

Tīhei mauri ora!

Hoki atu ki ngā maunga kia purea e ngā hau o Tāwhirimātea

The importance of returning home for your well-being

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Mihimihi

Tuia, tuia mai rā tō manawa

Tuia mai rā ki taku manawa

Tuia hoki o tātau mate, rātau e tiaho mai ana i te uma o Ranginui. Moe mai rā kautau

Te mouri e runga, te mouri e Rangī

Te mouri ka puta ki te whai ao, ki te ao marāma!



Office hours

Located at 248 St Hill St, Whanganui - our business hours are 9am-5pm weekdays excluding public holidays. Feel free to call in or contact our friendly team on (06) 345 2680 or by email info@teatawhai.maori.nz.

Organisation Updates

Check out our recent activities that the team have been involved in

Community involvement

Whilst we miss our kaunihera kaumātua since their return to the Te Taura Whiri office in Whanganui last year, it is always a delight to have them visit monthly for their scheduled hui. This gives our kaimahi a chance to catch up on what's happening in their circles and to share our updates on the research as it impacts on our Whanganui community.



Conference presentations

Over this quarter, both Rāwiri and Cherryl have attended and presented at a number of conferences both in Aotearoa/New Zealand as well as abroad. The conferences have included;

He Au Honua: Indigenous research conference was held on Maui, Hawai'i from 19-22 March. It was attended by Rāwiri, Cherryl and one of our Whakapapa whānau researchers, Raymond Tuuta. Both Rāwiri and Cherryl presented on our He Kokonga Ngākau programme which draws on Māori ways of healing, recovery and well-being. The programme contains four specific projects namely: Whakamanu - Marae/Hapū archiving, Whakapapa - Whānau narratives, Whakarauora - Whanganui customary fishing, and Whakatika - Māori experiences of racism.



Rāwiri Tinirau, Fiona Wiremu (Te Whare Wānanga o Awanuiārangi), Assoc Prof Treena Delormier (McGill University) and Dr Geoff Kira (Massey University).

Rāwiri, together with Fiona Wiremu from Te Whare Wānanga o Awanuiārangi recently presented on the He Moumou Kai, He Moumou Tāngata Research Project. This was part of the Promoting Indigenous food sovereignty for enhancing food security, nutrition and health equity. It was the 23rd International Union for Health Promotion and Education (IUHPE) Conference held 7-11 April 2019 in Rotorua. The theme was WAIORA: Promoting Planetary Health and Sustainable Development for All. The conference focused on providing an unparalleled opportunity to link and demonstrate the contribution of health promotion to the achievement of the Sustainable Development Goals (SDGs). It also acknowledged the way SDGs contributes to improvements in health and well-being.



Annemarie Gillies, Pāora Sharples, Rāwiri Tinirau, Fiona Wiremu and Morehu McDonald

Having a presence at the Hui-a-Tau for Ngā Pae o te Māramatanga in Te Ūpoko o te Ika/Wellington mid May, Rāwiri was able to contribute to discussions around future planning for the organisation with a focus on exploring a range of potential approaches the organisation may want to consider moving forward.

Project Updates

Whakamanu Research Project: Marae/Hapū archives

Lead investigator: Rāwiri Tinirau
Project Coordinator: Meri Haami

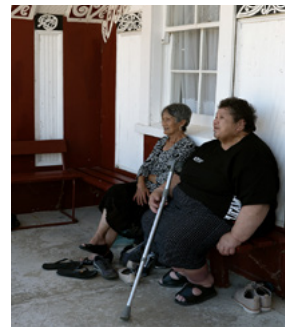
The *Whakamanu Project* is progressing steadily, as we have completed a large portion of establishing and arranging the Rānana Marae archive. In conjunction with Kauangaroa Marae, we are looking towards digitisation, which includes issues surrounding data sovereignty, safeguarding knowledge online and how to best facilitate taonga online. The next phase of the project will look towards establishing and arranging Kauangaroa Marae.



Whaea Uru Gardiner reminiscing days of old with researcher, Susie Wakefield at Kauangaroa Marae near Whanganui



Rāwiri sharing with mum, Rachael Tinirau the findings of archival material being sorted. Nannies Toreheikura Puketapu with Evelyn Broad on standby to lend support at Rānana Marae, Whanganui



Whakarauora Research Project: Whanganui customary fishing

Lead investigator: Rāwiri Tinirau
Project Coordinator: Meri Haami

The *Whakarauora Project* has re-examined its pathways to collaborate with expert Whanganui uri. These expert Whanganui uri are being asked to collaborate on the project surrounding traditional fishing knowledge of our tūpuna. This knowledge will be re-integrated within an education curriculum and implemented at Te Kura o Te Wainui-a-Rua. We are currently organising expert Whanganui uri to speak through wānanga (during Puanga) and at our Tā Te Rangatira Kai presentations hosted at Te Atawhai o Te Ao. These talks will be captured through video and collated into the education curriculum.



Different types of weirs were often used on Te Awa Tupua o Whanganui as determined by flooding or the large amount of driftwood afloat. This utu piharau (lamprey weir) is on the banks of the Whanganui River, shown here in the late 1800s. Weirs were mostly built around March, before the winter rains swelled the river.

Utu or lamprey weir at Parikino, Whanganui River looking down stream. Image provided by Parikino Marae

Kaimahi Picks

Rongoā Māori

Wānanga rongoā ki Patiārero was the hot topic mid May for staff members, Ngareta and Tania along with Rachael Tinirau, one of our whānau researchers involved in the Whakapapa Research Project. Almost 30 taura came together to learn about healing of our ngāhere, our whenua, our awa and about how to keep our people well. "If you are entrusted with mātauranga, you are responsible for caring for it." shared Pā Rob McGowan who has learnt these skills from many of our kuia from the awa. This is his opportunity to give back what he has learnt and further developed over the years to those existing rongoā practitioners.



Participants gather with Pouako Pā Rob McGowan (at centre with rākau tokotoko), collecting peka (small branches) to aid their rākau/rau identification activity during their visit to the Morikau Trust during the Rongoā wānanga

Parewānui wānanga

Cherryl and other Ngāti Apa/Ngā Wairiki whānau were privileged to be part of a recent wānanga for Parewānui held weekend of 18-19 May. This is one of many wānanga the hapū will be holding to share kōrero and learn about the history of our people.



Cherryl with other Ngāti Apa /Ngā Wairiki hapū members gather at the Parewānui wānanga to learn about the local history

E Rongo e whakairihia ki runga, ki runga - hai!
Turuturu ō whiti, whakamaui kia tīna - tīna!
Haumia, hui e - tāiki e!

Nā mātau katoa o Te Atawhai o Te Ao