

# Nga Kohinga

o Ngati Porou

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August 2008 Issue 24



RADIO NGATI POROU

4 Te Hokowhitu Atu -  
Winners Tamararo 2008



15 Dr Pat receives  
distinguished fellowship  
from Royal NZ College  
of General Practitioners  
at Pakirikiri Marae



19 Ngati Porou East  
Coast AA Rewards  
Championship



26 Foreshore and Seabed  
Negotiations - Initialling  
of the Deed Agreement

## Those were the days – These were the people *Ko Nehe Ma – No Toua Wa*



(L-R) Tame Te Maro, Petuera Raroa, Tipene Ngata, Tame Fox.



Royce Ngatai.



Connie Riddell.



# Chairmans Mihi

Tera te haeata takiri ana mai ki runga o Hikurangi.  
E rere Waiapu ki te moana nui a Kiwa.  
Paoho tonu a Ngati Porou kit e ao.  
Tu Tonu Mai Koe  
Maunga Hikurangi

E nga whanau, e nga hapu, tena tatou. He mihi tenei kia koutou katoa mai i to tatou reo irirangi o Ngati Porou

We are through the first part of the year, a year of break through achievements for our whanau and hapu

The Foreshore and Seabed Deed and the Ngati Porou Treaty Claims are progressing to a point of settlement and we are pleased to announce that our children and mokopuna will not inherit historical invoices in their lifetime. The work is still ahead of us, and the next generation are called to atone.

They will be responsible for caretaking the rawa and resources that form part of the benefits from years of hui and wananga between our Runanga and ourselves.

Furthering education is now a must as we skill up our young to succeed those who have forged this long and difficult pathway forward. It is a shared moment for us all although some would prefer to write the future in a different context nevertheless whether we agree or not, we will collectively benefit.

In remembrance we celebrate the history of the 28 Maori Battalion – Nga Tama Toa “The Price of Citizenship”, the history book to be launched at Labour Weekend.

We also celebrate the 21st year of Radio Ngati Porou, a record of commitment that is depicted in the Radio ‘s history. This acknowledgement to the foundation team of RNP will be launched later this month. It is a poignant moment in our recent history and we welcome the recollection of a time bygone. We will celebrate the Kaumatua Day at Uepohatu Marae 1 September, the



21st anniversary of Te Runanga o Ngati Porou. It is an exciting time for us to remember and toast those who have gone before us, along with the present and the future.

He mihi whakamutunga, ma te runga rawa e manaaki e tautoko tatou katoa.

**Herewini Parata**  
**Taimana Te Reo Irirangi o Ngati Porou**

## Radio Ngati Porou 21 year history retold

### History Book Coming Soon!

Pre-sales available now at discount \$45

## Editorial

Welcome to the 24th issue of Nga Kohinga. A special kia ora to our supporters, the Radio Club Members scattered to the four winds. It is always pleasing to receive your inspirational comments for the activities happening around the rohe.

This issue promotes the Radio history and we especially selected photos of yesteryear to grace our cover. An impressive line up of some of our illustrious paepae present for the initial signing of the Radio in August 1988. We reflect on the technological capability of those days when we view the “turntables” that staff worked with. A long way from the digital equipment we work with today. We thank them who

set up the footprint for our future in broadcasting and multi media.

As we reflect on the history launches this month we send a special kia ora to our Dr Pat who received a distinguished fellowship from the University of Otago. He recommends ‘Growing Your Own’- “educating communities, building and nurturing the skills and abilities within their own watershed. Breathtaking in its simplicity” .....kaore he korero ke atu Paratene. Ko koe tena e whakahonore ai i tou Iwi.

Hei konei.

# Google Maori Launch

GOOGLE is the no.1 search engine on the Internet and now it is available to viewers all over the world in Te Reo Maori. Attended by over 250 people the launch of GOOGLE Maori was met with great applause and a sense that something special had just been achieved.

Potaua Biasini-Tule and his wife Nikolasa were credited for the launch of the Maori language version of the GOOGLE search engine; Potaua told of how the project came about. In 2002 he used the language tool on GOOGLE and noticed a lot of languages were available, but Maori was not" this spurred he and Nikolasa to look into the possibility of having a Maori language option, they were then surprised to hear that the project had already been started by another group whom they joined to finish the project. Interesting to note also was the fact that the GOOGLE Company was the first to approach the team, asking for Maori to add their language to the searching device.

Potaua declares that this tool is predominantly for the youth and dedicated all of the hard work of establishing the tool to them. Te Taka Keegan, a guest speaker at the event agreed with that statement adding "Ko tenei te ao o nga tamariki, computers and technology are so natural to them".

Students had a strong presence at the launch, Ngaroma Herewini of Rotorua Girls High School said "this tool will enable those who are fluent in Te Reo Maori to search using the language that is comfortable to them, and it will encourage those who are not so fluent to learn more". Her teacher Felicity Kaiwai also added "it keeps the language alive and it is a great tool for the former Kura Kaupapa students at our school".

A team of over 40 people have been working on the project since 2002 and the product was finally launched with a strong media presence at Rotorua's Wananga o Aotearoa campus. Potaua described the project as "a labour of love"



*L to R: Rikirae Hohepa, Ngaroma Herewini and Teacher Felicity Kaiwai all of Rotorua Girls High School.*

and added "to all Taurira (students) we dedicate this mahi (work) to you".

The gathering ranged from school children from TKKM o Rotoiti to dignitaries from the multi billion dollar company GOOGLE, and all welcomed the new tool with great enthusiasm.

## Mayoral Talkback

For just over four years now Mayor of Gisborne City and the East Coast Meng Foon has taken part in live talkback via Radio Ngati Porou and Turanga FM. Each month the Mayor either heads into the studio of Turanga FM or makes the hour and a half trek up the Coast to Ruatoria to do the shows live.

The show has proved to be successful with callers ringing in with questions of various natures, from flooding and drains to rates and sewerage.

The most common topic is the state of the roads and Meng always endeavors to find a solution for the callers, often taking down their addresses and making personal visits to their properties.

