TE ATAWHAI O TE AO

Māori Institute for Environment & Health



Te Panui Tua Rima PUANGA 2011- 2012



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editors: Dr Paul Reynolds & Dr Cherryl Smith







Tuia ki runga
Tuia ki raro
Tuia ki waho
Tuia ki roto
Tuia te here tangata
Ka rongo te Po
Ka rongo te Ao
Tihei mauri ora!

E te whaea, Vicky Marewa Puru. Ahakoa kua hoki koe ki te waahi ngaro e kore koe e warewaretia. No reira moe mai, takoto mai i raro o te korowai aroha i raro i tou maunga matua te tapu. Ahakoa kua wehe atu, kei te ora tonu nga hua o ou mahi, nga korerorero, nga tuhituhinga, nga moemoea, nga whakaaro me te taonga nui i waihotia a taua matua tupuna e pa ana ki nga mahi wairua, nga mahi hauora

Kia a koe ano hoki e te whaea Carmen Kapea-Sutcliffe, kei te tangi tonu matou i to wehenga atu. Ka maumahara tonu to kaha ki te manaaki tangata, to ngakau aroha me to rangimarietanga. Nau tetehi o nga whaea e atawhaitia te kauapapa nei, Te Atawhai o Te Ao, e kore e wareware, e kore e wareware.

No reira, haere korua, moe mai, moe mai, moe mai. Koutou ki a koutou, koutou te hunga mate ki a koutou, tatou te hunga ora ki a tatou.

Ka huri

He Mihi

Rere ana ki uta, rere ana ki tai, nga wai a Kaihau o Kupe Tenei a Te Atawhai o te Ao e mihi atu nei ki a koutou katoa.

The theme of this years panui is He Kakano. He kakano ahau i ruia mai i Rangiatea. I am a scattered seed from Rangiatea. I can never be lost, born from many generations, a long line from Rangiatea. This is a strong metaphor that refers to the seeds of life and continuity through the generations. It is a theme that is constantly being affirmed in the work of the Institute. Much of our work in recent years has focused more on the issues of multiple generations within whanau and how the generations are working together.

For Te Atawhai o te Ao, this past year has seen the completion of a number of research projects and time spent on publications. With the completion of two major studies, He Kakano: Maori Fertility and Assisted Reproductive Technologies and He Mokopuna He Tupuna: Maori Grandparents Raising Mokopuna the work this year has been focused on getting publications out and completing smaller projects. Over the last year we have worked with multiple groups throughout the country including several lwi, whanau, Families Commission, Health Research Council, Accident Compensation Commission, Te Puawai Tapu, Grandparents Raising Grandchildren, University of Otago, Auckland University, University of Waikato and a range of local hui. We have enjoyed being able to provide mentoring and supervision to other research and researchers such as the Tiakina tou Whakapapa, a Tane project looking at sexual health interventions for taiohi.

As this panul goes to print we have had the exciting news that we will be funded for an important new health study bringing together Maori and Indigenous researchers. Over the next 5 years our researchers will investigate the newly emerging field of intergenerational trauma and will work on finding interventions and recovery pathways for trauma. The costs of intergenerational trauma on health and social services is high and includes much of the work in the areas of addictions, violence, abuse, imprisonment and mental health. These areas are estimated to cost the country over \$12 billion. This ground-breaking research will seek to find new ways to intervene and to reduce Maori imprisonment rates and violence. The research will track trauma both historically and currently. This research brings together a strong kaupapa Maori and Indigenous research team including two Maori research institutes, the University of Waikato, University of Washington and Te Runanga o Ngai Tahu. More than 50 researchers throughout the country will work on this programme over the next 5 years. An exciting feature of the study is the research capacity building component which will enable us to provide funding for Maori researchers who are working in an area that links to the study of Maori intergenerational trauma and healing.





Where we are based?

