Remembering where we came from

By Dr. Monty Soutar

Te Runanga o Ngati Porou has its roots in the Hui Taumata held at Ngata Memorial College in January 1985. I remember the three-day hui as I was then a first year teacher at Manutahi Primary School and for many years after the event I held onto the pack that all participants received.

I don’t remember much of the detail of the hui only that a range of Ngati Porou academics, educationalists and bureaucrats presented many papers indicating the preferred direction for Ngati Porou over the coming decade of economic development. The other interesting thing that I remember happened a couple of years later when the Runanga became a legal entity, Boycie Te Maro was at Mangahanea using the analogy of conception to childbirth to describe the developments that had led to the birth of the Runanga.

He did it so well that his audience sat enthralled never anticipating who the child was. It was with some surprise, then, that a fortnight ago Agnes Walker told me she had found a box of files at the Radio Ngati Porou station that held the minutes of those initial meetings from 1985 to 1987. When I read them I gained a much better appreciation of the hui I had attended. The well-intentioned aspiration of our people in setting up the Runanga is undeniable.

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Chairman’s Mihi

Tena tatau nga morehu o te iwi kua mene ki te po. Ko tetahi o ratau kua haere ko Maude Johnson tetahi o nga kaiwhakahaere o nga mahi a Te Runanga. Na reira Maude, ko koe me wera atu o te iwi kua wehe atu i a matau, haere. No te 12 o nga ra o tenei marama, ka hinga a Hiria Haig (Tangaere). E hine, haere atu ki to koka me era atu o te iwi. E te wiwi tena hoki tatau i roto i nga whakamatau o te wa.

This year is the beginning of a new era for Te Runanga in that in February of this year we lost the services and the huge input in our Ngati Poroutanga, and the work of Te Runanga, by the transfer of our previous C.E.O. Amohaere Houkamau to the offices of the Deputy Prime Minister, the Hon Bill English. We wish her well in her new role. February also heralded in the new C.E.O. for TRONP, namely Dr. Monty Soutar, who brings new skills and abilities that will help enhance the work of our previous C.E.O. as well as create and establish his own aspirations for the advancement of our people. We welcome him on board and pledge our support for him going forward. Monty has exceptional abilities and a personality which will benefit both TRONP staff and our people as a whole.

TRONP became an interim Trust Board in 1985 and the first officer of the Board was Josie Keelan whom we seconded from the Department of Social Welfare for a 3 year period. Hers was an interesting journey literally! Josie’s mode of transport from Waitakaro to Ruatoria was a 10 speed bicycle as we did not have the means to provide her with a more appropriate form of transport.

She operated initially from the old TAB office in Ruatoria and later in a small space in what is now TRONP’s office in Ruatoria. She achieved heaps and through her work we achieved Mana, and MACCESS programmes which launched TRONP’s ability to take out contracts from the Crown in order to begin the process of servicing Ngati Porou. She was followed by Heni Tawhiwhirangi for the next 2 years. Like Josie, we managed to obtain a salary for Heni from different sources as at the time TRONP was cash strapped. Heni came during the time of Cyclone Bola, and her contribution during that crisis was significant. At that time the Department of Maori Affairs was in Devolution mode and the office from the Tab moved into the current TRONP office. The recovery of our people during this period is a long story and will have to be told later. The Hon Parekura Horomia was in charge of PEP schemes at the time, and Bill Burdett was an official appointed to assist in the reconstruction of our lives and environment post cyclone bolo.

Ned Ihaka came next, and he brought with him management and administrative skills honed during his time as an officer of the Department of Maori Affairs and more recently as Regional Director of Maori Affairs in Gisborne. This was a period when fisheries was emerging as a key issue for all of Maoridom. He threw himself into this field with enthusiasm and appointed the late Honore Chelsey as his key officer within TRONP to drive fisheries. Ned was skilful in setting aside monies from various contracts, because he had anticipated that fisheries would become an issue that we will have to deal with in the future. This pragmatic approach enable TRONP to have the funding to pursue leasing of quota from TOKM and without Ned’s vision, we would not have had the funds to pay for our first leasing of quota and from leasing to continue to fight in the Courts for our rights to fisheries. Mt Hikurangi as an issue occurred during Ned’s watch, as were other issues. Ned was followed by Interim CEO Robert Rangiuaia for 6 months who decided against a long term stint as he was domiciled in Hamilton. He was replaced by Amohaere and now Dr Monty Soutar.

The story of Te Runanga needs to be told and currently this is being undertaken. This is very important work as it will give a clear picture of the birth of TRONP and what it has done over the past two decades.

On 1 September 1987, TRONP was duly constituted as a Maori Trust Board under The Maori Trust Boards Act 1955 and Te Runanga o Ngati Porou Act 1987. The signing of this milestone took place at Mangahanea marae. Today, TRONP continues with its work of promoting the interests of Ngati Porou.

To conclude this report I wish to pay my respects to past and present trustees of TRONP as well as to staff all of whom have made major contributions to TRONP and Ngati Porou. Today, strong support for the tribe and its many hapu are clearly expressed in the massive numbers of Ngati Porou (young and old) at the “Pa Wars” at the “Hui Taurima” at the “Te Rangitawea Festival” and currently the thousands registering their endorsement and support of TRONP’s efforts for Ngati Porou.

In my next letter for this publication, I will deal specifically with some of the achievements that TRONP has gained to benefit Ngati Porou going back to 1985 to now.

Na reira mo tenei wa nga mihi ki a koutou nga uri a te iwi kei tuwhakarere. Korerotia nga korero a Monty no te mea kei kona e takoto ana wetahi o nga mahi kua mahia.

