

Fun and laughter resound as Kaumātua have a Ball

Taonga to their whānau, hapū and iwi

Ruth Wong

There was glamour and some fancy dance moves at the Kaumātua Ball hosted by Te Taiwhenua o Heretaunga.

Held on Friday, March 17, the ball saw around 700 Kaumātua [elders] from around Kahungunu descend on Clubs Hastings.

All guests certainly came along dressed for the 'wāhine purotu, tāne purotu' theme, looking a million dollars and bringing dance moves to match.

Te Taiwhenua o Heretaunga leaders are pleased they carried on with the Kaumātua Ball, an event they had been planning to recognise the tough times that the Kaumātua had been through over the past years due to the Covid pandemic, lockdowns, isolation, fear, vulnerability, and for some, loneliness.

"Our Haaro Board wanted to show our Kaumātua how much we appreciate them for who they are and what they have endured over the last three years," said Mike Paku, chairman of Te Taiwhenua o

Heretaunga. "We wanted our kaumātua to know that they are taonga [treasures] to their whānau, hapū and iwi."

With this great whakaaro [idea] in mind, Te Taiwhenua o Heretaunga leaders made the brave karanga [call], inviting kaumātua from all over Kahungunu to this event.

A pre-panui went out to all six Taiwhenua chairs on February 8, then on February 13 the panui was advertised far and wide. In just a few hours, 350 tickets were sold, 240 of these purchased by Te Taiwhenua o Te Whanganui A Orotu for their eight marae.

Then, Cyclone Gabrielle hit, and there was devastation in their communities once again.

"When the cyclone hit, we had to think about whether the ball would go ahead, but with all the devastation that we have seen in our rohe, we knew that we had to give our kaumātua something to look forward to and something to lift their spirits, and I am so pleased that we have achieved this," Paku said.

Entertainment on the day included the HB Jazz Club Big Band conducted by Central Hawke's Bay Mayor Alex Walker, Te Taiwhenua o



Te Taiwhenua o Heretaunga chairman Mike Paku and chief executive Waylyn Tahuri-Whaipakanga, addressing the Kaumātua.

Heretaunga, seven kaiwaiata who sang in between the band's sets, Peggy-Joe Price, and a selection of karaoke stars including Sheree White from Kohupātiki, Johnson Warner from Rangiahua, Hera Taukamo from Waiohiki, Fred Puriri from Korongatā, Brian Gilbert from Te Haroto and iwi chairman Bayden Barber, all the way from Waimārama.

The Wairarapa Kaumātua Charitable Trust of 30 keen kaumātua dancers led the line dancing.

The event was opened by St Joseph's Māori Girls' College, who were also invited to assist with catering and did a fantastic job.

Before this event, wonderful angels helped a number of nannies and koros get ready for the ball.

You could not tell anything had happened to them or their homes, or that they had lost their belongings due to Cyclone Gabrielle.

Among many wonderful

With all the devastation that we have seen in our rohe, we knew that we had to give our Kaumātua something to look forward to and something to lift their spirits

Mike Paku,
chairman of Te Taiwhenua o Heretaunga

groups, Waipatu Marae set up a hair salon and makeup parlour to do up the nannies.

Others donated clothing and earrings – the works. There was a showering of unconditional love.

Kaumātua Ball event manager and MC for the afternoon, Traci Tuimaseve, was pleased with the event and happy to see so many

kaumātua come to enjoy the afternoon together.

Traci congratulated Taiwhenua for their decision to haere tonu [carry on].

Throughout the event to keep it light and fun, prizes were given out to the kaumātua.

One nanny, Tiria Whaanga, turned 86 and everyone sang Happy Birthday to her – Steve Wonder-style.

Ngāti Kahungunu Iwi Incorporated acknowledges and admires Te Taiwhenua o Heretaunga for helping kaumātua to focus on themselves and enjoy an event just for them.

"Our ball was a celebration of our kaumātua, who are true testaments to what resilience in our community looks like," said Waylyn Tahuri-Whaipakanga, CEO of Te Taiwhenua o Heretaunga.

For more photos from the Ball, see the inside double page.

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AUNTY'S GARDEN

We may have to pinch our pennies but we will survive

Kumara will be in short supply and costly

Hanui Lawrence

How blessed were we to escape the flooding at Aunty's Garden.