He welcomes residents within the East Coast region to call in with any queries that they have regarding Gisborne District Council Matters. Callers are welcome to phone (0800) 864958 when the mayor is at RNP or (0800) 368872 when he is at Turanga FM.

The show airs monthly via Radio Ngati Porou and Turanga FM and can be heard 10am – 12pm on the second Monday of each month.

Next Scheduled Mayoral talkback times and dates;

**September 15th (Turanga FM), October 13th (Radio Ngati Porou), November 10th (Turanga FM)  
December 15th (Radio Ngati Porou)**





# Te Hokowhitu Atū – Winners Tamararo 2008

Te Ropu Kapa Haka o Te Hokowhitu Atū reigned supreme at this year's event, taking out the top honor at the Tamararo senior Kapa Haka competition. Their performance was a display of a truly "Nati" style which also earned them a place in the Te Matatini National Kapa Haka competition.

The 2006 Tamararo competition was not so good for Te Hokowhitu Atū, they failed to qualify that year but with their lifted performance this year you were able to see that they weren't going to miss out again.

The Gisborne events centre was filled to the brim with people at this year's event. It was sold out and people came from miles around to support their favorite Kapa.

The performances were spectacular with National champions Whangara mai Tawhiti(2nd) showing just why they are the best in the country, Waihirere(3rd) with their sweet high harmonies and Tu Te Manawa Maurea(4th) with a display of modern movement and waiata.



*Te Hokowhitu Toa and Te Hokowhitu Atū combine to pay tribute to the late Missy Teka and Puhi Milner.*

Due to the high number of competing groups, 14 in total; this year the Tairāwhiti region will send 4 qualifying teams to the nationals which will be held in Tauranga 19-22 Feb 2009.

4



## www.npec.co.nz – Goes Live!

RNPs' multi media unit moved into a new era with the launch of the Ngati Porou East Coast ECRFU website last month. The site is the first to be produced out of the multi media unit and brings to fruition 2 years of training on web development and creation.

The site is very functional and is accessible to anyone, anywhere in the world via the internet.

It was an exciting project to work on and with many hours of work between the ECRFU and RNP and now Ngati Porou people are able to access draws, results, and

information about the union from the comfort of their own homes.

The Heartland championship season is nearly upon us and you now can access a range of information from the site.

The team at ECRFU and here at RNP invite you to visit the site at [www.npec.co.nz](http://www.npec.co.nz). Here you will find up to date and current information about "our team".

The RNP multi media unit invites you to enquire about our affordable website creation rates.

Te Wiwi Nati Cluster website is ready to launch soon!





# Don't Be Left Behind – Positive Change In The Charities Sector

Those of you who are involved in the charitable sector will be very familiar with the changes made by the Charities Act 2005 ("the Act"). But have you done anything about them?

Despite being passed by Parliament a while ago now, the biggest impact to the sector arising from the Act has just come into effect! Since 1 July 2008 all charities wishing to obtain or maintain their charitable-purpose tax exemption have to be registered with the Charities Commission. If they are not, they will be at risk of tax liability. Needless to say, it is an important deadline for charities. Has it passed you by?

## Don't Lose Your Tax Exemption

Unfortunately many charities have delayed applying for registration, no doubt feeling that they had plenty of time. As a result the Commission was inundated by last minute applications. An unfortunate consequence is that the Commission has fallen behind in the processing of applications and had indicated that they would be unable to process them all before 1 July. So what does this mean for your tax status if your application was not processed pre-1 July?

The Commission will have the ability to backdate correctly-completed applications to the date they received them. This means that your charity's tax exemption, if accepted, will be backdated. But do not further delay! If any issues arise with your application you need to be able to correct them and resubmit before the deadline expires so that you get the benefit of the maximum period for backdating.

## Donee Status – Tax Rebate As A Marketing Tool

Registration with the Charities Commission does not affect an organisation's donee status.

Donee status is received from the Inland Revenue Department (IRD). It allows individuals to claim a significant rebate on cash donations made to organisations with donee status. This is an obvious marketing angle for charities with donee status. Who would not want to give to an organisation that can offer a 33.3% tax rebate on the amount donated? OK, so it's not that easy, but it is an advantage.

As such you should be aware of changes in this area also. These come not via the Charities Act but recent tax legislation. These changes took effect from 1 April 2008.

Under the changes the threshold for which individuals can claim a tax rebate has been removed. Previously, individuals could claim rebates of 1/3 of the amount of gifts over \$5, up to a maximum of \$1,890 annually. Now donors will be able to claim the 1/3 tax rebate for cash donations over \$5, up to their annual net income.

A more significant and advantageous change for charities has been to donations made by Companies. Previously, closely-held companies could not claim an income tax deduction on gifts, while listed companies were privy to a measly 5% limit on deductions for cash donations. Under the changes, all companies can claim a deduction for all donations made. They are now limited only by the amount of their net income. These changes provide companies with a huge incentive to incorporate donations into their corporate responsibility initiatives. Time, therefore, to start targeting those companies with some active marketing!

## Charities Commission and Donee Status

Organisations that currently have donee status will continue to have donee status whether they register with the Charities Commission or not. All new charities registering with the Charities Commission who indicate on their registration that they will obtain funding by way of donations will have their details forwarded directly to the IRD by the Commission. The IRD will decide your donee status based on this information and will advise you of your status in writing. Non-charities will need to contact the IRD directly to obtain donee status.

## A Positive Time For The Charities Sector

After many years of relative stability the Charities Sector is now coping with multiple changes in charities and tax law. Having said this, it is a very positive time for Charities! There are significant opportunities for your organisation that arise from some of

these changes. Do not be left behind in this increasingly competitive sector. The Charities Commission website is a hugely valuable source for self-education ([www.charities.govt.nz](http://www.charities.govt.nz)). Have a good look at the information they provide, as failure to be on top of the changes could prove detrimental to your organisation. If uncertain about any aspect of the changes use your professional advisors. They should be on top of the changes and should be able advise you on using them to your organisation's benefit.

