

Te Atawhai o te Ao

Independent Māori Institute for Environment & Health

Te Panui Tuaono

Puanga 2012-2013



Poroporoaki

*Kia whai korōria honore hareruia
ki a Ihoa o ngā Mano,
ko ia te Arepa me te Omeka,
nāna i homai, ā, nāna hoki i tango.*

**Kia whai mahara ki a rātou kua tau pae atu
ki tua o te wharau, ki te torona o Ihoa, te
kanohi te urunga o te rā, kua ngaro,
kua ngaro i te rā nei.**



**He manu hoki koa te taea te
hokahoka, kīkī-ā-manu te
tāwai a kohu,**

**Te matahao te tokotū!
Te matahao te tokotū!**

Hāere, hāere, hāere atu rā!

Mai i Rakiura ki te tonga, whiti atu ki te Wharekauri ki te rāwhiti, toro atu ki Taranaki ki te uru, piki ake ki te Hono-ī-wairua i Te Reinga ki te tokerau, ngā kokonga e whā o te motu o Aotearoa, ngā whānau kei raro i te kapua pouri, kei te hīkoi i roto i te atārangi o ngā whārua o te mate, mauria mai rā o koutou pare kawakawa kia tangihia i te wā iti nei.

Tēnei te tangi apakura, e aku parepare, aku whakaruruhau, e te mūrau o te tini, te wenerau o te mano kua mānu ki te waka o aitua, kua huri kāweka i ngā rangi, i ngā wiki, i ngā marama kua taha ake nei. Ko koutou tāra e takahi ana i te ara tukutuku o Poutama, kia eke ki ngā rire o ngā rangi ki te tauranga o te Atua.

E moe i roto i te kapu o te ringa o Ihoa o ngā Mano, e moe i te moe te au, te moe te rea, te moe whakaoti atu ki te haupūrangā o te kauheke. Kia tau atu rū ki te rangatiratanga o te rangi, hei whetu mārama i te pō.

Ko te hunga nā mata kāheru i tanu, ānei rā tātou a mata arero e hahu ake nei.

Āpiti hono tātai hono, te hunga mate ki te hunga mate, āpiti hono tātai hono te hunga ora ki te hunga ora!

Tēna koutou, tēna koutou, tēna tātou katoa!



He Mihi

*Haere i te rourou iti a haere
Ata whakaarohia tau haere*

*Kia kore ai e mate kai,
ko wai ka hua, ko wai ka tohu*

Tēnā koutou e ngā iwi,

Each year we get the opportunity through this Pānui to let everyone know what we are actually doing out in Castlecliff, Whanganui. The Pānui also provides a bit of an update from the past year of what the Institute has done since Puanga last year.

The big Institute news of the year has been the Programme grant, which involves us working on four research projects throughout the country. We are working alongside MAIA, Ngai Tahu, the Indigenous Wellness Research Institute and the University of Waikato to run four projects on historical trauma and Māori men and Māori women in Prison, historical trauma and Sexual Violence, historical trauma and whenua as well as gathering narratives of trauma and healing. These projects have begun and will run over the next four years.

We have been able to expand our staff and we now have three new staff whose profiles feature in the following pages. It's great to have three talented new graduates from the rohe who bring really great energy to the Institute. That brings our local staff numbers up to six. Much of their work is also featured in this Pānui.



Adrian Rurawhe was employed in August last year as Business Manager and Programme Leader but has been involved with the Institute from the beginning on a voluntary basis on our Whānau and Governance Boards.

From the time he was employed he has taken Te Atawhai o te Ao to a new level of business and financial management by overhauling all the systems and upgrading them.

Although the new Programme of Research takes up most of our time, we still retain an interest in former research areas and that can be seen in this Pānui. We continue to support Māori organic projects. The Grandparents Raising Mokopuna project has resulted in continued support for whānau who are raising their mokopuna.

We continue to support Māori Vietnam Veterans and will be hosting Eduardo Duran in September who is an ex Vietnam Veteran who has developed Indigenous processes for assisting war veterans. We also supervise Māori students from throughout the country from Wānanga and Universities.

He mihi nui ki Te Poari o Te Atawhai o te Ao. He mihi ki a koutou e whakatika ana te ara o tenei waka. E rau rangatira mā kia maia, kia toa, kia manawanui. Ko Jim Allen rātou ko Paea Smith, ko Mihi Rurawhe, ko Rii Templeton, ko Gilbert Taurua, ko Rua Tamou, ngā mihi aroha kia tātou.