Our organization is based in Te Kaihau a Kupe aka Castlecliff. We like it. Most people who live in Castlecliff are passionate about their suburb. The beach is great for long walks with the whanau. You can see Taranaki maunga on most days and sometimes can see the South Island. Outsiders often say they wouldn't want to live here and Aucklanders can't believe the low costs of houses with sea views.







In Castlecliff we are reminded every day about the numbers of people who are struggling to make ends meet. We get reminded of people with mental health problems and of unemployment. We get reminded that most of the Maori population is young. Police cars always seem to be out this way. Castlecliff reminds us who we are working for as an organization. It's easy to forget who it is that you are supposed to be serving unless you have daily reminders. As a Research Institute we want to make sure that we are sticking with our kaupapa, health and environment. People might also miss some of the amazing work that goes on in Castlecliff. There are the primary schools, the kohanga and kura kaupapa who are doing really good work. There are very committed teachers who work here. There are also the health providers like the Te Waipuna clinic and other health workers. There are the environmentalists that are working on planting and revegetation. Then there are the youth workers.

Whanganui and Health

The national Maori population currently stands at 586,000 and it's predicted that Maori will number 749,000 by 2021. That will mean that one in three people in the country will be Maori. There are two groups that will increase in particular. The over 55 Maori population is expected to increase by 133%. But the biggest increase will be the numbers of Maori children and youth. Within Whanganui we already have a high Maori youth population. Over 50% of the population under 14 are Maori. Between the ages of 15 and 24 the Maori numbers are just under 50%. The Maori youth population in Whanganui is growing steadily.



A lot of people are talking about the retirement of baby boomers and a longer-living older population. They are also speculating about how this changes things in the future. For Maori the picture is different. Maori men and women in the Whanganui region have a life span of 9 and ten years less than non-Maori. Life expectancy steadily increased for both Maori and non-Maori from the 1950s to the 1980s but in the 1980s and 1990s Maori life expectancy increased only slightly while the rest of the population continued to increase significantly. What was going on in the 1980s and 90s for Maori? During those decades the rich got richer and the poor got poorer. A new class has also developed called the working poor so more people have also moved into 'the poor'. So Maori life expectancy has improved slightly but premature death and disease remains high. Chronic illness begins at younger ages for Maori and includes high rates of heart disease, lung cancer, diabetes. Increasing too are Maori numbers in mental health.

So what does that mean for Whanganui?

It means that there are some very urgent health issues now and on the horizon. Key to all policy and planning should be the inclusion of Maori and a bigger voice being given to both Maori youth and Maori elderly. Too often, decision making and planning is being done by those who are not in the situation that is under discussion. Boards, governing bodies, managers of agencies need to be radically rethinking how they do business. How can Maori voices be included in the decision making mix, how can those whose lives are likely to be the most in need now and in the future be added into the discussion to propose solutions for future problems? That does not mean holding the one Maori manager or the one Maori board member in the organization responsible for all things Maori, it means creating meaningful engagement with Maori whenever key decisions are being decided. There is also a lack of Maori staffing across many non Maori organizations in Whanganui who are dealing with predominantly Maori clients. Those agencies and groups who are dealing with Maori under the age of 24 – would ideally have 50% Maori staffing in order to reflect the needs of their client base.

Some organizations are trying to change this but organizations need to set priorities from the Board level as very often it is left up to individuals within organizations to try and attract Maori. Kaupapa Maori service providers are doing a good job in a particular range of service provision. More than that there also needs to be a regional focus on Maori health and social services workforce development. Maori nurses, Maori doctors, Maori midwives, Maori social workers are already in short supply yet the future needs are projected to increase. How can burnout be prevented of current Maori health staff? That is a critical issue when you look at Maori nurses and community workers in the region.

Regionally there needs to be a focus on training and education to provide for current and future needs when it comes to the health and education workforce.