There was no surface water to speak of, so everything that had been planted was either harvested or still growing.

Apart from some yellowing of the lettuces, the remaining vegetables are in good condition.

My favourite kumara looked fantastic on top with foliage everywhere but underneath the vines after so much rain, the ground beneath the kumara is so wet.

Then with the lack of sun not drying the vines, the kumara rot.

This is what's happened in Dargaville, the kumara Capital of New Zealand.

It was very sad to see on TV, the many acres of kumara in

the Far North, covered in the floods.

I have experienced that here in the Bay, crops that have rotted because of the wet weather.

About 95 per cent of the kumara you find in your supermarket comes from Dargaville.

They have harvesting but with the heavy rain and floods, instead of 20 bins per row, they only got two.

I fear that our yields will be smaller as well.

This means kumara will be in short supply and very expensive.

We're in for great lessons, making our dollars stretch with our food consumption.

That's on top of increasing petrol costs, and looking after our families.

It will be tough, but with care and attention putting food supplies away, and



watching our pennies, we will survive. Kia kaha everyone.

Rockit and Tomato muffins

Ingredients:
4 tbsps of butter
½ cup sugar
1 egg

1½ cups flour
2 tsp baking powder
A pinch of salt
¾ cup milk
¾ cup tomato and rockit leaves

Method:
Cream butter and sugar, add egg, flour, baking powder, salt, milk and mix

Rockit and Tomato muffins make the most of this season's produce.

Remove seeds from tomatoes and chop finely with the rockit leaves then add to the mixture and gently stir. Put spoonfuls into your sprayed or buttered muffin tin. Bake for 12-15min at 180 C. Enjoy with your favourite cuppa after a hard morning's mahi in the garden!

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Te Aka Whai Ora
Māori Health Authority

Building pathways to positive change

Uniting the threads of whānau a kaupapa to support tāne in the Corrections system

Ruth Wong

Angel Mason is one of the newest secondees at Ngāti Kahungunu Iwi Incorporated (NKII).

She's come from the Ministry of Social Development (MSD) to work with the Te Ara Toiora – Health and Wellbeing unit in an advisory role to deliver the 'Paiheretia Te Muka Tāngata' kaupapa alongside programme manager Melissa White, who was also seconded to NKII from Oranga Tamariki for the past two years.

The Paiheretia Te Muka Tāngata programme is about uniting the threads of whānau, and is a kaupapa that draws on the strengths of the Whānau Ora approach to support tāne in the corrections system and their whānau to lead and develop their own pathways to create lasting positive change.

The over-arching goal is to improve intergenerational wellbeing and reduce reoffending and imprisonment.

Early in 2021, NKII entered into a commissioning relationship with Te Puni Kōkiri and Ara Poutama Aotearoa to pilot the Paiheretia Te Muka Tāngata approach in Te Wairoa, Ahuriri

and Heretaunga.

As a result, NKII has collaborated with and commissioned Te Tumu Whakahaere o Te Wero to provide a specialist Kaiarataki navigator workforce to work directly with tāne Māori and their whānau in their journey through the system.

Mason spent the early years of her life in Wellington and was warmly welcomed into Kahungunu some 17 years ago.

Her two beautiful children and handsome husband Harley whakapapa to Takitimu Marae in Wairoa.

In the past 10 years, Mason has worn various potae (hats) while working for MSD, and for the past two years, she's been supporting the implementation of the Paiheretia Te Muka Tāngata kaupapa.

She's now happy to be based right in the thick of it with her colleagues in the NKII office.

Mason is passionate about promoting the inherent rights of Māori in all spaces they occupy, and she thrives on supporting whānau to navigate through crisis and trauma to reach their full potential.

During Covid-19 and in this current post-Cyclone situation, Mason has also been



Angel Mason (left) is the iwi's newest seconded. She is pictured with fellow seconded Melissa White.

Angel's Pepeha

Ko Taranaki te maunga
Ko Aotea te waka
Ko Ngāruahine te iwi
Ko Ngāti Tu te hapū
Ko Kaupokonui te awa
Ko Waiokura te marae
Ko Angel Mason ahau
E noho ana au ki Bridge Pā.

at the end of a phone or at the marae hubs providing support for wounded whānau who have been heavily affected by these traumatic events.