Mouri ora ki a koutou nā,

Cherryl & Paul

He Kokonga Whare



He Kokonga Whare Research Programme

Over the past year there has been significant change for Te Atawhai o te Ao. We have now firmly established our reputation as a Research Institute and have secured funding to undertake a groundbreaking new study on Māori intergenerational trauma and recovery. This Programme will be monitored both locally and overseas. For the first time the Health Research Council has funded a non-University organization to undertake this level of research. The funding for the programme has ensured our financial security for the next 5 years; 1 October 2011 to 30 September 2016.

The Programme “**He Kokonga Whare: Māori Intergenerational Trauma and Healing,**” brings together 3 teams of researchers (Te Rūnanga o Ngai Tahu, Māori and Indigenous Analysis Ltd (MAIA) & Te Atawhai o te Ao), and collaborations with the University of Waikato, University of Washington in Seattle, and Eduardo Duran who is based in Bozeman, Montana. Although trauma is commonly situated as a mental health issue, the Programme is approaching it more as a public health and social issue.

The first Programme Research Leaders meeting was held in December 2011 in Auckland with **Dr John Reid, Dr Emma Wyeth & pepi, Dr Leonie Pihama, Dr Takirirangi Smith, Dr Cheryl Smith, Dr Paul Reynolds and Adrian Rurawhe** (Programme Manager), as well as **Professor Linda Smith and Professor Karina Walters** via skype/teleconference.



Projects

(1) The Whenua, Historical Trauma and Health Outcomes project (Whenua Project);

This project is led by **Dr John Reid** who is based in Ngai Tahu. The purpose of this project is to conceptualise and measure historical trauma by examining land alienation among eight whānau from different hapū within Ngai Tahu. A survey of 100 participants from Ngai Tahu will measure the impact of historical trauma using a questionnaire that has been adapted from one used in projects by **Professor Karina Walters** in her work on historical trauma.

Trauma & Recovery

Projects

(2) The Health and Wellbeing of Māori Prisoners on Reintegration to the community project (Prison Project);

Dr Cheryl Smith and **Dr Paul Reynolds** are leading this project. 50 Māori male prisoners and 50 Māori female prisoners will be interviewed from selected prisons around the country. Prisoners will be selected from Whanganui/Taranaki/Manawatu iwi. The aim of this project is to examine dislocation from hapū/self knowledge (findings from a pilot study) and identify successful reintegration back into community. A survey of the 100 participants for this project will measure the impact of historical trauma.



(3) The Impact of Sexual Violence on Māori project (Sexual Violence Project);

This project is led by **Dr Leonie Pihama** from Māori and Indigenous Analysis (MAIA) Limited. By interviewing whānau impacted by sexual violence, service providers and selected key informants, this project will explore key healing practices and mātauranga Māori solutions for Māori sexual violence victims. A survey of 100 participants from around the country who have been impacted by sexual violence will measure the impact of historical trauma.

(4) The Māori Narratives of Trauma and Wellness project (Wellness Project).

This project will be led by **Dr Cheryl Smith**. Narratives will be gathered on Māori views and experiences of wellness after trauma by synthesising the results from the three projects above, along with selected key informant interviews.



The Programme of research, '**He Kokonga Whare**' brings together a leading team of researchers. Next we feature two of our indigenous research colleagues from Great Turtle Island (America). In September 2012 they will be undertaking a tour of Aotearoa speaking to Māori communities.

Good Friends

Dr Karina Walters

Dr Karina Walters is from the Choctaw Nation. She is the Director of the **Indigenous Wellness Research Institute (IWRI)**, <http://www.iwri.org> at the University of Washington, USA. She, her partner and daughter live in Seattle. She is well known in Aotearoa as being a wonderful speaker about historical trauma and American Indian and Alaskan Native Health. She and her team at IWRI are leaders in historical trauma research. Karina has visited Aotearoa many times and has spent time in Whanganui with Te Atawhai o te Ao.



On her first visit to Whanganui she spoke at a hui of Vietnam Veterans, their whānau, rongoā healers and AIDs workers. The hui was held at Rangahaua. She also visited Te Kōtuku Hauora in Marton and was given an overview of an iwi health providers work in the Rangitikei.

