

New staff member keen to learn ropes

Role at iwi organisation perfect fit for Waiora as she pursues her passion for kaupapa Māori

Waiora Kireka is the newest staff member at Ngāti Kahungunu Iwi Incorporated. She started two weeks ago as the administration/receptionist in the office.

Her role includes frontline greeting of manuhiri/visitors both by phone and in person when they visit our tari. Visitors range from whānau wanting to register with the iwi, to Government ministers coming to meet with our iwi leaders.

Waiora is a former student and graduate of Te Kura Kaupapa Māori o Ngāti Kahungunu ki Heretaunga. She was born and grew up in Paharakeke/Flaxmere and started attending Te Kura Kaupapa Māori from as young as 5 years old and attended right through to her high school years.

In her senior years she was part of the schools Trades Academy programme through EIT Hawke's Bay where students were encouraged to attend courses of interest as part of a pathway programme of transition from school to tertiary level schooling or employment.

Waiora is a bright young wahine and graduated with a Level 2 Hospitality certificate in 2019, Level 2 Travel and Tourism certificate in 2020, and in her final high school year she graduated with a Level 3 Young Enterprise Scheme (YES) Micro-credential award. She also received Level 3 NCEA at

I love working at the iwi office. I feel like this is a stepping stone for me to be involved in our Māori community where I can learn from a new focus and it will give me a better perspective on life and my next steps.

Waiora Kireka

school, endorsed with excellence. In 2020-2021 she was head girl, and last year she graduated as Dux of the school.

Waiora comes from a family of eight children. Her parents Pete and Deanne Kireka raised their children to speak te reo Māori and instilled in their children tikanga Māori values such as whakaiti/humility, whānaungatanga/connection, manaakitanga/respect and generosity towards others, aroha/love, tautoko/sharing, and awhi/caring for and nurturing others. These are natural attributes that this family embraces and displays.

In her final year of high school, Waiora also worked after school at Kmart to save a few dollars and plan for her future.

She says the Trades Academy helped her to get a taste of what she might want to do after leaving school. While she was awarded university entrance, she felt that she wasn't quite ready and decided to work for the first few years and let her pathway unfold.

She knows for sure that her passion for te reo Māori, tikanga and anything kaupapa Māori will always lead her toward helping her people. She says she might follow in her Dad's footsteps and become a teacher.

"Let's wait and see what unfolds."

For now, Waiora is grateful to be working at Ngāti Kahungunu Iwi Incorporated.

"I love working at the iwi office. I feel like this is a stepping stone for me to be involved in our Māori community where I can learn from a new focus and it will give me a better perspective on life and my next steps."

Smart Services director Ruth Wong says in the past two weeks she has given Waiora tasks to test her ability.

"She's a dependable and committed individual who is willing to learn new skills and adapt to this new environment. Every day in the iwi office could be totally different, and I am a confident that Waiora will blossom with us. She's already done some amazing things and used her initiative to work in our team."

Chief executive Chrissie Hape says Waiora is prepared to work and has a pleasant and approachable manner.

"She's a diverse individual and has extensive knowledge of te reo Māori and Māori culture and we welcome her into our whānau."

Ruth says, "She's young, energetic and keen to learn the ropes. And I'm willing to teach her all that I know".



Waiora Kireka, holding the Dux Trophy, with her parents Deanne and Peter Kireka.

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AUNTY'S GARDEN

WOW adventure really was 'wow'

Here's a recipe to match my wonderful travels to the WOW festival in Wellington

Hanui Lawrence

I took a one-week holiday with 'Travelwise' recently, all part of a WOW adventure.

I was with my sister and caught the train from Hamilton, where we joined more than 30 others heading to Wellington.

The train ride was lovely, and so, too, were the other members of our group, with constant chatter all the way, plus eating and napping and taking in the lovely scenery.

The trip was rapidly heading to its destination. The highlight would have been the brief snow at National Park at Ohakune with the trees already laden with snow.

A lovely meal greeted us at the travel lodge, our accommodation, and tiredness of such a long day, quickly had everyone in their rooms. Breakfast was a meet and greet affair with tours organised at St Paul's Cathedral, Mt Victoria, a ride in the cable car and a visit to the Parliament buildings.

WOW is simply that, 'WOW'. Awesome costumes in all

categories, styles, creations and modelled through pyrotechnics, lighting, music and performance.

The TSB Arena was packed to capacity.

If you haven't been to a Wearable Arts event, you must put it on your bucket list. All the productions and performances of WOW are differently produced, staged and directed. A must see.

I couldn't get over our group of 30 plus as most of us had the same colour hair, gorgeous grey, and wispy white.

My first experience with a group of total strangers, who turned out to be totally amazing and I have to say, very fashionable.

Our hostess, Katherine, was also right on the ball with all the organising and taking care of everyone.