Ma Te Atua tatau e manaaki. 
Kia ora,
Dr. A.T.Mahuika
How far we have come after almost twenty-five years to meeting those aspirations is a question we must all address as we look to agree on a post settlement governance entity to receive the assets resulting from our historic Treaty of Waitangi claims. The original intention of the Runanga was to develop an independent viable economic base to fund its activities. Once established, the organisation would take a positive role in helping the East Coast region recover from the ‘endemic recession that had pervaded the Ngati Porou people’ since the 1960s. The Runanga was to be the channel for resources to and from the region and it was to ensure that certain key functions important to the development of Ngati Porou were firmly in Ngati Porou hands. Further, it was envisioned that with the development of the region there would come a declining need for the Welfare State.

The trustees priorities highlight the financial constraints they were operating under. I have listed a few below:

**Hikurangi Maunga:** Negotiations for the return of the maunga and its environs to Ngati Porou to be completed by the end of 1986. The Runanga to be the owner and caretaker. This could provide a foundation for the Runanga’s land base. It is important that the Runanga use the major assets of the region to provide a financial base. However, it should not be seen as competing with Ngati Porou people for assets already owned by Ngati Porou. These assets include land, sea and people.

**$100 Koha from all working Ngati Porou:** That all members promote the koha concept in conjunction with Te Runanga. This is a step towards self-sufficiency for Ngati Porou, and establishes a cash base for Te Runanga.

No postal voting: Voting would be held in the Ngati Porou rohe for two reasons: to encourage people to return home and because the Runanga could not afford postal voting. The Runanga was eventually established under its own act of parliament, the *Te Runanga o Ngati Porou Act*, on 1 September 1987 as a body corporate that operates as a Maori Trust Board with the meaning and for the purposes of the Maori Trust Boards Act 1955. Since 1987, whether good or bad, the Runanga has sought to achieve the original aspirations of the Hui Taumata. Some achievements include establishing Radio Ngati Porou, Ngati Porou Hauora, Ngati Porou Whanui Forests and the return of Maunga Hikurangi. Along the way the Runanga has also received their fare share of criticism for blunders or unwise investments. And rightly so. On the other hand, there is often little fanfare for the many productive things that the Runanga has done for our people. Take the repairs and maintenance programme that has seen a quarter of a million dollars invested in homes on the East Coast over the past decade. In any case, my view is that the past is the past. We can’t change it; we can only alter the future.

80% of the people I have met since I took up the position of Kaihautu nine weeks ago say I’ve got huge challenges in front of me. I don’t like to think that way. Real success lies in setting what most think are unrealistic goals but which you believe are achievable, shooting for those goals and never giving up till you reach them. Challenges are put in front of you to build your character; they are really opportunities in disguise. I look forward to the biggest opportunity of all and the one many think can’t be done — building unity among all Ngati Porou based on the Runanga’s original kaupapa set down in the 1980s. So, I invite you all to become optimists, to see the opportunities that lie before us and for our children’s children if we can but unite. *Ma whero, ma pango, ka oti pai te mahi.*
This year’s Ngata Memorial Lectures is expected to draw one of the biggest crowds in a long time when it features at Ngata Memorial College on 12−14 July. The lectures will be held in the school hall at night.

The first lecture on Sunday 12 July will carry the theme ‘Our Past’ and a selection of speakers will focus on the Treaty of Waitangi — who signed it on the Coast and why. A Minister for the National led Government has been invited to participate. To end the first lecture The Film Archive from Wellington will screen old footage of life on the East Coast.

The second lecture on Monday 13 July will focus on ‘Our Present’ with the story of the book Nga Tama Toa: the Price of Citizenship being brought to life. The lecture will bear out the relevance of the Maori Battalion’s sacrifices for Ngati Porou today. In 1988 C Company was the feature of the Ngata Memorial Lectures and a large number of veterans attended it. Twenty one years on there are only a handful of them left. With the help of The Film Archive this night will also be complimented by footage of some of the early Ngata Lectures.

The third and final lecture on Tuesday 14 July looks at Ngati Porou ‘Our Future’. A panel of speakers, mostly young people, will discuss their aspirations for Ngati Porou twenty-five years from now.

Running in conjunction with the lectures will be day hui around Ngati Porou’s Treaty settlements. These hui, which will be run by Te Haeata and also held at the school, will possibly be the last big public discussion where Ngati Porou get to have their say on what should be part of our historic Treaty of Waitangi settlement package before we vote on the matter.

A full programme will be advertised at the end of May and will be posted on Te Runanga o Ngati Porou’s website www.ngatiporou.com

The Hui Taurima is to be held on Saturday 3 October at Hinemaurea ki Wharekahika. Our Wharekahika whanaunga would like to encourage all participating groups to subscribe to the idea that we all learn one moteatea for the festival, which can be added to our Ngati Porou repertoire. The moteatea they have selected is Kia Tapu Hoki Koe na Tuariki, Nga Moteatea Part 1, Vol.1, No.1.
Te ārairā i a rātou i tēnei mate.

E 60 ngā wāhine ka mate ia tau i Aotearoa i te mate pukupuku ki te wha o te whare tangata. Ka taea e ngā kōtiro e 12 ki te 18 tau te pakeke te kano ārairā i te nuinga o ngā mate pukupuku ki te wha o te whare tangata.

He aha ia te mate pukupuku waha whare tangata?
- Ko te mate pukupuku ki te wha o te whare tangata – te taha whakararo o te kōpū.
- Mō te e 99 o ngā wāhine kua pāngia e tēnei mate, he hononga ki te wheori human papillomavirus (HPV). Ki te pā te HPV, tērā ka tipu ngā pūtāu rerekē ki te wha o te whare tangata. Ko te wehi, tērā ka tipu te mate pukupuku i ēnei pūtāu rerekē.

Pehea nei te mahi a te kano ārairā ki te tiaki i ngā kōtiro?
- Nā te ai ka hōrāpate te wheori HPV – ka pā tēnei mate ki te e 80% o te taupori.
- Ko tā te kano ārairā, he ārairā i te pāngia o te wheori HPV. Koinā te take me kai i te wheori he i mua i te pāngia mai o te wheori.
- Mā te ārairā i te wheori, ka heke te tūpono pā o te mate pukupuku ki te wha o tō whare tangata i te roanga atu o tō koiora.