## 4 HOT TIPS

1. If you haven't already, register your charity with the Charities Commission today. Further delays could see you lose the benefits of your charitable-purposes tax exemption.
2. Ensure your organisation has Donee Status so that individuals and companies making gifts can claim a tax rebate.
3. Once you have it, use your Donee Status proactively as a marketing tool.
4. Start targeting companies who previously could not claim a tax rebate on gifts. They may not yet be aware of the tax changes.



**James Johnston is Chairman of Partners at Rainey Collins, Lawyers.**

James invites comments and feedback on [jjohnston@raineycollins.co.nz](mailto:jjohnston@raineycollins.co.nz) or PO Box 689, Wellington, by telephone on 0800 RCW LAW or visit the Rainey Collins website [www.raineycollins.co.nz](http://www.raineycollins.co.nz).



# ...Haruru te rongonui... Book Launch Celebration

Maori Battalion vets  
gather in Gisborne

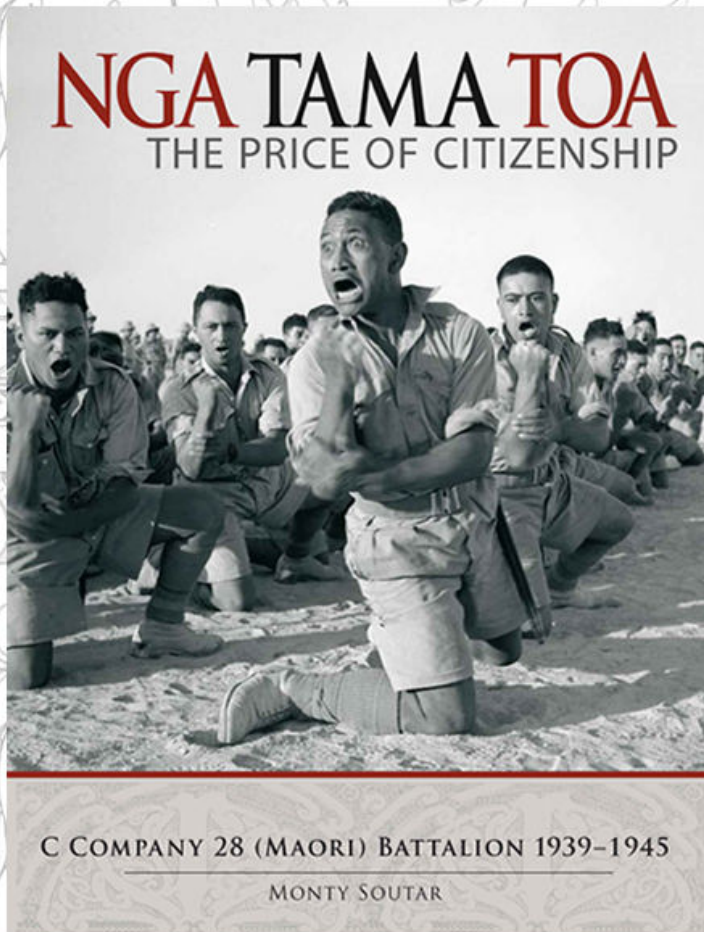
1,000 school children  
march thru city

WW2 Kapa Haka  
Revival

High Class  
Entertainment

Descendants travel  
from far & wide

Exciting history  
of the Maori War Effort



"E kore ratau e warewaretia..."  
"...we will remember them"

Gisborne **Sat 25th Oct Labour Weekend** 2008 Turanga

9.45am Civic/Military Parade (Railway Stn)

11.00am Powhiri @Te Poho-o-Rawiri

12.00pm Book Launch Ceremony

1.00pm Lunch (Deborah Wai-Kapohe sings)

2.00pm Special Presentation

3.30pm Tairawhiti Kapa Haka

8.00pm Night Extravaganza 1940's Stylz



NGA TAONGA A NGA TAMA TOA TRUST

Event Organiser - [barry.soutar@piata.co.nz](mailto:barry.soutar@piata.co.nz)

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“...E kore ratau e warewaretia”

“We will remember them...”

The book *Nga Tamatoa – The Price of Citizenship* represents the culmination of 14 years of research and collection by a large team of descendants, veterans and families of C Company led by Dr Monty Soutar. It contains 250,000 words and 1,100 photographs, including almost everyone of the 945 men who served in C Company, 28 (Maori) Battalion. It makes a significant contribution to the growing literature about New Zealand in the Second World War. It offers a unique insight into the

impact of that war on iwi of the Tairāwhiti district (Ngāi Tai-ki-Torere, Whanau-a-Apanui, Ngāti Porou, Te Aitanga-a-Hauiti, Te Aitanga-a-Mahaki, Rongowhakaata & Ngāi Tamanuhiri) focusing on the region’s war effort overseas, at home and in government. This region from Torere (Bay of Plenty) to Muriwai (South of Gisborne) made up C Company.

Through personal recollections, eyewitness accounts and anecdotes, interwoven with official military reports, and highly illustrated with many images previously unpublished, the book tells the story of C Company and the Battalion’s war on many different levels. It also captures the special ‘spirit’ of the Maori Battalion, which became renowned not only for its dash and flair for the unorthodox, but also for its contribution in manpower to the war effort — of the 3,600 men who served in the Maori Battalion, more than a quarter came from the Tairāwhiti. The feisty, independent and at times rebellious character of the men in this company is apparent.

It’s an amazing story — at times heart rending, at times heart warming — which allows the voices of those who were there to be heard on almost every page. It is unique because of the breadth and scale of the research undertaken and the long-term commitment by the communities represented to the project.

### The Book Launch

This is a unique opportunity for the both the descendants and citizens of the Tairāwhiti region to come together to celebrate. The book itself is of national significance and will be the last comprehensive publication of it’s kind. Not only is it the history of an elite WW2 military unit, but it is a story of dynamic Maori leadership and in fact the history of the eastern tribes. The Launch represents a final opportunity for this region to bring together every Maori Battalion veteran nationally. While everyone of the remaining 50 will be assisted to attend, there are now only 16 C



Company men remaining and that number continues to diminish. This may in fact be their final salute.

