ATAWHAI O TE A

Independent Māori Institute for Environment & Health.

MATARIKI 2007 KI 2008

TE PĀNUI TUARUA

He Mihi

Kia whai Korōria Hōnore Hareruia ki a koe Ihoa ō ngā Mano, Matua Tama Wairua Tapu me ngā Anahera Pono me te Mangai. Homai, Piki te Ora, Piki te Kaha, Piki te Maramatanga me te Rangimarie, ko te Mangai ano hei tautoko mai,

Aianei Akenei Āe!

Tihei Mauri Mate! He mihi ki a rātou mā kua wehe atu ki te pō. Hoki wairua atu ra ki a rātou mā. Haere, Moe mai, Kāti.

Ka huri te mihi ki a tātou te hunga ora, Tihei Mauri Ora!

Ki a Ranginui e tu nei, ki a Papatūānuku e takoto nei, tēnā kōrua. He mihi hoki tēnei ki ōu kōrua uri. Tēnā koutou ngā atua ō ngā mea katoa.

> He mihi ki a kui mā, koro mā ō ngā hau e whā ō Aotearoa, Tēnā Koutou Katoa.

Ki a tātou katoa ngā tangata whenua ō tenei ao, kia kaha kia maia ki manawanui.

Tēnā tātou ano te whānau whānui e tautoko ana i te Kaupapa ō Te Atawhai ō te Ao.



Ko tēnei te wā o te tau hou Māori, ko Matariki tērā. No reira, ngā mihi ki ngā whetū kei runga, hei tiaho te māramatanga, ngā mata o ngā ariki. Tēnā Tātou Katoa.

Ko tēnei te pānui tuarua e rere atu ki a koutou. Kei roto i tēnei pānui, ko ngā kō rero me ngā whakāhua e pa ana ki ngā mahi katoa ō Te Atawhai ō te Ao, i ngā wa ō Matariki 2007 ki 2008.

He mihi aroha ki a Teresa Reihana mo ōu mahi toi tino atāhua tēnei. He tino taonga tēnei waituhi ki a mātou, nā te mea, ko ngā whakāro kei roto, hei korerotia te Kaupapa ō Te Atawhai ō te Ao.

Nō reira,

MAURI ORA KIA TĀTOU!

He mihi maioha tēnei ki a tātou ngā whānau kei roto i ngā whakāhua o te pānui nei,

Ka huri ki a tātou ngā kaiwhakāhua me ngā kaituhituhi, ka nui te mihi atu ki a koutou.

E te whānau whanui e kitea ana i tēnei pānui, Mauri ora ki a tātou katoa.

Nō reira, Tēnā koutou, tēnā koutou, kia ora mai tātou katoa.

Contact: phn / fax - (06) 3441278 110 Matai St, Whanganui, New Zealand

Email: Dr Cherryl Smith: Dr Paul Reynolds: cherryl@clear.net.nz p_reynolds@xtra.co.nz



Te Reka o te Kai Hua Parakore

Māori organics (hua parakore) is a growth area within the growing New Zealand organic sector.

We were always growing kai that was healthy and natural. Today there is a growing revival of gardening among whānau, hapū and iwi.

Over the last ten years there has been piece-meal development of the Māori organic sector. An exciting new project is a collaboration between Te Waka Kai Ora and Te Atawhai o te Ao. This research project aims to:

- Identify a Mātauranga Māori base to Māori organic production.
 - Identify Te Reka o Te Kai (Māori Indigenous Organic Standards) of food and fibre production.
- Identify pathways for implementation of Māori Indigenous Organic Standards.

The research team for this project brings together the country's experts in the area of Māori organics.



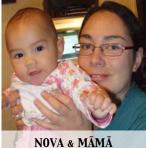
TE REKA O TE KAI PROPOSAL IN DEVELOPMENT 1000

Both academic and community researchers are collaborating on this mahi. The project team includes Te Atawhai as the host institution, Percy Tipene from Te Waka Kai Ora, National Māori Collective of Organic Growers, Dr John Reid, Gretta Carney of OANZ, Hinga Marsh of Te Waka Kai Ora, Dr Jessica Hutchings of Victoria University. Gretta Carney (pictured on the right) is employed as project manager.