Pehea e taea ai te kano ārairā?
- Ka hoatuna te kano ārairā hei werohanga e toru ki te wāhanga whakarunga o te ringa i roto i te ono marama.
- Ka taea i ngā kura tautoko, kāore hoki he utu ki ngā kōtiro e 12 ki te 18 tau te pakeke.
- Taihoa, ka whiwhia tāu tamāhine ki te puka whakamārama i te kano ārairā mate pukupuku ki te wha whare tangata mai tōna kura.
- He haumarou te kano ārairā? He kaha?
- Kua tohu ngā whakamātātou ki te haumarou o te kano ārairā.
- He kaha te kano ārairā ki te kaupare i ngā momo o te HPV ka hua te mate pukupuku ki te wha whare tangata.

Ka ora he tangata i te kano ārairā
- E 160 wāhine ka tohungia mō te mate pukupuku ki te wha whare tangata.
- Ko te titiro, mā te kano ārairā ka heke te tokomaha ka pāngia ia tau mā te e 100, ā, e 30 wāhine ka ora.

Kei a koe te tikanga. Mahia tahitia.

Ko te rongo pai, ka āhei tō tiaki i ātu tamāhine mai te mate pukupuku ki te wha o te whare tangata. Heoi, mēnā kei raro tō tamāhine i te 16 tau te pakeke, me whakaee rā anō koe kia ia i te kano ārairā. Pānuitia te puka whakamārama ka whakahokia mai e ia i te kura, ka kōrero ki a ia mō te mate pukupuku ki te wha o te whare tangata – ko tōna oranga tērā.
Ngata Memorial College was established in 1959 and was formerly Manutahi Native High School. It has a long proud history of serving its community and uplifting the educational achievements of its students. Since its inception, thousands of names and faces have passed through its corridors and now 50 years on they all have the chance to reunite & to celebrate the 50th Jubilee of the school to be held on Labour weekend this year 23-26 October.

Organisers are expecting around 300 people and are encouraging all former students to the event. “There will be activities and events for all ages” said one of the organisers Puti Rickard.

The three day event will be a chance for ex-pupils of the school to wander down memory lane, “it’s all about whakawhanaungatanga” says Puti who also said that it is yet another great excuse for many to return home and also to pay homage to those students who are no longer alive today. This event will also be a great opportunity for everyone to see the newly built buildings at the college. The school has changed drastically in the past year but there are still areas of the school that many will be familiar with.

There are fantastic events planned; a ball and banquet evening will set the scene along with daytime activities of a top-town styled event and local movies which will bring back plenty of memories. A concert event is planned where each era will have the opportunity to show their talents in music, skit and entertainment and a cocktail evening is also planned.

All registered attendants will receive a CD with photographs of their particular era and to top it all off there will be a champagne breakfast right before the poroporoaki (farewell).

This jubilee is your chance to look back on fond times, reminisce about old friends, recall old teachers and celebrate the achievements of your school over the past 50 years.

Early bird registrations are encouraged so call the college to organise your payment;

Early Bird Tickets $120 (until the end of June)

If you miss out on early bird tickets the cost then increases to $150 (from June to September). And then if you leave it really late the cost per registration in $200 (up until the date of the Jubilee).

Call the college office on (06) 8648164
Some of my best friends have since passed away; just thinking of them at this moment brings tears to my eyes. Always remember Becky Fox, Kararaina Terauna, Nehe Kururangi.

Some of the teachers I remember with fondest are Goldie, Aunty Ke, Uncle Joe Tawhai, Cupie, Tunku Abdul, Mr and Mrs Hardi. Loved sports and culture club always an excuse to get out of school work. Friends too many to mention. Puti Rickard 1960 - 66

Ted Hetaraka was the PE teacher. We use to run around the ice cream cone while he use to ride his bike, so we couldn’t get away with much. He was a choice teacher. Grace Tuhoro Nepia 1979 – 83

Ko aua waa! Kei whea mai! Ka nui nga whakaaro mo aua waa. Ahakoanga piki me nga heke he rawe ki aha nga akoranga i mau i aha i reira.


Gloria Sadlier (Milner) 1968 - 72

There were some great teachers at Ngata College. The late Ron Parata who has passed away was one teacher that really stood out. He always created an environment that was conducive to learning.

George Konia 1962 - 65
Triumphant Te Waka Huia took top honors for the fourth time in history at this years Te Matatini National Kapa Haka Competition held in Tauranga.

The competition started well with the first day of performances going by without a hitch but it was on day two that the event took a sharp turn for the worst. Due to torrential rain and severe wind gusts the second day of competition was cancelled and thousands were turned away from the event because of obvious safety issues. Some event tents were flattened and the main performance stage was inundated with water and this meant the competition had to be reworked because of the loss of that day.

Management worked through the issues and decided that the only option was to cancel the pool system that was in place and make it a straight competition with no finals on the last day of the event. And so the competition resumed a day behind schedule.

36 teams took to the stage and because of the re-worked system had one shot at impressing the judges. Te Waka Huia took the top prizes for whakaeke (choreographed entry), moteatea (traditional chant) and whakawatea (exit) categories. Te Matatini Chairman Selwyn Parata said “Te Waka Huia epitomised the high calibre skill, expertise and discipline demanded of world-class kapa haka”.

Second place getters Whangara mai tawhiti represented Te Tairawhiti and placed well in the aggregate sections of Moteatea, Waiata a ringa and Haka and Te Kapa Haka o Te Whanau a Apanui placed third after winning the Poi and the top prize for ‘Te Reo’ (diction) and placing third in the Whakaeke.

"Te Waka Huia, Whāngārā mai Tawhiti and Te Kapa Haka o Te Whānau a Apanui are exemplars of our indigenous innovation - which all New Zealanders can share and celebrate," said Selwyn Parata.