Data gathered by agencies needs to include iwi so that iwi can have access to information. With this data iwi are then in a position to determine their own priorities within their rohe. With Treaty settlements finalized for Nga Rauru and Ngati Apa and with Whanganui settlements in process, iwi will be able to turn their attention to iwi priorities in the health area. But there is an extreme lack of data which can provide iwi with the evidence base for strategic planning.

Ngati ApaCelebrations 2011

On the 14th May 2011 Ngati Apa held an iwi celebration following the Treaty settlement signed between the iwi and the Crown. Held at Kauangaroa Marae the day was a whanau celebration day with lots of entertainment a few speeches and heaps of food. Speakers included Toko Kapea, lead negotiator for the Claim, Grant Huwyler, Interim Manager for Ngati Apa and Adrian Rurawhe the Chairperson of the Runanga. The theme of the day was Whanaungatanga.







photographer: Stuart Monro. copyright Wanganui Chronicle

He Kokonga Whare

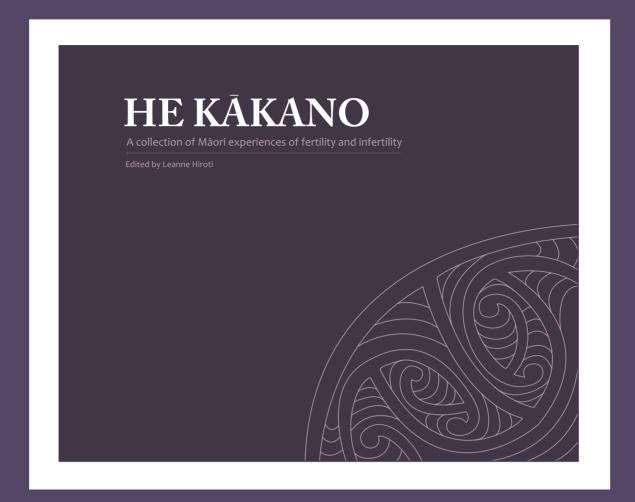
Māori Intergenerational Trauma and Healing

Te Atawhai o te Ao has successfully gained HRC Programme funding for the next 5 years. This is a significant achievement for the Institute because it is the first non-university based organization to be awarded an HRC programme, and the first to be awarded under a new funding process which includes a stream dedicated solely to Maori health research. It is also only the second Maori-led Programme to be awarded in the HRC's 20-year history. The only other Maori programme funded by HRC was to a Maori team led by Professor Mason Durie.

This study focuses on Maori Intergenerational Trauma and Healing. We know Maori experience high rates of trauma and these can be passed from one generation to another. For this study we will look at the ways that people recover from historical trauma such as dislocation from their whenua, as well as contemporary trauma such as sexual violence and imprisonment. The study aims to find pathways to recovery and identify good practise that will be useful for whanau affected by trauma and those who work with them. To do this four teams from around the country will undertake over 320 Interviews, over three years.

The project also involves funding up to 50 Maori researchers and publications. Also an international collaboration with Indigenous researchers in the U.S will enable training workshops to be held around the country for data gathering on historical trauma and health outcomes.

To do this work the research team is made up of Professor Linda Smith from the University of Waikato, Professor Karina Walters from the Indigenous Wellness Research Institute at the University of Washington in Seattle, Dr Leonie Pihama from MAIA in Auckland, John Reid from Te Runanga o Ngai Tahu in Christchurch, and ourselves from Te Atawhai o te Ao in Whanganui. For any information contact Paul at p_reynolds@xtra.co.nz



Māori experiences of fertility & Infertility

At the end of last year we finished some major research projects, which included the Grandparents project and the Fertility project. This 3-year HRC funded research project 'He Kakano' was completed by our research team, Leanne Hiroti, Dr Leonie Pihama, Carl Mika, Professor Linda Smith, Dr Cherryl Smith, and Dr Paul Reynolds. The research report submitted to HRC at the end of 2011 included korero gathered around traditional and contemporary knowledge and experiences of whanau experiencing issues related to infertility. Because research project funding does not provide budgets for dissemination of research findings we have developed two publications and have sought other funds. Two grants from the Health Research Council have been received: The first grant will help publish a book from the wealth of korero gathered in our project, 'He Kakano: Traditional and Contemporary Maori Views and Experiences of Fertility, Reproduction and Assisted Reproductive Technologies.' Each research team member has contributed a chapter for the book, ranging from traditional views of fertility, contemporary experiences of mamae from infertility, impacts on tane, and how the traditional practise of whangai is being seen today.