At the end of her visit she was to leave for Wellington to speak at a Conference at Te Papa and because of the affection that people had for her she was accompanied by a group of kuia to the conference including Vicki Puru, Paea Smith, Mihi Rurawhe, Rii Templeton as well as Mei Kaa, Paul Reynolds and Jim Puki. At the Nga Pae conference, Karina was supported by her group of Whanganui kuia.



Dr Eduardo Duran

Dr Eduardo Duran is Apache / Tewa and was born in Northern New Mexico. At a young age he enlisted in the U.S navy. After serving some time in the Navy including seeing service in the Vietnam War, he became a practising clinical psychologist, which has remained his passion for several decades. He is a leading expert on clinical and research work that deals with the impacts of historical trauma.

Historical trauma is the trauma that occurs in families and can be passed through generations unless the trauma or soul wounding is dealt with. His publications, ***'Healing the Soul Wound: Counselling with American Indians and Other Native Peoples'*** and his earlier work co-written with Bonnie Duran, ***'Native American Postcolonial Psychology'*** have been groundbreaking texts for Indigenous psychology students throughout the world.

His practice weaves together head, heart and spiritual approaches to healing. Dr Duran continues to write, teach and present throughout the world. He has worked with Indigenous Peoples in the U.S, Canada, Africa and Australia.

Indigenous



INIHKD conference in Brisbane

Cherryl and Paul have been invited as keynote speakers to present at the **International Network of Indigenous Health Knowledge and Development** conference in Brisbane, Australia, which will be held the week after hosting Karina and Eduardo – from 24 to 28 September 2012. In 2010 a contingent of 14 from Whanganui attended the INIHKD conference held at Poulsbo, just outside of Seattle, USA.



Roadshow

Dr Karina Walters and **Dr Eduardo Duran** are here for a two-week visit from 10 September until 21 September 2012. This visit will involve speaking to Māori communities in Auckland, Waikato, Taranaki, Whanganui, and Christchurch. In Whanganui Karina and Eduardo are scheduled to speak as keynote speakers at the **'Te ia o Tū Kaha'** 2012 conference, a Central Region DHB Māori Health Development Conference being held 12th to 14th September.

In 2011 a group of 10 from Whanganui including Jenny Thompson, Justin Gush, Te Ringa Awhe, Adrian Rurawhe, Amohia Boulton, Gill Pirikahu, Cherryl Smith, Paea Smith, Eriapa Dalbeth, and Leanne Hiroti travelled to a Conference in Seattle which was hosted by Karinas IWRI team and the Suquamish People.



E-Newsletter

Te Atawhai o Te Ao's first E-Newsletter was released last month, reaching a network of over two hundred people. The E-Newsletter is a monthly update on our organisation, the **He Kokonga Whare Programme**, interesting and relevant research and upcoming events. If you would like a copy of the first edition or would like to subscribe to our E-Newsletter, please email info@teatawhai.maori.nz.



Nga Kaimahi Hou



New Staff Profiles

Miriama Cribb – Administrator

*E rere kau mai te awa nui, mai i te Kāhui Maunga ki Tangaroa,
ko au te awa, ko te awa ko au.*

On her father's side, Miriama is **Ngāti Porou** and **Ngāti Kahungunu ki Te Wairoa** and on her mother's side, **Te Arawa, Ngāti Apa, Ngāti Tama** and **Te Ātihaunui ā Pāpārangi**. However born and bred in Whanganui, she always introduces herself as being from the Awa.

Having recently finished her degree at university and doing a couple of stints overseas, Miriama felt it was time to come home after living away for six years. During her time at university, Miriama was able to see how the academic/research world works, so working at Te Atawhai o Te Ao was not going to be an unfamiliar experience.

What Miriama enjoys most about working at Te Atawhai o Te Ao, is that you see more of the 'output' side of things, whereas in a university environment, you only see one part of the cycle. Te Atawhai o Te Ao is a lot more community oriented and you get to see who your research is for and how it might make an impact. Having only been here for nearly six months, Miriama has already met some awesome people, including academics she has analysed and written about, which she finds quite exciting.