We experienced more local success with Te Hokowhitu Atu placing 3rd in the Waiata a ringa category. Te Hokowhitu upheld the mana of our region showing a true Tairawhiti style of which we can all be proud.
Te Matatini 2009

Pictured (Yellow) Te Ropu Kapa Haka o Whangara Mai Tawhiti; Pictured (Red) Te Hokowhitu Atu
Photographs courtesy of Nori Parata
My name is Chris Karamea Insley (Ngati Porou, Te Whanau A Apanui, Whakatohea, Ngati Awa). I have been contracted by Te Runanga O Ngati Porou (TRONP), to develop a Ngati Porou science, innovation and technology strategy that encompasses the breadth of the Iwi’s development activities. In December 08 we met with the Government science leaders who strongly endorse the kaupapa. I currently have engagement with all New Zealand Universities, Crown Research Institutes and lead government agencies.

I live here on the coast and have an unwavering commitment to continuously exploring sustainable development options for our collective Iwi, hapu and whanau interests. I have long held the view that a science, innovation and technology strategy that focuses the considerable New Zealand and indeed international science capabilities on our issues in a process that we lead, will deliver substantial payback over the medium to long term. During these recessionary times, it remains critical that our attention remains focused out over the horizon beyond the recession, to plan our activities to deliver benefits for our future generations.

It is important that I gain feedback from thought leaders across Ngati Porou, accordingly your views are important to this work and I ask that you please complete the survey below by visiting the link below:

Te Runanga O Ngati Porou have engaged Chris Insley to develop a multi sector science, innovation and technology strategy that seeks to firstly map out the broad mix of assets across the Iwi, then critically look forward over the next 10 to 20 years to understand what are likely to be the key drivers that will impact on our development as an Iwi. From this work, we will then critically review what will be the important role of science, innovation and technology that will enable our active participation in new and emergent economic activity both here in New Zealand and indeed the world.

The international evidence is compelling. A review of the high performance economies and companies of the world reveals that they each have a common denominator. That is, the way they think strategically about the role of science, innovation and technology and, they invest the required time and resource today to deliver substantial payback out over the medium to long term. During these recessionary times, it remains critical that our attention remains focused out over the horizon beyond the recession, to plan our activities to deliver benefits for our future generations.

It is important that I gain feedback from thought leaders across the Iwi. Accordingly, I have developed a set of questions (a survey) to get your input. Please feel free to contact me if you have any questions about the survey or more broadly, about this important work. All information collected will be kept confidential and a copy of the data will be sent to you if you wish. Now then, in terms of pointing people to the URL to complete the survey, either:

1. They will need to type the following into the browser: http://www.poll daddy.com/s/DFBD8AF49F7904FD/ (which may be a bit hard) so alternatively,
2. They can go to: http://www.37ds.com/ngatiporou-innovation/index.asp on my website.

For option 2, a link direct to the survey is lower down on the page.
In the dead of night men and women awaken to the sound of a beeper alerting them of an emergency and without hesitation these people volunteer their time in the name of the safety of their community. These men and women are members of our local fire brigades; they respond sometimes to over 100 call outs per year in our region and they give their time free of charge to protect their community, many times they will risk life and limb for complete strangers but you won’t hear them complain, they are a part of an extraordinary comradeship that requires extreme dedication and skill.

Recently while on a call out local Fireman, Ambulance Driver and community man Ray Barrett died while attending the call of duty. While on a call-out for a motor vehicle accident as he had done many times before, the appliance in which he was traveling crashed resulting in his death, this again was a reminder as to the commitment that these men and women face each time they don their fire retardant suits. As further recognition to rays commitment to his community a fundraising wrestling bout was held to raise funds for Ray’s family trust and just this week a plaque will also be unveiled in Hicks Bay in Ray’s memory by the NZ Safety Council.

While many members go without formal praise or recognition you’d be pretty hard pressed to ignore the achievement and effort of local man John Reedy who received a Queens Service Medal for public services in 1998 for his many years service as fire chief of the Tikitiki brigade as well as his work as the local St. Johns first response officer. People like John throughout the East Coast community are the lifeline and often lifesavers of the area.

A house fire in Ruatoria recently served as a reminder of the importance of fire safety devices and measures and a local fireman spoke of how the rate of house fires in the area had eased because of the education and awareness that is now available to home owners he said, “everyone has fire alarms installed these days and all of the children know how to dial 111, it’s a vast improvement from past years”. Despite this, home owners are reminded to put an escape plan in place and to regularly check the smoke alarm batteries.

All members of the NZ Fire Brigade are trained in first aid and will over their time with the brigade, undergo a series of training activities and tests to ensure that they are fit and ready to respond to the call of duty.

There is always a need for more recruits and the call is not only to the men of the community, in fact there was a callout in 2002 where the first ever “all female” crew (in NZ) attended a fire, that was the Ruatoria brigade and though it was a small fire at the local dump it was a piece of history that should encourage ladies in the community to join.

These modern day heroes work tirelessly to keep the community safe. Members have been known to attend 12 hour call outs only to return home afterwards and attend another. They never miss a call and this article is a small sign of recognition to the East Coast fire brigade volunteers.

If you are interested in becoming a part of your local fire brigade, please contact your local fire chief or visit your local fire station.
Uawa Hundy Club Celebrate ‘Whenua Rediscovery’ Through Fitness and Motivation

Extracted from Research Council Newsletter article “Whenua Rediscovery versus Traditional Maori Sport” - What Works Best for Physical Activity Promotion on the East Coast by Dr Ihirangi Heke

I am of Tainui, Waikato descent on my father’s side and Northern Irish, County Armagh descent on my mother’s side. I began tertiary study as an older age student and completed a Bachelor of Arts in Maori Studies, a Post Graduate degree in Education, a Masters in Educational Psychology, a Post Graduate Certificate in Athlete Career Education and a PhD in Sport Psychology.

In 2008 I began a new role with Ngati Porou Hauora (NPH) as part of the Ngati and Healthy team, based in Uawa as a sport and exercise psychologist to address physical activity and consequent health issues on the East Coast. I was given the flexibility to pursue that sometimes stated but little pursued alternative approach to Maori health - prevention.