### **Launch Day starts...with a ceremony at the Gisborne Railway Station**

A minor incident occurred on the return of C Company at the end of the war. The unit was under military orders to remain intact on the railway journey from Wellington to Gisborne, until after the formal welcome at the marae Te Poho-o-Rawiri Marae. However, 8 men from Muriwai under request from their pakeke elected to jump from the train as it passed through their home village before Gisborne. The WA165 Steam Train will make the run out to Muriwai early on the day of the launch, where it will collect the children of the area. A former president of the 28 Maori Battalion Association is Noel Raihania. He was one of the 8 men who leapt from the train 62 years ago.

**9.15am** - The train will depart Muriwai with Noel, many children and up to 127 people in total from the surrounding district.

**9:45am** - On arrival at the Railway Station, a welcome will be given by the Mayor of Gisborne and the president of the RSA to the arrivals and those already aligned for the Civic Parade. This will be a re-enactment of the actual return of C Company in 1946.



(photo kindly supplied by the Tairawhiti Museum)

### **Civic/Military Parade commences**

**10:00am** - The parade heads off and will be a friendly mix of children and parents. We are planning for at least 1,000 school children from the region to carry a photograph of their 'tipuna' who served. The Tairawhiti Museum has copies of 876 photographs. 69 men do not have photos. A laminated



postcard sized shot will be provided by the Museum. We intend arranging the parade in 'hapu' order, beginning with the sub-tribes from Ngai-Tai around the East Cape culminating with the Ngai Tamanuhiri of Muriwai. Up to 10 Kapa Haka teams from each hapu will also be included in the entertainment later in the day, so that we expect almost 500 adults to accompany the children.

Targetting children aged 10-19yrs - 760 Maori children live in Whanau-a-Apanui & Ngati Porou. 2,500 Maori children in Gisborne City & nearby. 4,860 non-Maori children in Gisborne City & nearby.

We also hope to include a strong military representation and have invited the Defence Forces nationally as well as the local Territorial Force to attend, participate and contribute.

### **Powhiri & Book Launch Ceremony - Te Poho-o-Rawiri Marae**

**11:00am** - The powhiri will begin and run for no more than one hour. Guests will include VIPs, Battalion veterans from the other companies, Whanau-a-Apanui & Ngai Tai.

**12:00pm** - The Book Launch Ceremony will commence with a speaking list limited to 4 people totaling 30 minutes duration. These should include an opening speech by Sir Henare Ngata (an original enlistment), followed by Tini Glover (as Chairman of the Nga Taonga A Nga Tamatoa Trust), and then the author Dr Monty Soutar. In conclusion, the Prime Minister has been invited to speak and officially "launch" the book. All the 40 surviving Maori Battalion veterans who can attend will then be presented a copy each of the book by the Prime Minister, attended by the President of the Maori Battalion Association. All will then be seated together with the Prime Minister to sign an exclusive number of books for special collections and distribution. Because of their age a limited public signing by these men may be also be extended to those who subsequently purchase copies after the Launch. At the moment the surviving veterans comprise: 7 from A Company; 17 from B Company; & 17 from D Company.

### **Lunch & Entertainment - Te Poho-o-Rawiri Marae**

**1:00pm**, entertainment for an hour will be provided by Deborah Wai-Kapohe. Most surviving veterans of WW2 are usually from the Italian campaign, hence an internationally celebrated classical & popular star of her quality with an Italian repertoire will appeal.

### **Ngā Taonga A Ngā Tamatoa Trust Show - Te Poho-o-Rawiri Marae**

**2:00pm** - The Trust has for a number years delivered a popular, educative and entertaining multi-media presentation. It incorporates photos, video footage, live readings of letters, music and live



performance by veterans, family and members of the Trust's research team. It is powerful emotional journey for the audience.

### **Kapa Haka – Hapu Groups from the region**

**3:30pm** - A one hr programme starts, split by popular composition per hapu team. Teams likely to include: Whanau-a-Apanui; Tuwhakairiora; Waiapu; Hikurangi; Hokowhitu-a-Tu; Hauiti, Whangara-mai-Tawhiti; Mangatu; Waihirere; Tu te Manawa Maurea & Porou-Ariki.

### **1940's Night Extravaganza - Te Poho-o-Rawiri Marae**

**8:00pm** - A ticket only function is to be held at the marae. It may incorporate: a candle-lit dinner; live big band music of the era; Maori 'Andrews Sisters' style singers of the 1940's including Maori & Italian numbers; professional dance displays (jitterbug, boogie-woogie & jive); & a 1940s fashion show. Black Katz will re-form especially for the day. Dancers will include the nationally known stars from the TV series Dancing with The Stars, Miriama Smith & Jonny Williams.

### **Theatre - "Strange Resting Places"**

When Paolo Rotondo and Rob Mokaraka's play Strange Resting Places first performed during the Auckland Festival in 2007, it caused a sensation - immediately hailed by audiences as the most exciting New Zealand work to emerge in decades. Following its success at AK07, the play is touring the country. The play is a 3-man setting and suits the more intimate venues such as marae. It is an emotional and humorous story of a Maori soldier and an Italian Partisan during WW2.

Shows are planned for 7:30pm Wed 22nd Oct Tukaki Marae, Te Kaha; 7:30pm Thurs 23rd Oct Uepohatu Hall, Ruatoria; & 7:30pm Fri 24th Oct Te Poho-o-Rawiri Marae.





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# Home on the range

Last week I made a road trip through Ikaroa-Rawhiti that's the rohe that starts at Potaka runs down the eastern sea-board to Cook Strait – te Moana O Raukawa – at Featherston in Wairarapa it hops over Rimutaka to take in Upper Hutt, Stokes Valley, Nae Nae and Wainuiomata.

That's the electorate that I'm standing for for the Maori Party at the elections later this year. I'm running against my whanaunga Parekura Horomia the Minister of Maori Affairs who's held the seat for Labour for the last nine years.

We started in Gisborne on Sunday morning - our ope heading north up the coast - other members of the Maori Party supported me as they were able to in the course of the week. Travelling with me on day one were the party co-leaders Tariana Turia and Pita Sharples along with Angeline Greensill our candidate for Waikato-Hauraki and a few other supporters. While most people identify Angeline by referring to her late mother Eva Rickard, on the coast I made a point of telling people her dad is Bunty Rickard from Rangitukia.