Miriama is also happy to be working with the Business Manager, because she is able to marry up aspects of her business degree to the everyday running of the organisation. Whilst Miriama's passion lies in Education, she looks forward to the end result of the 'He Kokonga Whare' project and more so to the opportunities that it could provide to the health and well being of the people.



Christine Waitai-Rapana – Researcher

*"Koi te mata punenga, maiangi te mata puihoiho."
Imagine the invisible, explore the potential, defy the impossible!*

Iwi: Ngāti Apa, Ngā Rauru, Ngāti Tūwharetoa, Ngāti Kuri

Turangawaewae: Ratana / Whanganui

Tohu: Bachelor of Arts (Honours) Double major in Te Reo Māori/Māori Studies

As well as taking on the position of Researcher and Report Writer, Christine is also undergoing study at Te Wānanga o Aotearoa under the teaching of Morvin and Kura Simon.

Kairangahau

Christine Waitai-Rapana – Researcher (continued)

She is also a Kapa-Haka tutor, Cleansing Stream Ministries Intercessor, worship leader, and Deacon, under the guidance and mentoring of Assemblies of God NZ Superintendent, Ps Iliafi and Ps Fia Esera of Faith City Church, Whanganui. Last year, Christine was heavily involved with organising national youth leadership hui around the country for Haahi Ratana Rangatahi and at the beginning of the year implemented and co-ordinated the 'Youth Programme' for this years Ratana Celebrations.

An old girl of Turakina Māori Girls College, Christine finished her degree in 2006 at Victoria University of Wellington and has since returned home, to rekindle her relationship with her whenua, whānau, hapū and iwi. She has worked at all levels in the community, volunteering in a Prison Programme (Restorative Justice) under Prison Fellowship NZ, volunteering with City Mission during Christmas days. She has tutored and relief lectured at Victoria University, done shearing, worked on farms, worked at AFFCO, the local Māori Radio Station, and taught youth at Waiora Christian Community Trust. Christine is very passionate about research, writing, Te Reo Māori and her Whakapono, and wishes to develop her skill and broaden her mātauranga and networks through work with Te Atawhai o te Ao. In conjunction with this whakaaro Christine's goal is to pursue her Masters Degree in 2013 so that she can effectively contribute to Māori advancement.



Helena Rattray - Researcher

Ko Taranaki tōku maunga, ko Kai Iwi tōku awa, ko Taipake tōku marae, ko Ngāti Iti me Ngāti Pukeko ngā hapū.

Helena was born in Whanganui to a Māori Mum and 3rd generation NZ Scottish Dad, She was brought up in the country with her brothers, moving to Auckland in her teens...returning home 6 years ago.

Helena supports her son's in their sports activities, which include Shaolin Kungfu, netball and rippa rugby. Since finishing a degree in Information and Communication Technology, Helena has worked in contract roles as a Programmer, Website Developer and as a Business System's Analyst.

She is currently applying data gathering and analysis skills in her new role as a Māori researcher. The Prison project that she is working on, is one of four 'inner projects' of **He Kokonga Whare**: Māori Intergenerational Trauma and Recovery Project. The Prison project involves discovering the status of the health and wellbeing of Māori prisoners upon re-intergration to the community. At this early stage in the project the main activity is information gathering, and talking to service providers. One of the immediate aims is to deliver tangibleresources for Māori people, service providers (Iwi, non-Iwi, Government, non-Government) that say "Care". Ultimately the projectaim is to deliver informed strategies to apply "Care".



Building Māori Organic Land Use Workshop

On Saturday 1 October Te Atawhai o te Ao facilitated an organic gardening workshop at the St Paul's Memorial Church Putiki Parish Hall. The wānanga was a great success with over 25 people in attendance.

The workshop-involved presentations by **Lisa Talbot** on how to make a worm farm and how to use whatever land or space you have available to grow good food. **Nate Scurr** also did a workshop showing some of his harakeke weaving and explained some of the processes he uses to weave and in dying the harakeke.



An interesting part of the workshop was the organic taste test, where Cheryl tested workshop participants' knowledge of the difference between organic and non-organic food using bananas and chocolate as some examples.

Information and resources were given out to all participants, including the new resource written by **Dr Takirangi Smith** called, "*Traditional Māori Growing Practices.*"

As part of the workshop Te Atawhai o te Ao also purchased 30+ heritage fruit trees for the St Paul's Church community and planted them around the church and vicarage at a separate working bee. Material was also purchased to set up a new vegetable garden, including topsoil, straw, wood for garden frame, etc. We have had some wonderful positive feedback about the wānanga from people who attended.