This is a 3-year FRST funded project with support from Te Puni Kokiri and OANZ.

He Kakano



Views and Experiences of Fertility, Reproduction & H.R.T

This project began following discussions among ourselves and other Indigenous Peoples about the growing numbers of birth technologies that were becoming available for infertile whanau. Discussions revolved around what the impacts might be on whanau and whakapapa when surrogacy, cloning, invitro fertilization and other reproductive technologies were accessed. We were also aware that infertility was traditionally resolved by tohunga intervention or by whāngai. Is this still happening? A collaborative team was brought together including Dr Paul Reynolds, Professor Linda Smith, Dr Leonie Pihama and Carl Mika. With funding from the Health Research Council over the next three years the research will investigate, Māori fertility, Reproduction and Assisted Reproductive Technologies.





DR LEONIE PIHAMA SHARES HER THOUGHTS

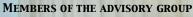
Other aims of the project:

- Building Māori research capacity.
- Provide an overview of Māori and fertility.
- Raise awareness and an understanding of the access, utilization and outcomes of fertility treatments.
- Gathering a database of narratives about Māori and fertility.
- Build inter sectoral discussion about Māori fertility.

currently accessing fertility treatments.

The project will include discussions with kuia and kaumātua. Also included in this project are Māori who may be experiencing infertility and those who are

Infertility can happen for a wide range of reasons. In the 1960s, Māori families had an average of 6.8 children and today that number is 2.8. The overall fertility rates have generally declined. Some research points to the increasing rates of sexually transmitted diseases in the youth population with higher rates in rangatahi. Chlamydia can lead to infertility if not treated early enough.





Colonisation Trauma @ Resilience

In 2008 Te Atawhai ō te Ao hosted their first public lecture. This inaugural lecture brought together three leading Indigenous scholars and activists. **Professor Karina Walters (Choctaw Nation - University of Washington based in Seattle & Director of Indigenous Wellness Research Institute)** who talked about the impacts of historical trauma on Native peoples. The two remaining speakers to present included; **Professor Graham Smith (Ngāti Apa,**



Whanganui, Te Aitanga a Hauiti - CEO at Te Whare Wānanga o Awanuiarangi) and Professor Linda Smith (Ngāti Awa, Ngāti Porou - Pro Vice Chancellor Māori at the University of Waikato) are both well known whānaunga and Māori and International educationalists. They were at the forefront of the development of Kaupapa Māori education, which began more than twenty-five years ago. This was an extremely inspiring day to hear such wonderful and insightful speakers.





During Karina's time with us in Whanganui, we were able to visit community groups and organizations to share Kōrero on Indigenous issues and the common aspects of our lives and the work we do to help strengthen the health and well being of our peoples. As pictured to the left and right, we visited

Te Rūnanga o Ngāti Apa, Te Kōtuku Hauora o Rangitikei and AWA FM.





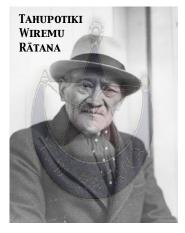
MIHI RURAWHE

He mihi motuhake ki ngā kaikōrero ō tēnei hui, mo ōu koutou whakāro pai e pa ana ki ngā mea hōhonu ō te rangatiratanga ō tātou te iwi Māori.



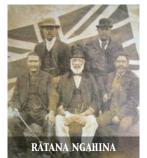
GREAT SUPPORT SHOWN BY THE WHANGANUI COMMUNITY

Ratana 25th Celebrations Te Ra Mhanau o T. W. Ratana





Rātana Pā, the spiritual home of Te Hāhi Rātana (the Rātana faith), is a tiny township in the Rangitikei about 20km south-east of Whanganui. Founded by



Tahupotiki Wiremu Rātana in the early 20th century. Rātana was enlightned with a divine vision on the 8th November 1918, from the Wairua Tapu (Holy Spirit) that he should unite the Māori people and lead them to God. Every year the Morehu gather at Rātana Pā to celebrate his birthday. The celebrations usually cover a week and the people come from all corners of Aotearoa. Pictured to the left (centre) is T.W's grandfather and Ngāti Apa chief from Parewanui and to the right are his parents.