A second grant from HRC has helped us publish a narrative book called 'He Kakano: a collection of Maori experiences of fertility and infertility'. The eight stories in the book were chosen from over seventy interviews gathered as part of the HRC-funded project. These eight stories provide a glimpse into the lives of whanau who spoke of their own experiences and knowledge regarding fertility and infertility. We are very grateful for the support given by the Health Research Council for this research project.



HE MOKOPUNA HE TIPUNA

Grandparents raising Grandchildren

This three year post doctoral study is now complete and a final report completed in 2010. A number of Maori were interviewed for the research including:

- Maori grandparents who are currently raising mokopuna.
- Maori parents whose children have been raised by grandparents
- Mokopuna who are being raised by grandparents or have been raised by them in the past. Grandparents interviewed ranged from those in their 40s to over 70 year olds. It was clear from the study that grandparents are key people within whanau when it comes to the health and safety of mokopuna. Good news from the study shows evidence of the strong enduring bond between grandparents and mokopuna. Although whanau can be geographically spread grandparents are maintaining links through technology and travel.



Some clear issues emerged from the study:

Maori grandparents are commonly monitoring the health and wellbeing of their whanau and often take action to ensure the health of mokopuna is paramount. When grandparents cannot take action to ensure the health and safety of mokopuna, this can result in stress, anxiety, depression.

Many of the grandparents who take over full time care of mokopuna have high needs. Many are in need of specialist help such as health and education specialists. Grandparents are often going without themselves to ensure health needs of their own children and that of their mokopuna

At least half of the grandparents spoken to had intervened in the care and protection of their mokopuna when they could see that parents were not coping. A key issue for many grandparents was the lack of support that exists when grandparents wanted to ensure the care and safety of their mokopuna. Many are not aware of their legal rights to intervene for their mokopuna. Many of the Maori grandparents are not accessing entitlements e.g financial assistance

The study concludes that there needs to be broader recognition from Agencies, government departments, health and education providers about the particular needs of grandparents raising mokopuna. Very often grandparents are coming into contact with providers and agencies but there is little understanding from services of the specific requirements they have. Also community workers need to be aware that grandparents who have full time care of mokopuna may need specific types of assistance. For information about this study contact Cherryl: cherryl@clear.net.nz

Great Grandparents study

Te Atawhai o te Ao is currently working with Dr Janine Wiles and Dr Ruth Allen at the University of Auckland Faculty of Medical and Health Sciences on a research proposal to study great grandparenting. All the researchers involved in this proposed study have worked on significant projects looking into the issues of ageing, care of the elderly and grandparenting. The study will investigate great-grandparenthood in contemporary New Zealand, talking to both Pakeha and Maori exploring how age, culture, and gender shape their lives. The project will involve talking to great grandparents about how they see the changing roles in whanau. Is the role of the great grandparent different from being a grandparent? What are the issues that great grandparents face? Within whanau is the role of the great grandparent different? Is there a difference in the way other whanau see great grandparents, or do they see them the same as grandparents? For any information contact Cherryl: cherryl@clear.net.nz

Te Kete Korero a Waha o te Motu

National Oral History Association of New Zealand: Biennial Conference

This year was the first time that we attended the Biennial Oral History Conference. It was held in Rotorua during April and was very well attended. The Association brings together oral historians every two years and a number of them present work on their projects. The theme this year was "Oral History in the 21st Century: Voices of Identity in a Globalised World". The Association President, Rachel Selby is a well known Maori writer and has worked in the oral history area for many years. The conference gathered together many people who are recording oral histories and the conference covered a wide range of topics including diverse topics such as Scottish culture in New Zealand, sex workers, war veterans, Maori history.