On the truck with me as we head north are Tariana and my soon to be 21-year-old daughter Roimata. I found myself pointing out places and giving potted histories to Tari as we drove along.

Our first stop was at Tokomaru Bay where we teamed up with Graham Smith my campaign manager. He's from Ngai Tahu but his Ngati Porou qualifications are reinforced by his marriage to Makere Aspinall from Toko. We spend time at Pakirikiri where I point out the very musical luminaries in the urupa before going further along the road for a short pohiri from people associated with Te Hokowhitu A Tu. One of them our rua tekau ma waru morehu Noel Raihania, is recuperating slowly after a horrific motor accident.

12

Our next stop was Ruatorea at Uepohatu whare where the Ruatorea branch of the Maori Party was hosting local and Gisborne based 'line dancers'.

Once at Ruatorea I couldn't help but reflect on my childhood and growing up on the coast. We had a dairy farm – like many other coasties – and I milked cows there from the age of six 'til I went away to boarding school ten years later.

Ruatorea was a thriving place then, maybe not as thriving as when my father was a young man, but much more so than it is today. The roads weren't sealed then, but at least they were open and useable. On the day we were there it wasn't possible to visit my now 85-year-old father because he lives on the other side of a drop out which had blocked the road north from Ruatorea for more than a week.

The Ruatorea township is a shadow of its former self, the gaps along the main street reminding me of someone's jaw where most of the teeth have fallen out through neglect or lack of dental services. Gone are the butcher, the bookshop, the post office, the draper, the accountant's office, the billiards saloon and hairdresser, one of the two garages, the four trucking companies, along with the stock and station agents and their shops



that serviced the farmers and the dairy company that in its heyday had four hundred suppliers.

At Uepohatu, again happy memories come flooding back. This is where as a youngster I watched and admired the activities of the Hikurangi choir who swept all before them in the kapa haka competitions of the day. In the end they stopped competing and simply gave exhibition performances.

The line dancers strutted their stuff just after we arrived and many of those on the floor gave away their Jose whakapapa as they cut a dash in their cowboy hats, boots and other regalia. Pita and Angeline seem to have fitted in pretty easily; Tari and I were a bit more restrained. I've always been pretty bumble footed where dancing is concerned even though I'd learnt to dance in that hall, my tutor and dancing partner was my mother. Back then Uepohatu was where all the dances were held, dancing wasn't the big draw card for me but rather the fantastic suppers provided towards the end of the evening where 'the plate' brought by my mother and the other ladies covered the tables in the supper room in the pavilion next door. They groaned under the weight of the savouries, egg sandwiches to die for, and best of all the cream sponges – all home made.



Our final stop for the day was to be a brief call at a tangi at Mangahanea marae to pay our respects to the tupapaku and te whanau pani – or that’s what we thought. But the speakers on the paepae weren’t content with that. It wasn’t a surprise to me, but it was to those not from Ngati Porou when the speakers welcoming us deviated from the normal perfunctory whakatau and began talking politics. They knew we were Maori Party and they wanted to recognise and record that fact.

So as in each of the venues we went to that day and on the days that followed as we continued our hikoi through Ikaroa-Rawhiti we talked about what we stood for.

We told how nationwide nearly fifty thousand of our people have had their names wiped off the electoral roll, nearly four thousand of them in our rohe alone. We encourage and cajole people to ensure that they are on the roll and to make sure their whanau are too; then to make sure they actually vote on Election Day because last time 10-thousand people who were on the Ikaroa-Rawhiti role didn’t vote.

We tell them that this year for the first time in the history of voting in this country Maori – through the Maori Party – will get to decide who gets to form the next government; by voting for the Maori candidates in each of the seven electorates and helping the Maori Party win all of those seats.

We remind them of how well the four current Maori MPs have behaved in Parliament and given voice to our views. We tell them that only Maori Party MPs are completely free to advocate on our behalf, and won’t be out voted by the non-Maori who dominate the other parties.

The deterioration of Ruatorea and the other small and isolated places in this country, the roads and economic life, have all happened while either Labour or National have been in charge. These small communities and provincial towns should have the same choices available as those in the bigger cities. Investment in people and their health and education is an investment in this country.

A report out recently on child poverty says there are over 200-thousand children living in poverty in this country – thousands of them will be in the boundaries of Ikaroa-Rawhiti; again this has happened while Labour and National have been in charge.

A Maori Party with leverage in the Parliament won’t allow that to continue. We above all else will advocate and speak on behalf of the young, the poor and Maori. We believe in whanau ora and all that that involves, we believe if being fair, we believe in social and legal justice and for all, and the opportunity for everyone in our society to reach their fullest potential.

He aha te mea nui o te ao, he tangata, he tangata, he tangata.

## Yasus Afari – A Man of the Times

Jamaican artiste (Dub Poet) and author YASUS AFARI, has just completed the second leg of his world tour to promote his ground breaking book, the Jamaican best seller “Overstanding RASTAFARI – Jamaica’s Gift to the World” and his 5th album “Revolution Chapter 1”. This leg of his very successful world tour included promotional engagements in England, Japan, New Zealand and Australia

On a journey of discovery he found his way to Ruatoria and stopped in to promote his album and meet the people of the East Coast. A highlight was meeting the local Rastafarians at Hiruharama to share stories and beliefs in the Rastafarian faith of which Yasus is deeply involved.

In the UK, YASUS was dubbed Jamaica’s national treasure during his wide-ranging and well received appearances which included; The Drum and the International Convention Centre in Birmingham. He conducted workshops for Peace Week with several Wolverhampton schools and a poem, “Wolverhampton, Out of Many, One City” was produced out of these workshops and presented to the Mayor of the city by YASUS and the students. In addition to this YASUS also performed for the Ethiopian World Federation annual African Liberation Day event on May 25 in London. He also appeared at the University of London as well as headlining a series



*L to R: Production Team George Kaiwai, Yasus Afari and Kahu Waitoa.*

of seminars and conferences along with Prof. Hilary Beckles, Dr. Clive Harris and Garnet Parris among others.