Iriaka Ratana

Te Atawhai ō te Ao has a strong link with the Rātana family. Whaea Mihi Rurawhe (grandmother of kaimahi Justin Gush), is a member of both the Whānau and Governance Boards is a daughter of Matiu and Iriaka Rātana. Matiu is a son of the Rātana movements founding father T.W.Rātana. Following the death of his older brother Haami Tokouru, Matiu succeeded in the presidency of the church and as MP for western Māori in 1945, which affirmed the stronghold Rātana had over the Māori seats at the time. Matiu passed away in May 1949 as a result of a car crash. His wife Iriaka then fulfilled the role as the western Māori MP and remained in parliament as a well respected politician for 20 years.



Iriaka was the first Maori woman to enter the house as an MP and worked tirelessly on welfare issues and to improve the living standards of her people, especially within the Rātana Pā settlement. In 1971 she received an OBE.

She was born at Hiruharama (Jerusalem) among a chiefly tribe of the Whanganui river and is a descendant of Te Atihaunui-a-Paparangi and Tuwharetoa people. Iriaka was a member of the kapa haka group and band, which traveled on the Rātana world tour and later lived at Whangaehu with Matiu and their children. It was at this time when she worked hard raising their children and running the family farm, milking cows while her husband was away at parliament.



Te Pae Reanga o Ratana

Te Kura ō Rātana is a small school at the Pā and home to the 2008 Mana Ariki National Kapa Haka champions. The national competition took place at Mana Ariki marae in Taumarunui and hosted ropu from all over Aotearoa. A lot of hard work and

dedication was put in by tutors, parents and the tamariki themselves to achieve such a great result. These kids are beautiful role models for our babies coming through the kura, as pictured performing together.





The Taiohi Film Project involved the production of 3 short Te Reo Māori films as a medium of promoting and strengthening the indigenous language of Aotearoa. The project involved Taiohi in all aspects of production and will be utilized as a communication tool between young Maori. Those involved were provided with the opportunity to gain skills within the field of film-making and the completed films are now available as an educational Te Reo Māori resource online via the website YOU TUBE (www.youtube.com/maori1) and on DVD.

> We believe tools such as the internet and mobile phones provide an opportunity for Taiohi to access communication with each other instantaneously from anywhere in the world. We view these tools as effective mechanisms in the revitalization and use of Te Reo Māori with our young people.

This short film series is entitled 'MAORI' with each piece targeting key aspects which are vital to the well being of our Taiohi. The 1st film in the series is entitled 'MAURI ORA' and features local and national musicians on the soundtrack, which provides the Te Reo Māori element with a variety of genres including; Roots Reggae (live band), Hip Hop & R'n'B (digital beats / live singers) and Soul (live harmonies / acoustics). The visuals which bring the music to life are images of our Taiohi Māori living and loving life, participating in activities they enjoy. This shines a very positive light upon our Taiohi and is purely for the purposes of entertaining the eye and encourages our kids to dream.



'TE KAITIAKI MATUA' features Jay Rerekura of Whanganui, Taranaki and the Cook Islands. Jay offers his thoughts on the most important aspects of being a young Māori father, and the elements involved in providing our babies with the best possible start in life. The consistent message throughout this film is the importance of Whakapapa and the role we play as Matua, in transferring Whānau knowledge to our future generations. TINO RANGATIRATANGA is also addressed, in terms of self determining the future for Whānau and how our kids actions are merely reflections of the behaviours & environments they are surrounded by.



Reneti jnr & his pāpā Reneti Tapa snr



The 2nd film is entitled 'KO WAI KOE?' featuring Tiarne Gush (Ngāti Apa me Te Iwi Morehu) who shares her whakaro on the importance of maintaining strong connections with our cultural identity. Too often young people fall victims to the streets and gang life, through the lack of Whanau support and knowledge of the legacy our ancestors have left. Tiarne believes the most important aspects of life for her, is knowing our WHAKAPAPA (genealogy), maintaining good relationships with WHĀNAU (family), gaining MĀTAURANGA (knowledge), seeking the **MĀRAMATANGA** (enlightenment), and living a life based on the values & beliefs of MAORITANGA (culture).







