zealand in Te Matau a Māui and we're looking to ramp that up to 19.1 per cent."

Nineteen students have come through the programme in four years and in previous years kaumātua have supported some interns in reclaiming their whakapapa to Te Matau a Māui, Hawke's Bay.

"We are reconnecting tangata whenua and cultivating a connection with the rohe which could influence their career choices in the future," Heneriata says.

Six of the alumni either work at Te Whatu Ora in Te Matau a Māui, or at Te Taiwhenua o Heretaunga, Te Taiwhenua o Te Whanganui-a-Orotū or Oranga Tamariki.

For Milly, it was a "no brainer" to return to Te Matau a Māui, Hawke's Bay.

"I loved my time as an intern. I learnt so much about the barriers some of our population face, especially in Wairoa, trying to access healthcare. Ensuring equity of healthcare is at the forefront of my mind as I start out in my career.

"The internship also gave me the opportunity to learn from some of the best and I made some great connections which I now can reignite as I continue learning and working within the hospital.

"Seeing familiar faces at the powhiri made me feel like I was coming home. It's so nice arriving at the start of the year, already knowing some of the people I will be working with."

Milly Bowen at her graduation.



*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 ad 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**

**Web: www.flaxmerechristianfellowship.com**

# Simply helping whānau navigate loss

Funeral home works alongside marae to plan for tangihanga

**S**implicity Bereavement Services is the only Māori-owned and-operated funeral home in Hawke's Bay. Ngāti Kahungunu Iwi Incorporated has a relationship with Simplicity Bereavement Services where registered iwi members are able to access the Kahungunu funeral package to help iwi members access high-quality funerals at heavily discounted prices.

The vision at Simplicity is to be progressive and innovative leaders in their field, and to provide the resources and knowledge for whānau to navigate tangihanga. Simplicity staff and management are wanting to hold marae tangihanga hui, to educate whānau by walking them through the steps for planning tangihanga, so when the time comes we are more prepared.

"Our goal is to help whānau by talking about things now so they can open their minds to decisions that can be discussed now while their loved ones are still alive and well," says Sandra McIlroy, owner, executive administrator and funeral director.

"We are asking to work alongside marae to hold information nights about tangihanga planning as well as how the Kahungunu funeral package works. In this hui, we will discuss topics such as will kits, legal advice, executors and their responsibilities, costs around funeral services, finance and lots more," McIlroy said.

Simplicity is proposing to run two evening marae tangihanga hui at local marae to ensure a safe learning and



**Mathew Meacheam, of Simplicity Bereavement Services.**

whānau environment. Ideally, these two evenings will run one night a week over two consecutive weeks. This allows whānau to discuss questions, listen to options, in a non-judgmental environment. Individuals will be given Tangihanga Preparation Packs. Guest

speakers will offer information and assist whānau, giving them the confidence to walk away knowing they have plans in place when needed.

These hui are a free event where Simplicity will provide transport and refreshments if needed.

**i** To book your marae tangihanga information evening and planning hui, contact Simplicity by email [info@simplicityhb.co.nz](mailto:info@simplicityhb.co.nz).

# FOUR SQUARE MAHORA

## NOW UNDER NEW OWNERSHIP

Come on in, see the changes and meet the new owners.



Wahine  
Purotu

Tāne  
Purotu



Te Taiwhenua o  
**HERETAUNGA**

Kahungunu  
*Kauhātua*  
**BALL**

Rei Kura Rei Mauri Rei Ora

Friday 17 Mar 2023  
1.00-6.00pm

CLUBS HASTINGS  
Victoria Street, Hastings

**Featuring**

The Hawke's Bay Jazz Big Band  
Stars in Their Eyes performances  
Three course dinner included

Tickets \$15 -  **eventfinda**

On sale from 13 February 2023