Yasus on his return to Jamaica linked up Radio Ngati Porou to Radio IRIE FM and discussions has passed between RNP Manager and Andrea Williams, their Programme Manager who has given a list of the best reggae music from their playlist. RNP look forward to bringing new sounds to the local airwaves.



# Otago University medical students visit the East Coast

Na Linda Hovell, Ngati Porou Hauora Kaiawhina

An initiative instigated in large part by Dr. Pat Ngata and his work to incorporate Maori cultural competency into medical school training at the University of Otago. The scheme has provided the students with exposure to rural health issues and is important in developing the students Maori cultural competencies. Some students have even returned to do short training stints with Ngati Porou Hauora.

On Saturday the 14th of June, 80 students were hosted by the Ngati Porou Hauora Kaiawhina at Te Aowera Marae, Rahui Marae, Waiparapara Marae, Te Rawheoro Marae and Te Kiekie Marae. NPH's Matakaoa Kaiawhina Erina Torrey and I had the privilege of looking after 20 students staying at Hinemaurea Marae in Wharekahika. Ten of our students had special dietary needs, so our cooks had the challenge of cooking up gluten free meals along with the vegan, vegetarians, and no pork and beef for the different religious denominations. Lucky for us we had a secret weapon in the kitchen, in the form of ex Shortie Street star Peter Kaa, aka Scotty's Dad, aka culinary chef.

Our weeks of planning and organisation paid off, as we had an awesome week jam packed with activity and whakawhanaungatanga. Some of their experiences included

shearing sheep at Pakira Station, a carving workshop with Toa O Rama, the annual basketball match against Matakaoa Youth (which the medical students lost!) and I'm sure a new record was set with one student proceeding to skip up 700 steps to the East Cape Lighthouse in stiletto boots!

They departed weighed down with taonga and keepsakes. But in their own words, the most important thing they took is the sense of being adopted, welcomed and cared for by a wonderful community. They made a huge impact on our rangatahi, who were questioning how old they had to be to go to University. You should have seen the smiles on the Mama's faces!!

Unfortunately, that was the last group of students to visit as the University of Otago looks at other ways of incorporating Maori culture into their medical training. NPH's strong relationship and Memorandum of Understanding with the University will ensure that new ways of bringing the "young docs" back to the Coast will continue into the future. Lets hope that in a few years time, we have made lasting impressions that will entice some of them back to work as doctors on the East Coast.

**A BIG HUGE** thank you to the Wharekahika whanau and all you wonderful individuals who helped us out.



Medical students at Hinemaurea Marae with NPH Kaiawhina Linda Hovell and Erina Torrey.



# Dr Pat receives distinguished fellowship from Royal NZ College of General Practitioners at Pakirikiri Marae



*Essie Keelan (NPH Board member), Dr Tony Dowell (Head of Department of Primary Healthcare and General Practise at University of Otago) and Dr Peter Crampton (Head of Department of Public Health at University of Otago, Wellington) present Dr Pat with taonga recognizing his huge contribution to Maori health.*



*Dr Pat with Dr Jonathan Fox, President of the Royal NZ College of GP's.*



*Dr Pat addresses the audience.*



*Ngati Porou proud of Dr Pat's award.*



# Citation for Paratene Ngata

When Paratene Ngata stands to korero, eyes sparkle, faces smile, and laughter quickly follows. His great grand uncle was Sir Apirana Ngata, one of the three great Maori leaders of the first half of the last century. Apirana Ngata was the first Maori to complete a degree at a New Zealand university - a BA in Political Science at Canterbury College in 1893.

In 1965 Pat Ngata followed in the footsteps of his great grand uncle, and went south, to study medicine at Otago. It was recorded in the 2004 citation for the award of an Honorary Doctorate in Laws for Paratene Ngata that it was fair to say that he did not find Otago easy. Dunedin was cold. Dunedin was a long way from his people. And written three-hour medical examinations were not such a strong point.

Pat Ngata won through, graduating in 1970. Who would have imagined, back then, they noted, that he was destined to become such an influential figure?

His medical journey flowed through hospitals until 1974, when he completed a Diploma in Obstetrics in National Women's Hospital. Ten years followed as a GP, first in Opunake and then in Whakatane..

A growing interest in public health issues affecting Maori took him to Wellington, where he completed a Diploma in Community Health in 1983 and worked in the Department of Health as a Medical Officer.

In 1984 he played a leading role, together with his friends Eru Pomare and Mason Durie, in the Hui Whakaoranga. The former Director General of Health described this as the most important Maori health initiative since the days of Apirana Ngata and Peter Buck.

He continued to work in community health, at regional level with the Midland Regional Health Authority, and helped to found Ngati Porou Hauora, and Te Ora, the Maori General Practitioners Group. Otago University noted he ensured Te Ora maintains a Maori heart to balance its professional and academic interests. Te Ora acknowledged his contribution to Maori Health Development with their Marire Goodall Award (1997); Ngati Porou Hauora gave him an Achievement Award (2000) and in the same year the Public Health Association made him their Champion for Services to Maori, Community and Public Health - one of only two Maori then to be so honoured.

His contribution to medical education in New Zealand began in the 1980s, when he was asked to inject a Maori component into the training of doctors, something that was then sadly lacking. Since then, he has been a good friend to Otago's Wellington Clinical School. Every year Wellington medical students visit him on the East Coast.

Now, from the heart of Ngati Porou is slowly emerging a plan to help solve staffing problems - Pat calls it Growing Your Own. It's about educating communities, building and nurturing the skills and abilities within their own watershed. It's quite breathtaking in its simplicity, having evolved from constant contact with doctors in training. He encourages young Maori people into the health professions, and Ngati Porou Hauora provides scholarships to help support them.

He told the College in 2006:

"Each year we've had students emerging. We say to them,

of course you can do it, but this is what you've got to do. You've got to strengthen your sciences, your maths.

"And we've got to promote science in schools around here. That's Growing your Own, and to grow your own you've also got to grow science and strengthen the science curriculum.