Te Tatau Pounamu : The Greenstone Door -Traditional Knowledge and Gateways to balanced Relationships was an Indigenous Conference held at the University of Auckland between the 8th - 11th June 2008 and was hosted by Ngā Pae ō te Māramatanga, which is the National Institute of Research Excellence for Māori Development. The conference provided a forum to discuss conflict resolution, peace-making, reconciliation and restorative justice.



Te Atawhai ō te Ao was represented by staff members Cherryl Smith, Leanne Hiroti, Jacinda Morehu, Justin Gush and our babies Eriapa and Nova Marie. We were also fortunate enough to have Kuia from Whanganui attend, who included: Paea Smith, Rii Templeton and Vicki Puru.

PAEA SMITH





Our staff presented on various projects -Grandparents Raising Mokopuna, Fertility and Māori Vietnam Veterans. Our Kuia presented on Pakaitore, Whanganui Kaumatua Kaunihera and waiata 'Koia Nei'.



He mihi mahana tēnei ki Ngā Pae ō te Māramatanga, mo ou koutou mahi e pa ana ki tēnei huihuinga ō tātou, ngā Tangata Whenua ō te Ao. Ki a tātou ngā whānaunga nō tāwāhi kua tautoko tēnei hui, Tēnā Tātou Katoa.







I AM TV is the new creative content show for Aotearoa youth hosted by Gabrielle Paringatai, Olly Coddington and Candice Davis. On 19th June 2008, the TVNZ show visited Whanganui to showcase the area and success stories of local youth.





Director Maria Bolger had interest in

shooting a segment for the show on Ratana Pa and contacted Justin Gush to participate in the programme. This was a great opportunity for Justin to showcase what makes Ratana a special place, and also some of his work done with Te Atawhai ō te Ao. During the interview with Olly, we discussed a brief history of T.W.Ratana and the significance of Ratana Pā. They were also very interested in the Māori Vietnam Veterans project and the short film entered into the Maori TV ANZAC competition.



I AM TV also spoke with Jay Rerekura, Reina Bennett and a few local rangatahi on personal experiences of the Whanganui river.

This episode screened on TV2, 12 July 2008 and is available online, www.tvnzondemand.co.nz (keyword: i am tv).

Ngā mihi ki a tātou te whānau ō 'I AM TV'.



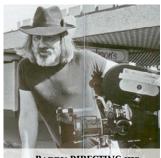


Ko tēnei te reo poroporoaki kia rātou mā, kua wehe atu ki te kainga tūtutru ō tātou te tangata. Haere atu rā ki tua ō te arai, ki te wāhi e noho ana te wairua ō tātou mātua tupuna. Āpiti hono tātai hono, te hunga mate ki a rātou, Āpiti hono tātai hono, te hunga ora ki a tātou katoa. Tihei Mauri Ora!



Barry Barclay

E te Rangatira, kua wheturangitia i raro i te korowai \bar{o} tātou mātua tupuna \bar{o} Ngāti Apa. Takoto mai rā i raro i te manākitanga \bar{o} te whare karakia a Wheriko. He mihi aroha ki a koe m \bar{o} ou mahi whiti āhua, he tino tākoha ou mahi ki te Iwi Māori me te Ao whānui. N \bar{o} reira e te matua, haere atu rā, moe mai, kāti.



BARRY DIRECTING HIS VISION



Nancy Kahureremoa Garland (Karena) Kuia nō Ngā Puhi me Ngati Tuwharetoa, Moe mai rā e Kahu.

In loving memory of Nancy Kahureremoa Garland, who passed away on 5 January 2007.

GOD Bless!

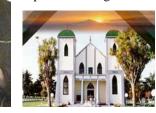




Remembrance

<u>Jarraeu Zhan Williams</u>

E te tama, Mack. Hoki wairua ki tua ō te arai, ki te paepae Tapu ō Ihoa ō ngā Mano.





He Maumaharatanga:



Tuia ki runga Tuia ki raro Tuia ki waho Tuia ki roto Tuia te here tangata Ka rongo te Pō Ka rongo te Ao

Tihei Mauri Ora!