Mason is quite a fit and active wāhine, and she says that when she's not working to support whānau in the community, she's a full-time aunty, helping her own whānau.

"The tamariki I am aunty to come from all spaces, and I

believe they are there to keep me humble and keep me fit as I run around after them," Mason said.

"Angel has an absolutely positive outlook on life and has had years of experience working with our people," said Ngāti Kahungunu Iwi Incorporated chief executive Chrissie Hape.

"We are very fortunate to have her working with us in our tari [office]."



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Te Taiwhenua o
HERETAUNGA

Kahungunu *Kawhātua* BALL

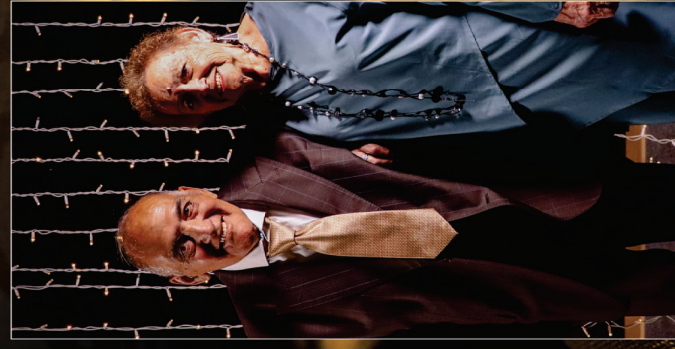


Rei Kura
Rei Mauri
Rei Ora

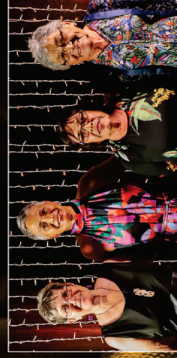


Wahine Purotu

Tāne Purotu



Wahine Purotu



Tāne Purotu



*Thank you to
everyone who
attended*

Healthcare and aroha choppered in to rural communities Tihei Kahungunu – 27 March 2023 – Te Whatu Ora Article

Helicopters loaded with health professionals, medications and a healthy dose of aroha have been providing culturally led, clinically partnered outreach to cut-off rural Hawke's Bay communities.

Te Whatu Ora Pou Whirinaki Duayne Davies, who led the Isolated Rural Communities āwhina response, says general practitioners (GPs), nurse practitioners, kaiāwhina, psychologists, psychiatrists and mental health workers have visited at least 12 rural communities since the cyclone wreaked havoc on Hawke's Bay. "Seeing the need through a cultural lens has been critical to our mission's success," Mr Davies says.

Te Whatu Ora has worked in partnership with Te Aka Whai Ora, and alongside New Zealand Defence Force, Civil Defence, NZ Police, Fire Emergency NZ, St John, Ministry of Primary Industries, Ministry of Social Development, Red Cross and Iwī liaisons.

Te Whatu Ora Clinical Lead – Planning and Funding Peter Culham says the team also worked alongside New Zealand Defence Force (NZDF) on its 'Tūhono' operation which has located 23 'lost whānau' and is now complete.

"There were a number of places where NZDF were concerned members of the community required emergency assessments so they included our team," says Dr Culham, who is also a part-time GP.

"Predominantly, primary care was the biggest need we saw, so GPs or nurse practitioners were the ideal people to treat these communities," Dr Culham says. "So far, we have records of 200 people seen for medical acute or sub-acute reasons such as skin infections, gastroenteritis, migraines, anxiety, coughs and wound assessments – and then there's mental health on top of that," he says.

Mr Davies says ensuring all clinical and psychosocial teams understood the cultural narrative was key to ensuring staff had a clear picture of the community's healthcare needs.

"Some of the areas heavily populated by Māori took time to open up and engage with clinical staff due to trauma, and they feel more comfortable speaking with whānau Maori," Mr Davies says. "By 'cultural' we are also referring to farming culture, Pasifika, our RSE workers and others - we have to create an environment where they feel safe."

Te Whatu Ora Pou Whirinaki Hinengaro Anaru Hodges says cultural safety is achieved using the basic principles of Te Ao Māori such as whakawhanaungatanga, mana-enhancing practices such as greeting someone in their language or offering kai, and manaakitanga.