Some people question why Ngati Porou Hauora is getting involved in that side, but "that is part of the long-term strategy, to build a relationship with our school and our community, to encourage them to do sciences. Unless you do science, you can't do medicine."

Awarded Fellowship of the Royal New Zealand College of General Practitioners in 2004, he recognised the importance of delivering quality care to his people. He recruited, cajoled and drove his East Coast doctors through to Membership of the College, setting them on the educational pathway to Fellowship.

Paratene Ngata is still a GP in Tolaga Bay, 13 years on, when he returned home, to help give life to Ngati Porou Hauora. His feet remain firmly on the ground, with his family and with his people. Standing on that solid ground, the University of Otago noted, he has become an "inspirational figure, the leading figure in the field of Maori Health".

His inspirational leadership at so many levels, to children, to wide-eyed medical students, and to medical colleagues, supported the establishment and subsequent growth of the College's Faculty Te Akoranga a Maui, and his vision has opened eyes to possibilities for the Faculty in the future.

When delivering the Oration at the College's Fellowship Ceremony in Rotorua in 2002, he provided a seminal history of the growth in New Zealand of the Maori medical practitioner; even recording the first two Maori GPs to work together - Tony Ruakere and Paratene Ngata, Opunake 1973.

He went on to rejoice that in 2002 there were over 60 Maori medical practitioners - "and more to come - Magnificent."

"One of the most endearing features of these doctors is that despite the challenges of doing medicine - and medical practice - they have maintained being Maori; most are conversant with te reo and tikanga and maintain their whanau, marae and iwi affiliations."

The fact Paratene has been the leading force for the Te Ngakau role within Te Ohu Rata o Aotearoa is no coincidence, in fact in some ways it sums up Paratene.

He is always ready to provide support to others, especially those who find themselves in a struggle.

Paratene is always ready to provide mentoring to those who are in need of a mentor.

Paratene is always ready to provide leadership; yet he will often try to stay in the background and avoid the limelight; a trade mark of this humble leader.

He rangatira toa, he rangatira humarie, he rangatira Maori.

**Paratene Ngata, Distinguished Fellow, Royal New Zealand College of General Practitioners.**

# Jennifer's Story

This is Jennifer's story - her hope is that by telling her story she will be able to help other people who are affected by problem gambling to take that first very important step toward recovery as she did.

*"I am Jen and this is my story of how my gambling got out of control.*

*It started out a normal day at Polytech, I was waiting for my partner to finish and I took a trip to a gambling venue. I put \$20 into the machine and within five minutes I won \$895.00 jackpot. I picked up my partner, he didn't believe me until I showed him my bag of money. The first thing I said to him was "Want to play?" He said "yeah okay why not!" The second place we went to, you will not believe it \$20 went in and within five minutes we had won a second jackpot of \$780.00. So now I had well over \$1500 in my pocket. That for me was a hook, it looked like easy money.*

*After a while, my partner tried to stop what was happening. But it didn't work - it took me 3 years, a loss of \$20,000 and then some to realise what I had become - a gambler with a gambling addiction.*

*But it was the next step that was even harder, I walked out of another venue one day with no benefit, no food money, and no gas to get home.*

*I have to say this way is not for everyone but it worked for me, I went to the beach one night and screamed at God about the injustice of it all*

*And I cried and cried my heart out, I did not want to be what I was. I gave my self to God that night*

*The next day I went to a gambling support meeting and something happened - I don't know what it was but I left there a different person.*

*It has been almost two years and I haven't been near a pokie machine since that day. I can now walk past and not worry as I have no inclination to play the machines. I was a gambler and I'm not proud of that but that was me then. I gave up one vice and now I have a passion for poetry which I love. I love life - gambling will always be a part of me but I'm now the one in control!"*



Ngati Porou Hauora Gambling Services offer a free confidential one-on-one gambling service for anyone within Tairāwhiti. Feel free to call in for a 'cuppa' in the Army Hall opposite the Gisborne District Council, Fitzherbert Street Gisborne.

Services offered include facilitation, counseling, brief & full interventions, follow up, road shows and presentations.

**For further information contact:**  
**Sandra on 06 8632890 Ext 4**  
**[Sandra.coleman@nph.org.nz](mailto:Sandra.coleman@nph.org.nz)**

**Aroha on 06 8632890 Ext 5**  
**[Aroha.heke@nph.org.nz](mailto:Aroha.heke@nph.org.nz)**



17

## Ngati Porou Hauora Board appoints CEO

The Board of Ngati Porou Hauora would like to advise the appointment of Ben Tahata as the Chief Executive from 1st August 08 for the next two years. The Board acknowledges all the work he has done as a sub committee member, elected board member for Gisborne, Chairperson, Executive Chair and Acting Chief Executive. Ben was the CEO of Port of Gisborne Ltd from 1986 – 2002 and sits on a number of local and national boards including Tairāwhiti District Health, CCS, numerous Maori Incorporations and Trusts and is the President of the 28 Maori Battalion Gisborne Branch. Ben's acceptance of the role means Ngati Porou Hauora can move forward,

confident in the knowledge his experience and skill will ensure the organization's ongoing stability. Nga mihi nui ki a koe Ben!

Georgina Paerata has been appointed as the Clinical Advisor to the Board. She also brings a wealth of knowledge as a nurse and later as Manager of both Primary Health and Hospital Services.

Marie Davis who has been the board secretary for 8 years is taking 6 month's leave of absence from 4th August 08 and Mateawa Keelan will replace her for that period of time.



# Ngati and Healthy: Training the Trainers

Ngati Porou Hauora currently runs whanau-friendly exercise classes in Te Araroa, Ruatorea and Gisborne. The aim is to have community members delivering these classes for their own communities, with the support Kaiawhina. Keen exercise bunnies from Te Araroa and Ruatorea attended our first 'Train the Trainers' workshop in Te Araroa on the 28th and 29th of May. The workshop was delivered by Ngati Porou Hauora Kaiawhina Linda Hovell and Simone Poi and included anatomy and safety on day one and aerobic instruction and structuring a class on the

second day. Overall the participants were thrilled with their training. They enjoyed learning something new that would benefit them, their whanau and their community. Look out for them leading the Ngati Porou Hauora exercise classes in the near future!