Launch of Organics Resource

In late January this year we launched the new maara kai resource booklet called, **“Grow Your Own Kai: A beginners guide to growing kai.”** Lisa Talbot, a local Whanganui organics expert, was commissioned to produce a resource that could be distributed to whānau, hapū and iwi to help them grow their own kai. She worked with artist **Cecelia Kumeroa** and an advisory group of **Sister Makareta Tawaroa, Jim Cunningham** and **Dr Takirangi Smith**.

A public event was held at the Inspire Gym hosted by Te Atawhai o te Ao to officially launch this new resource by Lisa and Cecelia. Over 40 people attended the launch, which included distribution of the resource to everyone, along with plants supplied by Lisa.

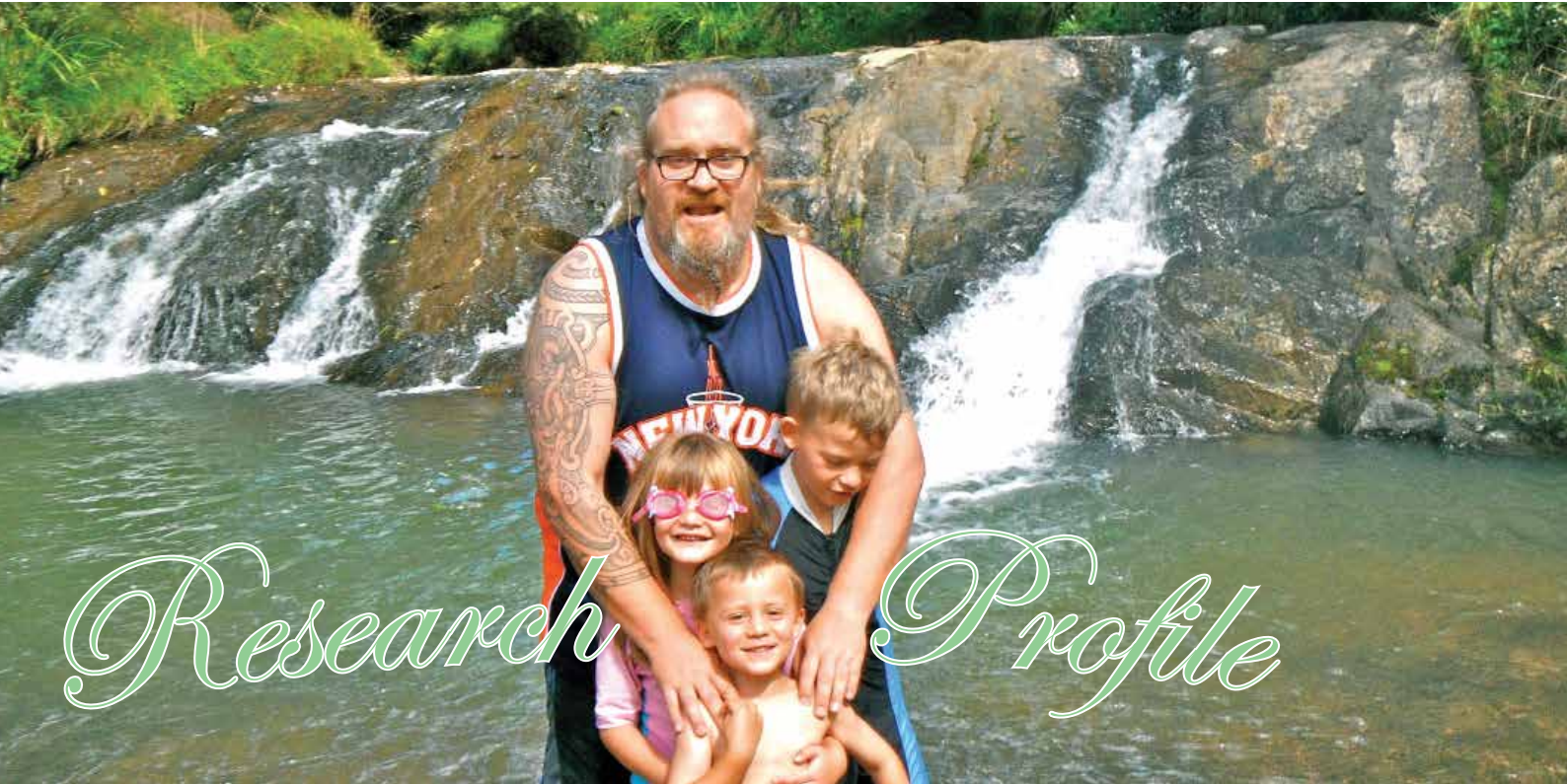


Building Māori Organic Land Use Project

Although the **“Building Māori Organic Land Use”** research project was completed last year, Te Atawhai o te Ao has published and released three resources in 2012 that came out of this project. The first was one written by **Dr Takirangi Smith** called **“Traditional Māori Growing Practices,”** which was compiled by reading through old Māori manuscripts of how kai was grown and preserved.

In January we launched the resource **“Grow your own kai: A beginners guide to growing kai,”** which was compiled by Lisa Talbot and Cecelia Kumeroa. This resource is a ‘how-to’ booklet on growing kai, with sections on making a worm farm, composting, and the maramataka.

The third resource was written by **Tremane Barr** called **“Hua Whaipainga: Iwi Standard & Certification Report.”** This publication is specifically aimed at Iwi and hapu who are interested in growing organic kai commercially and providing them with information on how to do this.



Andre McLachlan

Ko Paaraekaretu te Maunga, ko Parewanui te Marae, ko Ngāti Apa te Iwi, ko Ngāti Kauae te Hapū, ko Kawana Te Hakeke te Tupuna, ko Andre McLachlan taku ingoa.

Tēna Koutou, my name is Andre McLachlan, I am a Clinical Psychologist based in the Waikato. I am married to Sarah-Jayne who is from Te Arawa, and have three beautiful children together. I am currently undertaking my PhD back home in the Rangitikei. The research project is titled '**Collaboration with and for rural Māori with substance use and related problems**'.



The study is focused on understanding whānau needs and strategies when working collaboratively with multiple health, social and statutory agencies, alongside the barriers and enablers of collaboration for agencies working together and with whānau.