E te tuahine, Mahinekura Reinfeld. Ahakoa kua hoki koe ki te wāhi ngaro e kore koe e warewaretia. Nō reira moe mai, takoto mai i raro ō te korowai aroha i raro i tōu maunga matua te tapu, Taranaki. Ahakoa kua wehe atu, kei te ora tonu ngā hua ō ōu mahi, ngā kōrerorero, ngā tuhituhinga, ngā moemoea, ngā whakāro me te taonga nui i waihotia a tāua mātua tupuna e pa ana ki ngā mahi wairua, ngā mahi hauora. Moe mai, moe mai, koutou ki a koutou, koutou te hunga mate ki a koutou, tātou te hunga ora ki a tātou. Ka huri.



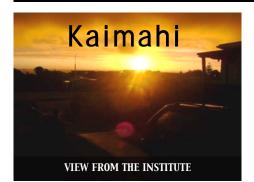


The cover of this magazine: features this painting of Theresa's interpretation of the mahi that Te Atawhai ō te Ao does.

It emphasizes whakapapa, whānaungatanga, and kaitiakitanga.

Art from Theresa Reihana can be found at www.maoriartist.com.

N R W R R



Whakatau mai rā kia kōrua wahine mā, ko **Jacinda Morehu** kōrua ko **Leanne Hiroti**. Nau Mai, Haere Mai. Tuatahi, he mihi mahana ki te whānaunga a **Jim Puki**. Ko koe hei rere atu ki te ao whānui, Tēnā Koe!



Jacinda (Te Ati Awa, Ngā Rauru) Manages Finances & Administration, while enjoying time in the garden growing Kai and Rongoa.



Leanne (Ngāti Apa, Ngāti Kahungunu, Ngai Tahu)

Project Manager

<u>He Kakano</u>: Māori Views and Experiences of Fertility, Reproduction and Assisted Reproductive Technologies Project.



DR PAUL REYNOLDS (Ngā Puhi, Tuwharetoa, Whanganui)



(Ngāti Apa, Whanganui, Te Aitanga a Hauiti)

Tēnā Tātou Katoa e te whānau whānui e tautoko ana i te kaupapa me ngā mahi ō Te Atawhai ō te Ao. He mihi motuhake ki ngā kaumatua hei hapaitia ngā tikanga ō tātou mātua tūpuna, i roto i a mātou mahi i ngā wā katoa. Nō reira, Tēnā Koutou Katoa!



Justin (Ngāti Apa, Te Iwi Morehu, Whanganui) uses Film and digital media to disseminate quality information to Whānau.





WHAI Media Productions

WHAI Media Productions is the Multimedia unit of Te Atawhai o te

Ao, which is focused on producing Kaupapa Māori educational resources. This unit incorporates Māori concepts and research, with various elements of digital media; including film, photography, music, art, graphic design, and text. We aim to provide quality information to Whānau. The name WHAI, has come from our institute Te Atawhai o te Ao and the Kaitiaki of our mahi is the Stingray (WHAI).

To acknowledge our Māori people and their involvement, the letters W.H.A.I can be extended to Whānau Hapū And Iwi. Also, the traditional Māori string game known as WHAI, offers a sense of focus and concentration. It displays skill and the vast array of combinations and arrangements that can be created, similar to media productions.



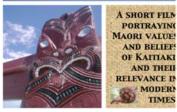


TĀNE MAHUTA

TIMES



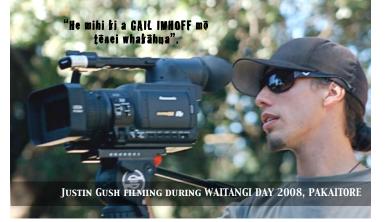
"He aha ou whakaaro?"



"Kaitiakitanga, he aha ōu whakaaro?"

Is a educational resource and short film featuring people of Whanganui, portraying their values and beliefs of Kaitiakitanga in traditional and modern times.

Kaikorero include; Berend Quirke, Jay Rerekura, Katrina Hiri and Geoff Hipango. This resource is suitable for a wide audience and is approximately 13 minutes.







Each Kaikorero offers various understandings and stories pertaining to their individual knowledge of this Kaupapa. Topics covered include; aspects of Kaitiaki within the Physical and Spiritual realms, looking after the environment and natural resources, protecting Taonga for the benefit of future generations, caring for our children, the Gods, animals role as guardians, Kuia, land issues and specific Kōrero regarding Te Awa Tupua ō Whanganui.