This move was due to Dr Paratene Ngata (Dr Pat) or ‘Panadol Pat’ as he was affectionately known. He had a massive influence on perceptions of improving Maori health in Aotearoa and convinced me Uawa was the ‘supposed’ centre of the universe and a natural progression, considering the other places I had studied.

Dr Pat was fervent in his pursuit of technology from the incorporation of web cams in tangi, to encouraging conference participants to turn on their cell phones while he spoke so they could PXT or TXT his information. I have never been and probably never will again go to a poroporoaki where the kawe mate is still alive and conducting a town meeting on what he wants to happen. Probably none but Paratene Ngata would have the mana to make it happen anyway.

When I first arrived in Uawa, Dr Pat said to me “find out what will get our people moving ‘again’ and turn it in to a post doctoral study so that others might benefit by what we are doing on the East Coast.”

My first piece of luck was meeting Darryl Crawford and Baden Shortland at Te Kura Rohe o Uawa/Tolaga Bay Area School. They asked if I knew anything about marathon running. My response was to seize the moment and a date was set to start the next morning April 1, April Fools Day.

Now known as the ‘Hundy Club’ or ‘Horias’ (read ‘Harriers’) the running joke (no pun intended) has been that those that dip under a 100kg are told they are too fit and might get kicked out.

Since April 1, Hundy Club numbers have increased from two individuals to two groups of up to eight runners twice a day and started from a 20-minute jog with numerous stops, to running to the top of their maunga, Titirangi (a one-hour loop) five days a week with run/bike double headers thrown in once a week. In addition, the Hundy Club have completed several 3.5 hr runs up Mt Hikurangi, including a 10km mountain bike ride down, a 25km ‘training run’ and a 6.5 hour run with a 3500ft climb across an alpine pass covered in snow.

I think the most interesting part is how the Hundy Club have achieved so well, so quickly.

Firstly, forget the diet. Running up mountains is hard enough without having to watch what you eat as well. In fact the in joke amongst us is that if you mention the
word ‘diet’ you have to go straight home and have a Peanut Slab to right your indiscretion.

Secondly, our pursuit of running uphill has been to decrease the impact on joints while increasing the intensity and lowering the volume. We run uphill to maximise the potential aerobic and consequent health gain and cruise back down to reduce the impact.

Thirdly, we never run alone or allow new comers to run alone and freak themselves out. New members must be accompanied and told what to expect by other runners who previously found the going tough. Not a single person in our club has been told to come but, turned up of their own choice.

One of the group suggested that I turn this into a programme. “And lose all this by changing it to suggest you have a problem and should be part of a programme – don’t think so,” was my reply.

Another thing we initiated was hakari on a regular basis to celebrate our achievements and talk about what hurts, what makes us buzz and what’s next on the things-to-do list.

Lastly, the club’s process has been about reconnecting with the whenua. Members were asked ‘If you whakapapa to your maunga - how well do you really know your maunga? ‘Do you know how the papa of your maunga changes when it is heavy rain versus light rain? Do you know where there are windy sections and places you can hide from Tawhiri? Do you know how she can hold you to her bosom while you float across her exterior making the rest of your day a gift versus stomping all over your mana by making you struggle to take each step?

I thought that this should surely be a paramount reason for why someone would want to visit their maunga on a daily basis. To their credit the Hundy Club grasped wholeheartedly onto this concept.

Additionally, I have been setting about re-introducing the pre-European game of Ki o Rahi back onto the East Coast with Te Kura Rohe o Uawa now having the first permanent field on the coast, after many decades.

As a coincidence this has enabled a traditional versus contemporary comparison of exercise recruitment research i.e. comparing what gets people motivated to exercise - running and biking up mountains or traditional games like Ki o Rahi?

With research support from the School of Physical Education, three members of the Hundy Club provided an open seminar in August last year at the University of Otago on their involvement in what we have begun calling ‘whenua rediscovery’.

With funding from the Science Division of the University of Otago they also travelled to Hawaii to showcase a DVD they made of their journey back to their maunga.

This process represents a leading-edge initiative in terms of encouraging other global indigenous researchers and students to learn about productive university and indigenous community interactions.

I have also been providing elite high performance sport interventions on the East Coast. The elite level training has been widely varied from working with Waka Ama athletes competing in their world champs to assisting East Coast high school basketballers competing in a national competition.

Otira, ko koutou no te tairawhiti te whanau Ngata me oku hoa mahi no Ngati Porou Hauora, ko tenei te mihi ki a koutou mo o koutou tautoko ki enei tumomo mahi. Ahakoa te rereketanga, ahakoa no tetahi tangata no Waikato. Ka tu tonu te wairua, te whiwhitanga me te hapaitanga hoki ki te kaupapa nei.

For more information on Ki o Rahi and other traditional games or a copy of the DVD call Darryl Crawford or Baden Shortland at Tolaga Bay Area School or email me at ihi.heke@otago.ac.nz.
Two Universal College of Learning (UCOL) Nursing students returned to NPH in April to complete a 4-week clinical placement focusing on community, family and health towards achieving a Bachelor of Nursing degree.

According to UCOL lecturer JayJay Hitchiner third year nursing students also complete mental health, clinical/medical and specialist placements prior to a six-week placement of transition to practice as a nurse.

She said UCOL Tairawhiti records show that 50% of first year students enrolled in 2009 are Maori and there would be a strong likelihood of a good turnout of qualified Maori nurses in three to four years time for NPH workforce.

Third year students Gina Haig and Michelle Rutten advised that they were looking forward to graduating and both have future intentions of returning to the Coast to work for NPH as a nurse.

The programme offers the knowledge and skills required for a nursing career in acute medical/

surgical facilities, community health, mental health and child health agencies.

On successful completion of the programme students sit the Nursing Council of New Zealand State Final examination to gain nursing registration. State finals are held in November with the results advised in February and students are then eligible for new graduate programs of one year duration. The official graduation ceremony is held at the AMP Showgrounds, Gisborne in May.