A quick tour over the Rimutakas to Lake Ferry, Martinborough and Cape Palliser was also enjoyed by everyone.

My sister, quite a seasoned traveller with her little containers of nuts and nibbles, sandwiches and other eats, was a treat to be with.



TRAVELWISE COOKIES

Ingredients

- 125g butter
- 3 Tbsp sugar
- 1 egg
- 1½ cup self raising flour

- Pinch salt
- 1 tsp baking powder
- 1 cup of blended booster fruit and nut (healthy mix)

Method

Cream butter and sugar, add egg and mix, add flour salt and

baking powder and mix,

Put spoonful lots onto a greased oven tray and bake for 20 mins in a preheated oven – 190 degrees.

These are so delicious dipped in your favourite cup of tea or milo.

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Ngāti Kahungunu Iwi
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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”

Teams in oarsome day of competition

Police and fire fighters clashed in a challenge after Fenz staff threw down the gauntlet to the boys – and girls – in blue

Hawke's Bay Fire and Emergency NZ (Fenz) set a tono/challenge with the Hawke's Bay Police – a 2000-metre indoor rowing competition, using Concept 2 rowing machines.

But it wouldn't be a simple 2000-metre race, it would consist of four rowers a team made up – either male or female or mixed teams.

Police met the challenge with four teams, while Fenz had three.

The date and venue were set, and with a few glitches and changes along the way due to bad weather, they decided to hold the event at the Napier CrossFit Gym in Onekawa.

The morning started with eager participants and family supporters turning up to greet one another, stretch and eye up the competition.

Before long the rowers were ready to go.

The teams had to take turns in transition relay style to complete the race, each rowing 500 metres and then quickly changing to the next team member.



Hawke's Bay Fire and Emergency NZ set a tono/challenge – a 2000-metre indoor rowing competition.

The police and firefighters do great work in our community to keep us safe. These events help to build strength and comradeship.

The teams showed great physicality, and one might have thought this was the

Olympics, as the exhaustion was evident after the sprint. After two rounds of rowing

and the times collated, Fenz took out the challenge with the fastest team, though police ended up with the fastest all-women's team.

Ngāti Kahungunu Iwi Incorporated Te Kura lead Chris Karaitiana participated in day event supporting one of the police teams.

Participants looked smart in their Kahungunu tops, which

gave them added mana.

It was day enjoyed by all. The police and firefighters do great work in our community to keep us safe. These events help to build strength and comradeship within these services.

These unsung heroes are people who put their lives on the line every day to help keep us safe in our communities.

Māori, marae play vital role during emergency response

Robert Johnson from Hawke's Bay Civil Defence Emergency Management Group (Te Rākau Whakamarumaru ki Te Matau-a-Māui) paid a visit to our office earlier this month to meet with our director, smart services and communications adviser Ruth Wong.

Robert is an emergency management adviser – communications, and is also the region's lead PIM (public information manager) helping co-ordinate the region's communications during an emergency response.

Robert has a background in political communications, and has worked extensively in the Māori political space, having managed Ikaroa-Rāwhiti MP Meka Whaitiri's 2017 election campaign, working as the communications adviser to the Labour Māori Caucus, and most recently spending over three years in the Beehive as the press secretary to the Minister for Māori-Crown Relations.

Robert says iwi bring a great deal of capability to emergency management and Māori and marae play a crucial role in community responses to emergencies.

"It was great to meet Ruth and have a korero about how we might work together in the communications space, to ensure all our communities have the information they need to be prepared for and safe in an emergency event," Robert said.

New Zealand ShakeOut is our national earthquake drill and tsunami hikoi. It's taking



Pepeha: Robert Johnson

- Ko Titirangi te maunga
- Ko Ūwānui-a-Ruamātua te awa
- Ko Tereanini te waka
- Ko Hauiti te tangata
- Ko Te-Aitanga-a-Hauiti, Ngāti Kahungunu, Te Māhurehure ngā iwi
- Ko Robert Johnson tōku ingoa

place on Thursday at 9.30am.

ShakeOut takes place across the world to remind people of the right action to take during an earthquake. Drop, Cover and Hold. You can also practise a tsunami hikoi (evacuation walk) if you're in a coastal area. Get Ready – <https://getready.govt.nz/en/involved/shakeout/>



Ngāti Kahungunu Iwi
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Ngāti Kahungunu Iwi Incorporated maintains an independent position to provide research, advice and advocates for the interests, rights, values, beliefs and practices of Ngāti Kahungunu alongside our whānau and hapū. Our mission is to enhance the mana and well-being of Ngāti Kahungunu.




Register with us. Stay informed. Call us with your current contact details. Ask to receive panui ki te iwi emails.

Check out our website www.kahungunu.iwi.nz

The 2021-2022 Annual Report is about to be posted out to iwi members. Don't miss out.