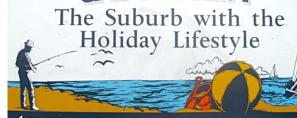


Te Kai Hau a Kupe Castlectiff

Te Atawhai ō te Ao is based at 110 Matai St, Castlecliff, Whanganui. This is a beautiful part of town, as it sits alongside Te Tai Hauāuru (the West Coast) and is home of the setting sun. The original name for this area is 'Te Kai Hau ā Kupe'. The great Polynesian navigator Kupe, explored the lands of Aotearoa and upon his travels landed at the mouth of the Whanganui river. Rough waters at the river mouth made it impossible to cross the bar and confined Kupe and his crew to the coastline. Due to the strong winds, it was very difficult for Kupe to obtain food supplies. This Korero explains the name Te Kai Hau a Kupe, the place where Kupe ate the wind.



Over 40% of the Castlecliff population is Māori, so it's a good place for a Māori Institute to be situated. Originally Castlecliff was established as a working class, state housing area. It's situated out of town just past the industrial area where the freezing works, railways and industries provided work. Today the most common type of employment in the area is Plant or Machine operators. The median income is between \$10,000.00 and \$20,000.00. One third of the residents are under 15 and we could do with more whānau or community facilities. We have the BEST sea views and it doesn't cost over a million dollars.



BEACH • CAMPING • CHILDREN'S PLAYGROUND • SURF CLUB



"Kotahi Tui na Pamoana, Koko Pamoana."

Castlecliff. The location of the kura is very significant to local Iwi as it situated on the traditional fishing site known as Kokohuia Pā.

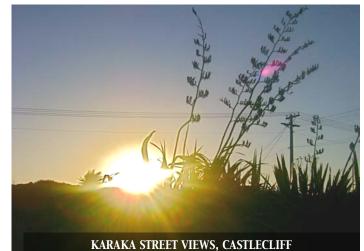
banks of the Whanganui River on the opposite side to Putiki, reaching as far as the village of Pungarehu on the sea coast. Thinking to establish and settle there permanently, arguments began over the land, resulting in a battle at Kokohuia Pā.

Pictured is Uenuku Ara Rau, which now stands at Kokohuia. This Whare was named by Matua Morvin Simon and is dedicated to the first 7 graduates of the kura from 1998.

MAP 1 PUNGAREHU AWA KOKOHUIA PAST



Map 1 illustrates the traditional settlement sites within Te Kai Hau ā Kupe, while Map 2 depicts the contemporary urban layout of Castlecliff.

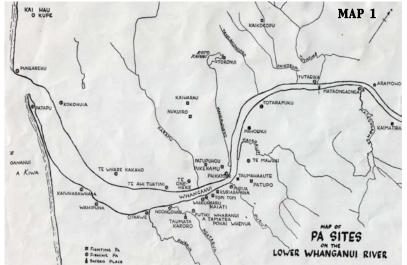


Te Kura ō Kokohuia is 1 of the many schools located in

The Ngā Rauru people built their villages beyond Kai Iwi, on the

Ko au te awa, ko te awa ko au





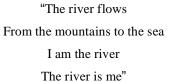
The 2 maps above give an illustration of the traditional sites of Māori settlement in Whanganui and the progression of modern urbanization along the lower reaches of the river. The current population of Whanganui is just over 40,000 people. Te Atawhai \bar{o} te Ao operates from the Whanganui suburb of Castlecliff.

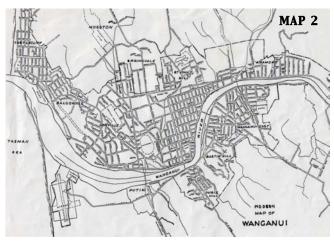




Whanganui - "I am the river @ the river is me!"

"E rere kau mai te awa nui Mai i te Kāhui Maunga ki Tangaroa Ko au te awa Ko te awa ko au"







Sometime after Kupe returned home to Hawaiki, Turi captain of the Aotea canoe, sailed to Pātea where he made his home. According to tradition, his descendants who spread into the region discovered the original people of the land, Ngā Paerangi. The chief Paerangi, is said to have preceded Turi by five generations.

The collective name for the people of the river, Ngāti Hau, is in some versions said to have come from Haupipi. He sailed with Turi on the Aotea after his original canoe, the Kurahaupō, was wrecked.