New Oral Health ‘Brush’ Promoter for Tamariki

Recently NPH appointed a coast-based oral health promoter for a term of one year to implement Brush In programmes and promote good oral health care in tamariki from Potaka to Whangara. Developing and planning the implementation of Brush In programmes which will be held at Primary schools, on Marae, in Early Childhood Centres, Kohanga Reo and Kura Kaupapa will be the priority over the next few weeks for newly appointed oral health promoter Ruira Morice.

She says her main role will be educating tamariki in oral health by creating awareness of the importance of oral hygiene practices both to the child and Whanau which will reduce the prevalence of tooth decay in the future.

Ruira will also support providers of early childhood and primary education to implement strategies aimed at improving oral health to take control of their own brush in programmes.

It is envisaged these children will begin to establish routine oral hygiene habits and this then would be reflected in fewer caries (fillings) and visits to a dentist.
Kia ora my name is Helen Milner. Born in Auckland but raised in Gisborne I am married to Ben Milner from Ruatoria and we have three children and seven mokopuna.

I am happy to be back in this area again, many family names are known to me and it is pleasing to make the Whanau connections.

Prior to commencing as the Hospital Services Manager at Te Whare Hauora in Te Puia in March I had many years experience in both management and nursing for health organisations in the North Island.

From 2002 until recently I worked for Health Waikato as manager of the Lions Cancer Lodge. Before that I was the Whanau Ora nurse at Ngati Rangi Community Health Centre at Ohakune while looking after my ageing mum and prior to that I worked in a Health Centre in Raetahi.

In 1982 I commenced in intensive care at Waikato Hospital and became charge nurse of an acute medical and haematology ward in 1989. This was a position I held until 1997 when I commenced studies at the University of Waikato gaining a Post Graduate Diploma in business management. On graduating I returned to Waikato Hospital and took up an appointment as project manager with the Oncology Department.

I started my nursing training at Cook Hospital, Gisborne transferring to Rotorua Hospital where I completed this in 1972. After qualifying I worked in obstetrics, gynecology and also theatre.

My previous stay on the Coast was for seven years at Paroa Station in Tolaga Bay. Some aspects of the coast have changed over time – I don’t see any rua pits along the way now, but other aspects remain the same. This is such a beautiful part of the world. I feel privileged to be here.

HPV Vaccination Program Offered in Schools and Health Centres

NPH is offering the Human Papillomavirus (HPV) or cervical cancer vaccine program free of charge to female school students and young women between 12 to 18 years of age through schools or local NPH Community Health Centres.

The overall purpose of the program is to reduce the incidence of HPV infection and the subsequent development of cervical cancer and to reduce the prevalence of cervical cancer in women.

The school program for 2009 was coordinated by NPH rural health nurse Gina Chaffey-Aupouri and other nurses from each individual area who maintained the autonomy of their community with a 100% return-rate of the consent forms that were issued for the East Coast area, in March.

“I want to thank the parents for their consent to immunising these young ladies and in helping to prevent disease at an early stage. Prevention is better than Cure” said Gina.

It takes a series of three injections, given in the upper arm, over a period of six months to protect against the most common cause of cervical cancer.

Parents or those interested in receiving the vaccination who want to arrange an appointment or gain more information about the program should contact one of the nurses in your nearest Health Centre as follows - June Tangohau (Uawa), Cheryl Johnson (Tokomaru Bay/Te Puia Springs and Waipiro Bay), Gina Chaffey-Aupouri (Ruatoria), Claudia White (Tikitiki/Rangituikia) and Julia French, Te Araroa).

(See page 5 for more information)
A stakeholder Hui was held between Tairawhiti District Health (TDH) Board and Ngati Porou Hauora (NPH) Board at Te Whare Hauora o Ngati Porou, Te Puia Springs in March.

NPH Chairperson George Jahnke’s presentation to TDH Board advised NPH challenges for 2008/2009 included developing the chronic care services within its Public Health Organisation (PHO), consolidating integrated rural health services for the area and improving viable services for urban Whanau in Gisborne.

Obstacles and barriers included difficulty of recruiting and retaining doctors, difficulty of meeting the different health needs of urban and rural communities and inadequate funding for population / public health initiatives, he said.

In concluding his presentation Mr Jahnke posed a question to TDH. “What is the DHB strategy to assist towards addressing its work force development, funding and other associated risks for such areas as Ngati Porou?”

TDH CEO Jim Green advised that the Minister of Health Tony Ryall had identified Ministry of Health (MOH) priorities were to
improve health services and reduce waiting times as well as improve workforce retention.

Nationally MOH was allocating new funding for medicines, improvement of the quality of supervision and nursing in rest homes, providing a kick start for the devolution of health services to primary care, and funding for respite care and post-natal stays. All of these would impact on NPH.

Funding for infrastructure included new equipment and NPH would benefit with a new digital x-ray machine setup at Te Puia.

TDH would be looking into future opportunities and developments for sharing medical staff through the GP training scheme, sharing clinical staff and holding more outpatient clinics at Te Puia.
East Coast Rugby Football Union - Reunion

British Isles vs Poverty Bay/East Coast Wednesday 17th August 1966 Won British Isles 9 to 6


Front Row: B Wolstenholme (President PBRFU) J L Collins (PB) M Reedy (Selector) H R Stewart (Capt. PB) A J Sheehan (Selector/Coach) B Milner (PB) M E Lynch (Manager)

Tena tatu katoa huri noa i te rohe a puta noa ki te Ao. E kore warewaretia kia ratou kua mene atu ki te po, haere atu ratou. Tatou te hunga ora tena tatu katoa.