Phone us today to find out more (06) 8762-718 or 0800 524 864

Parkinson's sufferers find valuable support

Group on Outward Bound course inspired by bonding and sharing journey with others

Happy to be given the opportunity to attend something different, Makea Katene was delighted that he took up the challenge to attend and complete an Outward Bound Upbeat Course for sufferers of Parkinson's disease.

"There were 13 in our group consisting of six men, five women, and two medical nurses," says Makea.

"Every day we started at 6.50am with exercises, a 3km run and a cold dip in the sea. Our activities ranged from hiking, overnight camp, rowing the cutter boat, building and sailing a make shift raft, problem solving, flying fox, abseiling and goal setting with positive mental attitude discussions and programmes. These activities required team work, unity, collaboration, coordination, and acceptance of our abilities and disabilities."

Parkinson's is a disorder of the central nervous system that affects movement, often including tremors. Nerve cell damage in the brain causes dopamine levels to drop, leading to the symptoms of

Parkinson's.

It often starts with a tremor in one hand. Other symptoms are slow movement, stiffness and loss of balance. Medication can help control the symptoms of Parkinson's.

This opportunity was perfect for the group and only positive comments were shared after the event.

One participant said as a group they bonded together quickly because of their Parkinson's, each at different stages, and became very close.

"I have been inspired by my friends to maintain an active daily routine to help with the progressive stages of this disease", said Makea Katene.

Another participant said, "sometimes it can be quite embarrassing to go out in the public, but coming together with others with the same problems and frustrations, can really help to build courage."

"I've seen real growth in my husband and he's now got friends that I don't know, but he's happier, he's more outgoing and I love it," Makea's wife Mere Katene said.

"The great thing about interacting with others with similar problems, is that we

I have been inspired by my friends to maintain an active daily routine to help with the progressive stages of this disease

Makea Katene

can strengthen each other and do quite a lot of service in the community together, like deliver meals on wheels, and join in activities like exercise to music dance classes," Makea said.

"We intend to keep in close contact through our group chat page."

Makea shared that one of the women on the course hadn't told anyone about her disease for two years in fear of the unknown.

Now she recommends anyone with Parkinson's to get involved with a support group to talk about it and share with others and strengthen each other.



Makea and Mere Katene.



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 and 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

Degree helps reclaim cultural identity

Renee McDonald describes how an EIT course enabled her to reconnect to her whakapapa

Studying at Toi Houkura, EIT's Māori Visual Art and Design School in Tairāwhiti has reconnected Renee McDonald to her whakapapa and will allow her unborn daughter to be brought up in an environment unlike what she had.

The 24-year-old (Ngāti Porou, Ngāti Kahungunu), who was born and raised in Australia to Māori parents, moved to Tairāwhiti at the beginning of last year to study at EIT.

"Because I never grew up knowing my culture and it wasn't encouraged, especially living in Australia, I've always wanted to know more about being Māori. And now that I'm having a baby, I want her to be raised here and, in this environment, knowing her whakapapa and everything."

While she had always wanted to study Māori arts, losing her job with Virgin Australia early on in the Covid-19 pandemic created the opportunity for her to follow her dreams.

"I've always been into art since I was little, but I just didn't know you could go to



school for it.

"My mother is actually from Gisborne so when I lost my job in Australia and wasn't doing much, my brother was like 'oh, you should go to Toi Hou'."

She completed the NZ Certificate in Ngā Toi (Level 4) (Ka Tipu te Whaihangā, Kaupae 4) last year and is now in her first year of the Bachelor of Māori Visual Arts (Te Toi o Ngā Rangi).

"For me, the certificate was more an introduction into Toi Houkura because I didn't

know much about this place, and I wasn't sure if I wanted to stay here and commit to three years to do the degree. But once I realised that I did love it here, I made the commitment to start the degree."

Being able to live with her nan and having whānau including two brothers nearby made the move easier. "We would come here every summer, so it was an easy move in regard to moving countries."

She says it was an easy transition from certificate to degree.

"I do feel I have been able to connect with my culture, especially at Toi Hou because everything from karakia in the morning, waiata mōteatea. I never got that growing up and now I'm fully immersed in it at Toi Houkura. And what better way to do it than through our toi. So, I'm learning about my whakapapa, my culture and everything all through art."

EIT student Renee McDonald is delighted at how Toi Houkura Māori Visual Art and Design School has changed her outlook.

Renee says her tutors have been very accommodating during her pregnancy and have ensured that she doesn't fall behind.

"We've come up with a plan so that I'm ready to go and can do all my mahi before."

Tracey Tangihaere, the executive director of EIT's Tairāwhiti Campus, says: "Toi Houkura helps students to connect and engage with their own culture and whakapapa, it's very important for our students like Renee to feel part of a big whānau."