In other versions the name is taken from Te Āti Haunui-a-Pāpārangi (the people of Haunui-a-Pāpārangi). Haunui-a-Pāpārangi also arrived with Turi, and his descendants settled among the people of Ngā Paerangi.

He Mokopuna He Tupuna Health of Grandparents raising Mokopuna



He tupuna, he mokopuna Mā wai e whakaki i ngā whawharua ō ngā matua tūpuna? Mā ō tātou mokopuna! He mokopuna, he tupuna

Who will fill in the spaces left by our ancestor? Our grandchildren will! Respect our Whakapapa by caring for our children! Respect your Whakapapa by caring for your children!

(Nā, Tū Tama Wahine ō Taranaki tēnei kōrero)

Cherryl Smith is a current recipient of the **HRC Erihapeti Rehu-Murchie Post Doctoral Fellowship**. This is a three year study on grandparents raising Mokopuna. Within Māori society there is a longstanding tradition of children being raised by grandparents for knowledge, Whakapapa and Mana Whenua reasons. There is some evidence that suggests that over recent decades the numbers of grandparents raising Mokopuna full time is increasing. Many factors are contributing to the trend. When there is parenting breakdown, grandparents can assume care of their Mokopuna, providing a valuable safety net for Whānau. Recent research shows that the health needs of many elderly Māori are already not being met and there are significant barriers for them to access health services and financial assistance, (**Kepa & Reynolds 2006**).

While there is some research being done on non - Māori grandparents nationally and internationally, there has been none specifically on Māori who are raising Mokopuna within the complex health needs



of whanau. This study will review national and international literature and undertake interviews with Maori grandparents.

Tikanga Whakahaere



The International Board brings together Indigenous academics who are based in their own communities. They provide advice about international Indigenous issues and collaborations. This Board consists of members from Australia, America, Hawai'i and Aotearoa.





The Whānau Board provides day to day support for kaimahi and also ensures that Te Atawhai ō te Ao upholds the Kaupapa of the institute. Our Kaupapa is a charter that was developed by the Whānau Board when the institute first began. It emphasizes Whānaungatanga, Manākitanga and Whakapapa.

The Governance Board is responsible for legal governance of the institute. It's role is to oversee the organization, to monitor compliance with the constitution and provide oversight of policies and procedures. It also considers our strategic direction.



126

Rongoa Healthy Kai & Gardening

Because Te Atawhai ō te Ao works on health and environment issues, there has been an emphasis on ensuring that staff have professional development in areas of health and wellbeing. Staff have attended local hui at public health, health conferences, rongoa hui, and met with health providers. They have also attended training in health areas.

Kai

Growing healthy kai and using rongoa is a broad goal of ours, so the Institute vege garden is looking good thanks mainly to the efforts of Jacinda. We have also begun to plant fresh herbs for teas and rongoa plants. The soil is sandy here so it needs lots of feeding. All the staff except one have home vege gardens so we do quite well for fresh and organic produce.

There have been a number of workshops hosted and attended by Te Atawhai staff over the last year:





RONGOA TRAINING AT TE KOPERE O RAEHINA

Te Kopere ō Raehina

Three staff have attended the Rongoa training run by Aunty Olive Bullock at Te Kopere ō Raehina in Nukumaru. This training is unique in the country and people travel from all over the country to learn from Aunty Olive who is one of the few people who makes her Rongoa knowledge available to anyone who wants to come and learn. Aunty Olive is a trained nurse who works alongside doctors and nurses at Te Oranganui in Whanganui offering Romiromi, Rongoa Māori, healing and Hono. Her course runs for two days per week for six weeks and for anyone interested in Rongoa Māori, this is a wonderful course offered by a well respected Kuia of Ngā Rauru. Ngā mihi nui ki a koe Aunty me tõu whānau whānui. We have now got a Rongoa Kit at the Institute which goes with our First Aid Kit.

Te Rapuora

We were also luck enough to have **Del Bartlett** and Sheilagh come and present a Kawakawa poulticing workshop which was great.



Kawakawa is excellent for a range of things, can be drunk as a tea for coughs and colds but is also wonderful as a hot poultice for deep relaxation. Te Rapuora is a Rongoa clinic based in Castlecliff.