Highlights of the conference included keynote speakers Lorina Barker and Teresia Teaiwa who spoke on gender issues in the military in the Pacific. Also of note was the presentation by a local Maori Anglican group who were recording histories. Te Atawhai o te Ao presented at the Conference. Paul, Justin and Cherryl were on a panel talking about the Maori Vietnam Veterans project and the issues for researchers of working with the vulnerable. Carl Mika, local Te Arawa guide also provided some history and a lake tour.







Toxins Reports

We are very excited to be able to finally share these resources developed from the toxins project. The report, called "Health, cultural and social experiences of Maori who believe they have been affected by chemical related illness," was completed in 2008/2009. However, it wasn't until 2010 that Te Atawhai o te Ao were able to produce and publish resources from the report when we were successful in gaining a Knowledge Exchange Publishing Support Grant from Nga Pae o te Maramatanga. This enabled us to pull out five different reports from the final report submitted to the Health Research Council.

The five volumes of reports that have been published are:

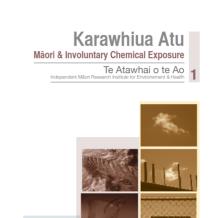
1.**Ka Rongo Te Pakanga Nei** / Maori Vietnam veterans and whanau perspectives on the impacts of involuntary chemical exposure and the broader effects of the war

2. Mai te Kahui Maunga / The Whanganui River, perspectives on involuntary chemical exposures and environmental pollution

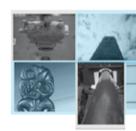
3. He Ringa Raupa / Maori sawmill workers report

4. **Kohikohia te Ora** / Maori healers report, perspectives on involuntary chemical exposures and environmental pollution

5. Karawhiua Atu / Maori and involuntary chemical exposure







Building Maori Organic Land Use

We gratefully acknowledge the funding for this project which has come from Foundation of Research Science

This project is focussed on the importance of growing good kai for whanau, hapu and iwi. It has undergone some changes since 2010, with our withdrawal from a collaboration with Te Waka Kai Ora. The project has changed shape as a result and we are now working with iwi to develop a useful organic certification process for them. The kaupapa of growing good kai for all whanau, hapu and iwi remains as the central aim of this project. What we will achieve by the time we finish this project at the end of September 2011 is an iwi certification process and the development of a Maori Organic Land Use Kit, which will provide a set of resources and information that will be useful for Maori organic growers, from commercial Maori organic growers to anyone wanting to grow kai organically. A number of hui have been held with Maori organic growers around the country who are keenly interested in this project.



Tremaine Barr, John Reid, Aroha Ririnui, Cherryl & kaimahi o te Runanga o Ngai Tahu



















NGAI TAHU PROJECT

This project was initiated by John Reid from Te Runanga o Ngai Tahu. The Runanga has identified the need for the development of Ngai Tahu health indicies. Surprisingly nobody has really gathered and reviewed the research on Maori health which is what we have now done.

A report was prepared for the Runanga that included firstly an analysis of the causes of poor Maori health. Secondly the report examines what literature exists on vulnerable groups within whanau, hapu and lwi. Thirdly the report examines what iwi data is being gathered by Government agencies and organizations. What follows is an analysis that focuses on the potential availability of this data for Ngai Tahu and potential barriers to accessing this data.

The final section provided recommendations about indicators that Ngai Tahu could be gathering internally and externally. Unfortunately we found that very little data is gathered by government that gives iwi affiliations. This is an important area for all iwi to be negotiating with Ministries. It is difficult for iwi to be gathering good information on social and health issues for iwi when the basic figures are unavailable.