The East Coast Rugby Football Union has a proud and long standing rugby tradition starting in 1892 when a team was formed at Waipiro Bay and in 1894 affiliated to Poverty Bay as a country club. In 1903 the Tokomaru Bay Union was formed comprising clubs from Tokomaru Bay, Tolaga Bay, Waipiro Bay and Wainui. In 1921 the ECRFU was finally established and in 1922 affiliated to the New Zealand Rugby Football Union with 19 clubs under its umbrella. Since its inception rugby’s popularity has thrived to become part and parcel of the
community’s very identity. It is played and enjoyed with such passion that the feats and camaraderie of yesterday are retold on marae and in people’s homes.

Carrying on from the pride and traditions of Ngati Porou East Coast Rugby it is right that this year a reunion be held in Ruatoria to celebrate 3 decades of former East Coast representative rugby players. The decades cover the 1940’s, 1950’s and the 1960’s with the reunion taking place on 12 September 2009. The date coincides with this year’s East Coast versus Wairarapa Bush match in Ruatoria.

An organising team will be headed by our President John Manuel who has already had discussions with former players including Ivan Hooper (East Coast 1947-1953 and Maori All Black 1947-1950), Haapi Pahae (East Coast 1956 and Maori All Black 1955-1956), Dr. Koro Dewes (East Coast 1950’s, Counties and Auckland 1960’s), Tuwhakairiora Kono Waihi Ngakaho (East Coast 1950-1955) and John Manuel (East Coast 1960-1968 and East Coast Poverty Bay 1966). Everyone is enthused and want kai like it was when they played (boil up), drinking to be modest (water) friendships to be rekindled (don’t be too long) and memories of yesterday retold (forever). No doubt our Union, Clubs and our Ngati Porou community will honor them with pride.

Matakaoa, Waiapu, Hikurangi Sports and Tokomaru Bay United will again be fielding our Raukumara and Horouta JAB grades this year. Registrations are now being recorded and should be completed before the start of this year’s competition on 2 May. The competition is planned to end on 25 July and representative north and south teams will match up against each other as curtain raisers to our NPEC Heartlands home matches on 12 and 26 September.

For this year we will alternate the venues for all Saturday games between each Club.

**JAB & Teenage Grade Rugby**

Teenage Grade (TAG)

This year we will again be part of Poverty Bay Rugby Football Union’s Saturday competition and will field teams in the Under 13’s, Under 15’s and Under 18’s grades. The competition starts on 2 May 2009 and ends on 29 August. The draw won’t however be confirmed until late April.

During the season we will also be promoting Area Schools local and regional competitions including a 6 week Secondary School Girls programme based in Gisborne.
Representative Rugby

This year our representative squads will include JAB Northern and Southern, Under 13’s, Under 16’s and our NPEC Heartlands team.

⊙ The Under 13’s MacDonalds tournament is to be held in Gisborne from 6 - 8 July
⊙ The Under 16’s will play against:
Te Aute, Hato Paora and Gisborne Boys High School Colts at Hato Paora from 11 – 13 September 2009.

Poverty Bay Under 16’s on 19 September in Gisborne.

The Hurricanes tournament will be held on 28 September – 1 October in Masterton.
⊙ Ngati Porou East Coast Heartlands Team.

For the 2009 year we welcome Horace Lewis as Head Coach for our Team, Horace is well known at home and also at North Harbour where he continued to build an impressive players background. His wealth of experience augers well for us and we trust that he can transform our team into a quality and competitive unit.

Following pool play, Meads and Lochore Cup pool matches will be played over 3 consecutive weekends – 3 October, 10 October and 17 October. The 6 highest ranked teams will go into the Meads Cup pool and the 6 other teams will go into the Lochore Cup pool.

The Meads Cup and Lochore Cup semi finals will be played on 24 October with the 2 cup finals played on 31 October.

In the next edition of Nga Kohinga we will be able to announce our Management team and our playing squad members.
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The Ngāti Porou negotiation team has taken on board the key messages from Ngāti Porou around the country as it gets down to working through the details of the tribe’s historic Treaty settlement.

In November 2008, a high level agreement was reached between Ngāti Porou and the Crown addressing historical grievances that will see Ngāti Porou receive a cash sum of $90 million plus interest, land banked and commercial properties, and the right to buy back Crown Forests and other lands. At the time Te Rūnanga o Ngāti Porou chairman Apirana Mahuika and deputy chairman Selwyn Parata pointed out that while the focus of the negotiations to date had been on the cash and commercial redress the kaupapa was bigger than that. A key focus of the negotiations would be on redressing cultural issues and providing for the next generations of Ngāti Porou.

When negotiations went into recess around the general elections and an initial settling-in period for the new government, Te Haeata was busy consulting and gathering input from Nātis around the country from wananga held in Tokomaru Bay, Te Whanganui ā-Tara and Tāmaki Mākaurau. The seven marae, whānau and hapū cluster representatives play a key role on the Te Haeata sub committee working with the negotiators to finalise the details of the draft settlement. They are also required to update their respective rohe on progress and ensure that the views of their rohe are considered in the negotiations process. The cluster rep for Potikirua ki Whangaokena, Rei Kohere, has been pleased by the wananga. “I was excited at the (almost celebratory) mood of the hui and the level of participation.”

While there were no prior assurances that the hui were going to be as positive as they have been, the team believed strongly in the process, “We were relying on the format and structure of the wananga to encourage participants to be constructive and aspirational in their contributions. The approach was to be transparent and clear about the purpose of the hui with a focus on the future.”

Rei was also reassured by the consistency of responses and input across all three wananga. “The top aspirations were all about who we are and our connections with each other and with home; our identity, manawhenua, marae, whanaungatanga and...
whakapapa. There were aspirations about wealth creation and employment and our people also want to know that there’s good infrastructure at home and that it’s being well serviced – cash wasn’t the (main) point.”

Rei is quick to point out the value of the wananga to the ongoing work of the Te Haeata team. “I believe they were worthwhile for the participants but they have also provided us with a framework for negotiations and that was one of the purposes of the wananga, to come away with a basis for settlement that resonates with our people.”