This workshop was particularly helpful for assisting us in our work with Vietnam Veterans who may still be suffering from post traumatic stress disorder. Many other people suffer from extreme trauma and Barbara equipped us with some very useful and simple techniques for ensuring our safety and the safety of the people we talk to during research with people who had suffered trauma. Bev Makatea who is a Councillor dealing with trauma has run two follow up workshops with us and we have continued our learning in this area.

Barbara Smith Psychotherapist and Bev Makatea Councillor

We held a one day workshop with Barbara Smith who is a specialist in Trauma relief.



Holistic Pulsing

One of the staff attended a weekend training in Holistic pulsing following a demonstration by Bev Makatea. Holistic pulsing has been found to be useful by some practitioners for a range of conditions - deep relaxation, release of stress and tension, relief from pain, release of toxins, recovery from accident and injury, improved energy levels, increased joint mobility, stimulating immune responses. Like Mirimiri and Romiromi, the focus is on relaxation and freeing up movement for wholeness.

Nga Hoia Maori



VIETNAM WAR MEMORIAL TABLE AT THE NEW PLYMOUTH RSA



Te Atawhai ō te Ao is committed to supporting our Māori Vietnam Veterans. We have been conducting filmed interviews with veterans from all



over Aotearoa, regarding their experiences in the NZ Army and their participation in the Vietnam War. Matua we have been fortunate enough to meet have all shared very personal stories, normally only reserved for the ears of those who were there. They speak of life growing up as a child and of the skills learnt at an early age, which would prove very useful in future times.



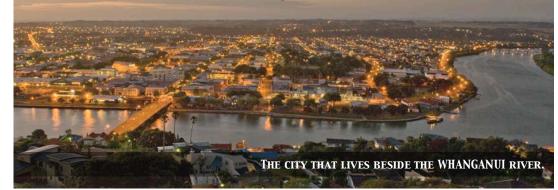
The veterans recall memories of their entry into the Army and of the responsibilities they so passionately undertook as soldiers representing our country. The main focus of this project is on the health and well being of the vets and their Whānau. Māori Vietnam Veterans are more likely to be diagnosed with Post Traumatic Stress Disorder, than their Pakeha counterparts. Combining the exposure to Agent Orange with a lack of support upon returning home, Veterans are still suffering.

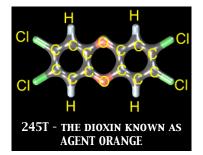


Each interview has been filmed to ensure the legacy of the veterans survives and remains as taonga for the whānau. The collection has been deposited into the NZ Film Archive and is accessible to whānau and others for educational purposes. We believe this will play a huge role in the future for the whānau involved and will hopefully help fill a blank page in this countries history. We endeavor to attend events in support of the veterans. Three of the veterans agreed for a short film to be produced featuring snippets of their interviews. This film was then entered into Māori Televisions, \bar{A} TATOU TAONGA - ANZAC Short Film Competition 2008 and was placed 1st runner up.



Toxins *Mhaanau affected by Chemical Related Mnesses*

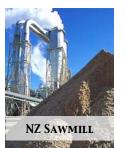




As well as the many important contributions from the interviewees which includes the following communities:

Māori Vietnam Veterans, Sawmill Workers and Whānau living alongside Te Awa Tupua ō Whanganui.

We have also collaborated with Lou Gallagher, Mere Takoko and Grant Huwyler who will each contribute pieces for the literature review.



This project looks at the Health, Cultural & Social experiences of Māori who believe they have been affected by chemical related illness. Work began on this project in 2006 and is due for completion in 2008.

This Health Research Council funded research project is in its final stages, with interviews completed, literature review nearing completion and analysis & write-up of the final report due to be completed in September 2008.







This project was jointly funded by Hapai te Hauora Tapui Ltd and the Mental Health Foundation, with Paul from Te Atawhai o te Ao and Dr Leonie Pihama from MAIA completing the mahi. This project interviewed 10 Tāne Māori from Tamaki Makaurau regarding their experiences growing up and any issues that may impact on the health and wellbeing of Māori men, Whānau responsibilities, including social expectations and mental health issues.





LEANNE HIROTI WITH HER WHĀNAU