BRINGING B A CKANNA THE KORERO

After returning from the International Network of Indigenous Health, Knowledge and Development (INIHKD) Conference in Seattle in May last year, our Whanganui roopu of 14 decided to organise a seminar for the Whanganui community and present all of the presentations that we had shared in Seattle to the people back home. We wanted to also give an overview of the conference and to update people on this important Indigenous health conference. All of the speakers whakapapa back to this rohe and all attended the Indigenous Health Knowledge conference hosted in Washington State, USA by the Suquamish Nation in May 2010.

The 'Bringing Back the Korero' seminar was held at the War Memorial Hall on 1 October 2010. Approximately 50 people attended the seminar and it was recorded by AWA FM who played segments on iwi radio over the following weeks.



Our presentations highlighted research and interventions relating to:

- · Indigenous knowledge shared at the conference Gill Pirikahu and Te Ringa Te Awhe
- · Grandparents Raising Their Mokopuna Cherryl Smith
- Whakakotahitanga: Working together iwi, health providers and whanau
 Te Ringa Te Awhe and Gill Pirikahu
- Maori Men, Trauma and Healing Paul Reynolds
- Traditional & Contemporary Maori Views of Fertility and Infertility
 Leanne Hiroti
- Traditional Maori Rights of Passage (Young Men)
 Justin Gush

The seminar was hosted by Te Atawhai o te Ao, with funding support from Nga Pae o te Maramatanga. Our speakers came from a range of local organisations including Family Planning Whanganui (Justin), Nga Rauru Kiitahi (Te Ringa), Te Runanga o Ngati Apa (Adrian), Te Oranganui Iwi Health Authority PHO (Jenny) and Whakauae Research Services (Gill & Amohia) and Te Atawhai o te Ao & whanau (Cherryl, Eriapa and Aunty Paea, Leanne, Pete, Te Kohatu and Nova, and Paul). The conference was fantastically MC'ed by Pirihira Cribb and catered for by the Vestry committee from St Paul's Memorial Church in Putiki, and a big thank you especially to Whaea Katie and Margaret for being there.



PUTIKI CHURCH restoration project

The Putiki church is a beautifully carved church that is a key feature of the Putiki community. It was carved by Pine Taiapa a well known carver from Ngati Porou. The church is richly decorated with tukutuku panels, kowhaiwhai and carvings. Because of the churches age major restoration work is now needed.

Over recent years a dedicated team has come together to ensure that the church is maintained and restored. The St Paul's Memorial Church Putiki Restoration Trust was set up in 2009 by Huia Kirk, Margaret Tauri and Judith Mete Kingi. Its purpose is to preserve the history of St. Paul's and to raise funds to conserve and restore the land, church, buildings & chattels of St. Paul's.



Plans for restoration include major repairs to secure the buildings structure and to bring it up to date. The second stage of the restoration will incude repair of tukutuku panels, carving, etc., Work is also required on the church hall, which includes upgrading access and facilities. Work is moving ahead on the restoration of this important Whanganui landmark.

Kaakata 100% Maori made product \ Whanganui River

Kaakata is a creative raranga collective from Whanganui who specialise in Kete whakairo. The core members of the collective are Nadia Thompson, Maehe Thompson & Nathanael Scurr, all decendents of the Whanganui River. Kaakata products are currectly stocked at the Sargeant Art gallery, Whanganui & Wanganui art & framers on Victoria ave or view their products by requesting a catalogue at kaakata@gmail.com. Their current range are fashionable all purpose Kete whakairo, Kete coutre and smaller Clutch kete made with various colour and pattern combinations.

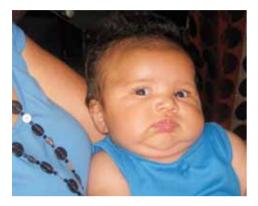
Kaakata collective was established to produce high quality Maori made products for New Zealanders and tourist, while maintaining the practice of weaving at home. It's a win win. Kaakata products are boiled and treated to ensure they are safe to take or send overseas.