The research is being supported by an advisory group (whānau tautoko) including: **Grant Huwylar, Gilbert Taurua**, and Adrian, Cherryl and Paul at Te Atawhai o Te Ao. The advisory group provides me with vital personal, whānau and academic support in guiding the development and implementation of my research.

The manaaki shown by the advisory group is always astounding, from a place to sleep to a feed. Te Atawhai o te Ao continue to drop tools and put on a kai when I turn up on their doorstep.

Aroha nunui ki a koutou.

Scholarships

As part of the He Kokonga Whare Research Programme, Te Atawhai o te Ao are providing **two PhD and two Masters' scholarships**, to help build Māori health research capacity. The scholarships will be awarded to those studying in the area relevant to the He Kokonga Whare Programme. Applications closed on 31 August 2012.

Community

Round the Bridges

This year Te Atawhai o te Ao entered a team in to the HEHA 35th Annual Round the Bridges hīkoi. We joined more than 1700 other runners and walkers for the 10km, 5km and 1km run and walk, around the Cobham, City and Dublin bridges. With only one month of practice, we managed to field two runners and four walkers in the 5km run/walk. On the day, Christine and Miriama left with the runners, followed closely by Paul, Adrian, Cherryl, Helena and Helena's two boys Awatea and Puhi.

While none of us didn't come away with the grand prize, a 43-inch plasma television, Cherryl managed to win one of the many spot prizes they were giving out on the day.

Despite the overcast weather, it was a lovely day had by all and next year will hopefully see us upgrade to the 10km walk or run.



Growing good kai: A community garden at the Durie Hill flats

After attending the launch of the resource "Grow your own kai: A beginners guide to growing kai" in January this year, Judy Garland, Paul's Aunty, set about using what space she had around the community flats on Durie Hill to establish gardens of fresh vegetables, herbs and fruit trees.

All of the produce is shared by the tenants of the flats and is also shared with some of the surrounding neighbours, who have supported Judy's efforts by offering encouragement and seeds and plants.

Judy also attends the regular once-a-month training that Lisa Talbot offered participants when the resource was launched in January.