With the consultation hui and wananga completed for now, the team has had to change focus slightly. Rei says, “We have been working on the next high level agreement which will be similar to an agreement in principle – the final step before the actual draft settlement agreement. It lays out the range of redress. A major focus is cultural redress and linked to that is a commitment from Government to consider improvements to infrastructure and services on the East Coast.”

At the wananga, participants were asked to provide at least two aspirations to their cluster reps concerning their own rohe. Rei was the facilitator and recipient of the cluster one aspirations at each hui and was pleased to find consistency amongst participants from all the wananga. “On that basis, I’d like to see an overall marae development package and the means to have all our marae operating fully and effectively so that hapū can function well. I’d also like to see conservation lands in the Matakaoa area, such as Whangaokena and Pukeamaru, secured from the Department of Conservation. Improved infrastructure such as roading, telecommunications, health, transport, energy, and employment spinoffs from that would greatly benefit our district. My main hope however is that as many of our claims as possible are successfully resolved and reflected in the settlement.”

While the substance of what Ngāti Porou wants may have been gathered from the hui, the tricky job of working out the detail of the next agreement through negotiations with the Crown, is well and truly underway. Rei says, “The objective is to have it signed off around the end of April 2009. The next step will then be an information sharing process explaining the agreement, particularly with its inclusion of greater attention to cultural redress than the first high level agreement.”

Waiata in full swing at the Poneke Wananga
5 Tips To Help With The Current Financial Climate

We know at the moment it is difficult to escape talk of the “Recession”, but we think that there are plenty of positive things you can do to ensure that you lessen the effect of the current economic climate. Regular Nga Kohinga contributor and lawyer, James Johnston, offers five tips to help you protect the assets you already have and if appropriate, to get your affairs organised:

1. Have a look at your mortgage:

John and Sally signed up for their mortgage 2 years ago on a fixed rate for 4 years when interest rates were at their peak. When interest rates started dropping they thought about breaking their fixed rate … but kept putting it off.

It was not until the rate had dropped 4% that they contacted their bank, only to learn that break fees would cost them tens of thousands of dollars. If they had acted sooner they would have saved themselves a considerable sum.

It pays to keep in regular contact with your bank or broker. In the current climate, banks and other institutions are having to be competitive and want to hold onto the customers they already have. Are you getting the best rate from your bank? You should talk to your bank to see if there is anything you should be doing differently, or any better rates you can take advantage of. It may be as simple as staying on a floating rate for longer than you usually would.

The key is to communicate with your bank and make sure you are getting the best deal possible. What you want to avoid is putting your hard earned money towards unnecessary interest on your mortgage repayments every year.

You do need to be mindful of break fees on your current mortgage, the ever-changing official cash rate and dropping interest rates. If you are really struggling, ask your bank for a mortgage holiday (a break from making mortgage repayments) for a couple of months while you get back on your feet.

2. Consider setting up a Trust to protect what you already have:

It is more important than ever to protect the assets you already have. Putting assets (e.g. your family home) into a family Trust “ring fences” those assets and protects them from creditors, relationship breakdowns, and potentially wasteful future partners of your children.

If you already have a Trust, you should talk to your lawyer to ensure you are completing a “gifting programme” so your assets get the full protection a Trust can offer.

3. Make sure your insurance is still suitable for your circumstances:

See an insurance broker or financial advisor to ensure your current insurance is still suitable. Not only could this save you money in premiums, but it will also ensure that you protect yourself and your family during these tough times.

For example, many people still have an agreed value on their car, which is now worth far less than what it was when they first took out the policy, meaning that the premiums might be higher than they need to be.

It is also important to make sure your medical and life policies still suit your needs and that you have told your insurance company about any changes in circumstances you may have had. The last thing you want is for a claim to be denied when you really need it to be paid.
4. **Get a property manager for your rental property:**

Although you may think this is an extra outgoing you can’t afford, appointing a property manager for your rental property could save you a lot of money in the long run. Property managers will ensure that rent is increased with the market and will save you the job of informing tenants of increases and chasing up non-payment of rent. And of course there is the added bonus of having someone else dealing with the dripping taps and broken cupboards.

5. **Make sure your Will is up-to-date:**

Ensure you have an up-to-date Will. The last thing you want is to work all your life building up and protecting your assets, only for them to end up with someone you didn’t intend them to. Your Will spells out where you would like your hard earned assets to go on your death. Having an up-to-date Will ensures that your family isn’t left with a mess to deal with on your death and ensures that your wishes are carried out. It is probably the most important part of protecting your assets.

There has been enough talk of doom and gloom in the last few months, so it’s time for you to be proactive and ensure that you are not spending money unnecessarily and have protected yourself and your family as much as you can.

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**James Johnston**

James Johnston is a Partner with Rainey Collins Lawyers. He invites comments and feedback to jjohnston@raineycollins.co.nz or PO Box 689, Wellington, by telephone on 0800 RCW LAW. For further articles of interest across a wide range of legal subjects please visit [www.raineycollins.co.nz](http://www.raineycollins.co.nz).

Rainey Collins is based in Wellington, looking after the needs of private clients, businesses, and a wide range of organisations, across the whole of New Zealand.
Te Haeata has adopted a number of initiatives to help keep our Nati whanaunga informed and involved in the settlement negotiations. The Te Haeata website has undertaken a major facelift with plenty of interactive material. On the website you’ll find:

- Website videos to help our whanau navigate around the site;
- Regular updates on where the negotiations are at;
- A Ngati Poroutanga quiz to test your knowledge of Ngati Porou people, history and landscape;
- Free text messaging from the site;
- Tiwi Nati, which showcases the Te Haeata TV ads, including a bloopers reel;
- NatiWorld, which helps track our whanaunga around the globe; and
- Much, much more!

Be sure to register on the website to keep informed on where the settlement negotiations are at, and to keep in touch with other Natis.

Visit www.tehaeata.co.nz for more details.

Locate Nati’s all over the world on Nati World
Ngata College Jubilee to be held Labour Weekend 2009... see page 6 & 7 for info
Te Rangitawaea Festival

09

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