Ngā Pepe Hou

Ka tuku mihi atu ki ngā mātua katahi ano kua whanau tamariki. Ko te atāhua o ngā kanohi hou i te ahua o nga mātua tupuna. Ko te tumanako, ka whakatipu ēnei taonga i nga tikanga o neherā. Hei tuapapa mo te reanga whakaheke. Mai te Puru ki Tuhua tae noa ki te Kaihau a Kupe, he mihi aroha ki katau.

Congratulations to Ann Cherie Phillips & Tama Dalbeth parents of Corey. And to Nadia Tamihana & Nathanael Scurr parents of Waiariki.



Corey Tamatea Dalbeth



Waiariki Rangiwhakateka Te Rahi Tamihana-Scurr

Te Waahi Puna

Paul's son Luis was successful in gaining a Te Waahi Puna Scholarship for 2011.

The Waahi Puna Scholarship is open to all whanau who affiliate to iwi along the Whanganui Awa. The scholarship was set up by local Maori and Collegiate to address grievances related to the land on which Collegiate has been established, and is administered from Putiki Marae. Collegiate has a small but committed Maori whanau group who have rangatahi attending the school. Previous Maori pupils of Collegiate include Nathanael Scurr, Tamati Dalbeth, Mair whanau, Matthews whanau, Hipango whanau, Mete-Kingi and Takarangi whanau, Madden whanau, Murphy-Peehi whanau and many others.

The pastoral care that students get from the school is invaluable. Students are put into houses with their own house master, matron and other boys, as well as the staff overall in relation to schooling, sports, music and activities, etc.

Next year the school will become state-integrated, which will mean a significant cut in fees, which will also mean that it will be more affordable for Maori whanau to send their rangatahi to Wanganui Collegiate.

The Waahi Puna scholarship pays for half of the tuition fees for attending Wanganui Collegiate School 5 years.





Round the bridges

The Institute has had a health and wellbeing focus this year. Two of the staff and a Board member have made big strides (pun) towards getting fit, losing weight and becoming healthier. Healthy lifestyles has seen an improvement in their overall health. Working in the health area it's always been important that we try to walk the talk.

This year Te Atawhai o te Ao put a team in to the Annual Round the Bridges hikoi. We joined Te Oranganui and others for the 4.7km walk around the Cobham bridge and Dublin Bridge. Others ran the 10km round the three bridges but we didn't go that far. We had two months of practise leading up to the big day out. On the day Paul, Adrian, Jacinda, Eriapa (5yrs old) and Cherryl sallied forth in the brilliant sunshine. We aim to beat our 1hour 30 minute walk next year with possibly a runner or two in the mix. The New York Marathon and Iron Maori can wait a few years.









Iwi Basketball

Justin Gush and Evie Hiri are running three iwi basketball teams this year. Each year sports coaches put so much time to ensuring that our Tamariki develop their skills.

Awa Stars Pepi - Year 0 - Year 2 Awa Stars Teina Year 3 - Year 4 Awa Stars Tuakana Year 5 - Year 6





















Kōrero Whakamutunga

Tēnei te kōrero whakakapi ma te kaupeka o te tau

te mihi maioha ki a kautau, tena rawa tatau katoa.

Ka tika, ka tatū tūturu mātou i ngā reo kaupapa kua puta atu ki te Ao mārama I runga i tēna, ko te pūtake, ka tahuna te ahi o te whakāro i waenganui i te hapori nei, hei kai mo te hinengaro. Kua whakatō te kākano e ngā kai rangahau, ka whakatipu te pu mātua, hei whakaruru ma tatau te Ngai Māori me ngā mangumangu taepo o ngā pūkoro o te Ao katoa. Mai te Ranga hau runga tae noa ki te Ranga takapu, rere iho ki te Ranga hau raro. Ka tuku atu









www.teatawhai.maori.nz

phone (06) 344 1278 fax (06) 3441272 110 Matai street, Castlecliff Whanganui 4501 - New Zealand