Baltimore, USA



International Society for Traumatic Stress Studies Meeting

Baltimore, U.S.A, Nov 3 – 5 2011

Both Paul and Cheryl attended the ***Social Bonds and Trauma Through the Life Span Conference***.

Photo of Dr Maria Yellow Horse Brave Heart, Dr Cheryl Smith, Dr Paul Reynolds, and Dr Jennifer Elkins at the International Society for Traumatic Stress Studies (ISTSS) conference in Baltimore, USA.



Baltimore is on the east coast of the United States, south of New York. The conference provided an opportunity to learn the latest in traumatic stress research and to hear about new clinical practice and research. The conference brought together the largest gathering of professionals dedicated to trauma treatment, education, research and prevention.

There were presentations on trauma of veterans, trauma of neighbourhood shootings, intimate partner violence, sexual abuse, child abuse, gang violence, children of holocaust survivors, media representation and historical trauma, traumatic stress. More than 100 symposia, workshops, panel discussions, cases and media presentations were presented on a wide variety of topics related to traumatic stress.

Māori approach trauma in a much wider sense through terms such as *mamae*, *patu ngākau*, *raupatu* and other concepts such as *whakamomori*. The conference focus was the psychological definition of trauma but some participant's spoke about intergenerational trauma. This was often linked to Post Traumatic Stress Disorder and the complex trauma section of the DSM IV.

Historical Trauma

Maria Yellowhorse Braveheart from the University of New Mexico gave the only Indigenous presentation at the conference and spoke about Historic Trauma. She has been writing in this area for over 25 years and has worked with her own and other tribes. The First Historical Trauma conference was held in 2001.

Māori have been discussing health impacts on *taha hinengaro*, *taha wairua*, *taha tinana*, *taha whānau* for some time. What was interesting at the conference was the research showing how stress and trauma impacts on health outcomes. So the links between trauma and health impacts are becoming clearer, such as the links between heart disease and depression, the links between underweight babies and later life high blood pressure, etc. Health impacts are being tracked intergenerationally. The research linking loss and health outcomes helps to understand the particular ways that health is impacting intergenerationally through such events as confiscation of land and other experiences of Indigenous peoples.

Rangahau



Research: Methods Hui with Karina Walters in Auckland

In March 2012 Cherryl, Paul and Adrian, along with the programme leaders, **Dr Leonie Pihama** and **Rihi Tenana**, **Dr John Reid**, **Dr Emma Wyeth** and her baby, attended a methods workshop facilitated by **Professor Karina Walters**.



The training workshop was held at the James Henare Research Centre at Auckland University. Karina was able to help us with our decision on what methods to use in each project, as well as the methods that would go across all 4 projects.

Since that invaluable meeting, Karina has sent us the survey questionnaires that she had used in projects she had run in the US with Native American groups.

We have since held various hui to modify these surveys so that they are applicable for Māori. We have also engaged a Māori biostatistician, **Dr Nick Garret** from AUT, who will advise us on our methods throughout the programme.

Wānanga – Māra Kai & Indigenous Agro-Ecology

Tremane Barr: Wairewa marae (Little River), Saturday 16th of June 2012

On a cold winters day 15 brave souls ventured out to the Wairewa Rūnanga marae at Little River to find out more about the growing renaissance of mātauranga Māori in the field of māra kai. Research results from the 'Building Māori Organic Land Use Project' were presented and resulted in a lively and informative discussion of mātauranga Māori in relation to cultural practices around māra kai.1

The beginners guide to growing kai booklet "**Grow Your Own Kai**" was highlighted and well received with copies quickly being snapped up.

There was also a presentation on the Wairewa Rūnanga owned Te Kaio Farm and how it fits into the Wairewa Rūnanga plan for a "Ki uta ki tai" whole ecosystem Mahinga Kai Cultural Park. Unfortunately, we learnt that even though it was a good day for planting according to the maramataka, the weather had other ideas with a cold sleety southerly forcing us to postpone the opportunity to go up to Te Kaio farm to help with establishing a new organic indigenous māra kai orchard. This new orchard incorporating native trees, herbs and fruit trees will be established sometime in late August.





TE ATAWHAI O TE AO

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Whanganui

Graphic & Design: Justin Gush
Editors: Dr Paul Reynolds & Dr Cherryl Smith
Print: Taitoko Design & Print