"Renee has managed to find out more about her taha Māori and her own essence, she will be able to help and grow her own whānau knowledge. Her personal experiences also contribute to other students learning, so lots of cross-pollination occurs. It's awesome to watch people grow," says Tracey.

Renee has travelled back to Australia to give birth this month alongside her twin sister Kaaren, who is due to give birth to a baby boy six weeks later. She will then return at the start of next year for the second year of her degree.

Being hapū has given her more motivation to keep going.

"I would like for Toi Māori to help me travel the world because I believe it can. And for my baby, I feel like it'll be good for her. It will be a very different childhood to what I was given."

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How to learn if cancer danger's lurking

Team promotes prompt bowel screenings that can save lives in Bay

When Sally Maoate sits down to talk with someone about bowel screening she knows the conversation could very well save that person's life.

As a Kaitakawaenga for the Bowel Screening Programme, it's her job to educate and encourage people to participate in the national bowel screening programme.

Maoate is one of three in the Bowel Screening Programme Outreach team at Te Whatu Ora Te Matau a Māui Hawke's Bay, working alongside Liz Morley and Sherly Galbraith. They are also supported by Pasifika team members Silia Momoisea and Finehika Veikoso.

The team are celebrating four years since the national Bowel Screening Programme was rolled out across the region.

Since its launch in Hawke's Bay, a total of 57,737 kits have been posted out to eligible residents aged between 60 and 74, with 33,503 kits returned. Of those, 1520 people returned positive results requiring more investigation and 83 cancers were detected.

All eligible Hawke's Bay residents are automatically



enrolled in the programme and sent pre-invitation letters via a birth-date system, however not all choose to participate and it's Sally and her team who encourage more people to take the free test.

"We are working hard to raise the 48 and 41 per cent Māori and Pasifika participation rates to be on par with the overall participation rate of 62 per cent of the eligible population in Hawke's Bay," Maoate said.

"We visit homes, marae, churches and community events to educate as many people as possible. The programme saves lives by detecting bowel cancer early when it can be successfully treated, so if we can get that message through to just one person that's potentially a life saved."

The team was often told by people who were reluctant to take the test that they "feel fine" and "would rather not

know if they had cancer".

Maoate wants people to understand that not everyone experiences symptoms, but screening could detect cancers earlier and allows for precancerous polyps to be removed, which in the medium to long term reduces the incidence of bowel cancer.

"Do it for your whānau – and your mokopuna."

The team recently completed a successful education session with

Te Whatu Ora Hawke's Bay's Bowel Screening Programme Outreach team: Liz Morley (left), Sally Maoate and Sherly Galbraith.

Do it for your whānau – and your mokopuna.

– Sally Maoate

Taradale Intermediate School, with feedback revealing the group of 20 students involved had gone on to have 115 discussions with friends and whānau as a result.

"We realise just how powerful the mokopuna voice is as most grandparents will do anything for their mokopuna and that resonates with me."

Maoate is passionate about what she says is meaningful work.

"It's an important conversation we're having with people as it could save their life and we're humbled to be part of that."

New Zealand has one of the highest rates of bowel cancer in the world and it kills more than 1200 people every year. Anyone with symptoms such as bleeding from the bottom or blood in their poo, a change in bowel habits lasting more than six weeks, stomach pain which can be severe, any lumps or mass in your tummy or weight loss and tiredness, should see their doctor.

"Don't delay, test today."

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William Colenso student's photo clicks with national competition judges

William Colenso College student Ella Villarmea's artwork, *Book Tiki*, which recently received a Highly Commended award at the Ringa Toi student exhibition, has hit the limelight again.

In Stills, a nationwide photography competition run in partnership with Canon, the year 12 student took first place in the senior Altered section for her photo of books forming a tiki.

The programme has encouraged student photographers to get creative in their local communities and submit their images for the chance to win from a Canon prize pool of more than \$10k.

There were more than 1250 entries nationwide by student photographers from Y1-13.

Stills is run by RQP – the team behind the hugely successful performing arts platforms



Ella Villarmea artwork, *Book Tiki*, is in the limelight again.

Fresh acclaim for clever tiki

Smokefreerockquest, Smokefree Tangata Beats, Showquest, Rockshop Bandquest, OnScreen and Toi. The Stills competition was judged by top NZ

photographers and visual artists Edith Amituanai, Conor Clarke, Chontalle Musson, Christian Tjandrawinata and Canon representative Geoff Ball.

Of Ella's image, judge Conor Clarke said: "Everyday items paired with a simple mirroring technique for maximum effect. It suggests to me that no matter where you are in the world,

markers of your cultural identity are everywhere. Kai pai, Ella, a strong and creative work."

Ella won a EOS 1500D camera from Canon.



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Te Kura Kaupapa Māori o Ngāti Kahungunu ki Heretaunga