The approach to this outreach was inspired by Māori psychiatrist and author Mason Durie.

"He stated that the synergistic partnering of clinical psychology and cultural intervention can augment recovery from stress or illness, that dwarfs the scope of either acting alone," Mr Hodges says.

The response teams are seeing a lot of low-level anxiety fuelled by loss of home, land, jobs and income, he says.

"Essentially, their mana has been stripped so we are helping rebuild that, and meeting them where they are."

Pacific Clinical Lead Noreen Tully, part of the response, says the outreach has been particularly successful for Pasifika.

"Many of our Pacific peoples either don't have a GP, and if they do, it's navigating a difficult system that often results in care not being accessed in a timely manner," Mrs Tully says.

"This is why a Pacific clinical and welfare outreach is so successful."

Dr Culham says the team is grateful for support from other regions.

"This was an example of a crisis driving change and innovation," Dr Culham says.

"Finding workforce was a challenge, and we are very grateful to the two psychologists and two administration volunteers from Wellington and Christchurch who have added value."



Te Whatu Ora Pou Whirinaki Duayne Davies led the Isolated Rural Communities āwhina response.

Cyclone rescue mission far from over

Pockets of hopeful and helpless moments as people ponder the future

Ruth Wong

Since Cyclone Gabrielle visited us, emergency preparedness plans have been spoken of all over the place – at home, at school, in the workplace, at church, at marae, on the street and everywhere you go, there's some kind of discussion that comes up about how better prepared we can be for future extreme weather events.

For some, Cyclone Gabrielle ended when the power went back on a few hours after it went off.

For others, it's been a recurring nightmare with pockets of hopeful and helpless moments as people ponder what has happened and what the future looks like for all who have been directly affected by the cyclone.

"We are deeply concerned for our whānau who have been sorely affected by the cyclone. Many have lost their homes, marae, kura, livelihood, their animals, their precious taonga and valuable things," said Chrissie Hape, Ngāti Kahungunu Iwi Incorporated (NKII) chief executive.

"The Tihei Mauri Ora Distribution Centre led by



Ngāti Kahungunu iwi in conjunction with Civil Defence continues to operate, distributing supplies to

The Tihei Mauri Ora (TMO) team - Wi Ormsby (left), Gail Titi, Brenda Ferguson, and Jamie Ruwhiu (Ngai Tahu).

Photo / Supplied

isolated communities. I want to acknowledge the Tihei Mauri Ora team Cr Henry Heke, Wi Ormsby, Gail Titi,

Brenda Ferguson and the team from Ngai Tahu for their ongoing commitment to this kaupapa," said NKII chairman Bayden Barber.

The rescue mission part of this disaster is far from over – people are still being rescued as we look at pathways to recovery.

These pathways will be very different for everyone and it will be a marathon, not a sprint. We need to look for the best solutions and not for a rushed one that may bring regret.

Regional recovery planning has begun under the new Matariki structure with Ngāti Kahungunu iwi, Taiwhenua and post-settlement entities working collectively with local and central government led by Keriana Brooking.

The byline to the Hawke's Bay Recovery Framework is Building back Better, Safer, and Smarter.

"Ngāti Kahungunu Iwi [NKII] chair Bayden Barber, along with other members of Te Kahui Ohanga, met with ministers to discuss options for the recovery. Uppermost in our minds is ensuring solutions incorporate and uphold the aspirations and voices of marae and whānau," said Chrissie.

"We will continue to uphold our mission, which is to enhance the mana and wellbeing of Ngāti Kahungunu."

Kia kaha everyone – be strong, be mindful, be courageous, be well.

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KIA KAHA

Napier Port extends its care and support to everyone affected by the impacts of Cyclone Gabrielle. We also want to acknowledge and thank all the individuals, organisations and communities who have worked tirelessly over recent weeks to support Hawke's Bay and its people with the immediate response and initial recovery.

Fortunately, Napier Port only suffered minor damage due to the Cyclone and we were able to get back to full operations within a week. The best thing we can do is to keep essential supplies and imports coming into the region, and to help our exporters get their cargo to market.

Hawke's Bay and its growers, marae, and communities are certainly suffering, but we have been heartened to hear stories of resilience from across our region.

Napier Port has extended our hours of operation to help ease transport congestion on the region's damaged road network and support Hawke's Bay growers as we move into the peak season for produce exports.

We opened our gates to the NZ Army as they set up a temporary port HQ. Their personnel have been busy supporting the immediate response and initial recovery efforts, providing welfare and aid to struggling communities along the East Coast.

We're also readying a new coastal shipping partnership with Eastland Port in Gisborne to give businesses on the East Coast an opportunity to get products to market, while access to Tairāwhiti remains restricted. And recently, we welcomed back cruise to Napier to help kick start the region's economic recovery, with visitors supporting local business.

Napier Port remains committed to keep doing everything we can to support our region's recovery.

Kia kaha.



Te Whare Tapa Whā
Ideas to help whānau

Taha wairua

- ✓ Start the day with karakia
- ✓ Sing waiata
- ✓ Help tamariki learn their pepeha and their connection to whenua and tipuna

Anei au,
tō pou whirinaki
#tūtiramai



Te Aka Whai Ora
Māori Health Authority

Tōku pepeha Ko wai au?

Ko te maunga
 Ko te awa
 Ko te waka
 Ko te iwi
 Ko te hapū
 Ko te marae
 Ko tōku ingoa

Te Whare Tapa Whā
Ideas to help whānau

Taha hinengaro

- ✓ Acknowledge tamariki and how they are feeling
- ✓ Share positive korero
- ✓ Teach tamariki breathing exercises like Hikitia te Hā

Ko te ahurei o te tamaiti
arahia ō tātou māhi
#tūtiramai



Te Aka Whai Ora
Māori Health Authority

Karakia - Tūtawa mai

Tūtawa mai i runga
 Tūtawa mai i raro
 Tūtawa mai i roto
 Tūtawa mai i waho
 Kia tau ai te mauri tū
 Te mauriora ki te katoa
 Haumi e, hui e, tāiki e

*Come forth from above, below, within
And from the environment
Vitality and wellbeing for all
Strengthened in unity*

WHARE TAPA WHĀ

Karakia - Hā

Hā ki roto
 Hā ki waho
 Kia tau te mauri e kōkiri nei
 I ngā piki me ngā heke
 Ko te rangimārie
 tāku e rapu nei
 Tihei mauri ora

*Breathe in Breathe out
Settle the mauri that stirs inside of me
Through the ups and downs
It is peace that I seek*

Te Whare Tapa Whā
Ideas to help whānau

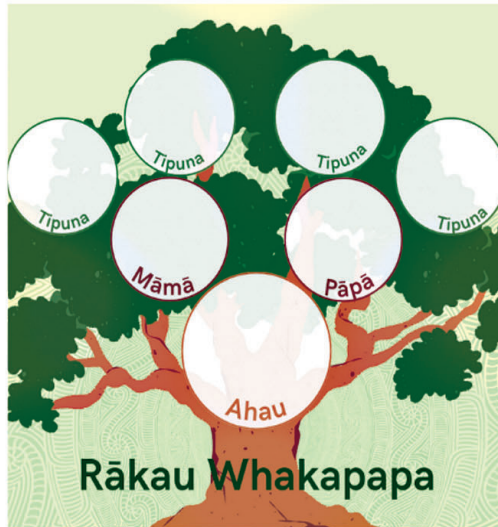
Taha tinana

- ✓ Eat yummy kai and drink water
- ✓ Play games and be active
- ✓ Have a good night's sleep
- ✓ If you feel unwell, call your GP or Healthline 0800 611 116

Poiipoia te kākano,
kia puāwai
#tūtiramai



Te Aka Whai Ora
Māori Health Authority



Te Whare Tapa Whā
Ideas to help whānau

Taha whānau

- ✓ Teach tamariki their rākau whakapapa - family tree
- ✓ Share kai together as a whānau
- ✓ Help tamariki be a good friend at home and school

Ehara taku toa i te toa
takitahi, engari he toa
takitini #tūtiramai



Te Aka Whai Ora
Māori Health Authority

Your hauora is important!

Take a look at these tips to help keep your body, mind, spirit and whānau happy and healthy

Feeling overwhelmed?

Talk to someone you trust - a friend, family member or a health professional

Helpline - Call or text 1737

Youthline - Call 0800 376 633, text 234

The Lowdown - Text 5626

For more hauora tips check out
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