For more information about the exercise classes or the Train the Trainers programme, please contact the Ngati Porou Hauora Kaiawhina in Ruatorea and Matakaoa Clinics.



*Train the Trainers.*

## Ngati Porou Hauora Board vacancies

Are you passionate about your community's health and can contribute to the strategic improvement of health for Ngati Porou? During September, applications are being called for representatives for the following communities:

- Tokomaru Bay (Term 2008 – 2012)
- Ruatoria (Term 2008 – 2012)
- Staff Representative (Term 2008 – 2010)

Board members must be:

- 18 years of age and over;

- On the Ngati Porou Hauora PHO register;
- Have resided permanently in the community 12 months immediately preceding election;
- Be of Ngati Porou descent.

Advertising will begin 1st September 2008 on Radio Ngati Porou, Uawa FM, in the local community and the Gisborne Herald. If you fit the criteria above and are interested in improving your community's health, applications will be available from Ngati Porou Hauora until close off date of 30th September 2008.

# Ngati Porou East Coast AA Rewards Championship

The 2008 rugby season is now in full swing and in the first round of the competition we play against:

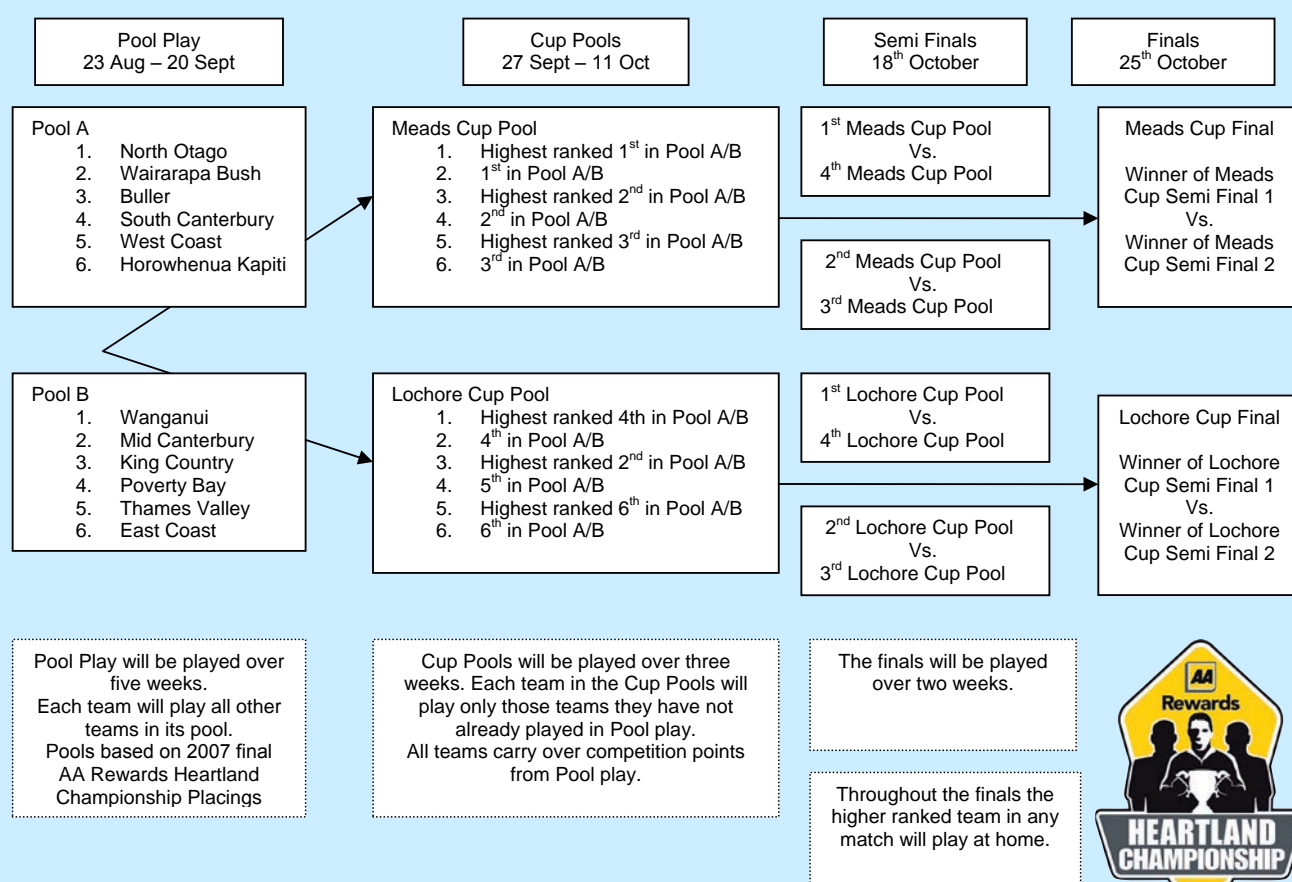
- Wanganui on 23 August at Cooks Gardens, Wanganui
- King Country on 30 August at Owen Delaney Park, Taupo
- Thames Valley on 6 September at Whakarua Park, Ruatoria
- Mid-Canterbury on 13 September at Ashburton Showground, Ashburton

- Poverty Bay on 20 September at Whakarua Park, Ruatoria

The results of Round One will determine the Round Two competitions for the Meads and Lochore cups.

In the first round we are in Pool B of the competition. The way the competition works is described in the following chart.

## AA Rewards Heartland Championship 2008 – Competition Structure



## Pre-season games

We've had a camp-out for our squad and management at Te Rere Marae, Opotiki, from 25<sup>th</sup> – 26<sup>th</sup> July. Since then we have had two pre-season games, one at Opotiki against Eastern Bay of Plenty in which we came a close second and the other at home at Whakarua Park against

Tairawhiti Titans for a comfortable win. These pre-season matches were ideal for trialing players for their positions. The proof however will soon be evident as we start playing in the AA Rewards Heartland Competition on Saturday 23<sup>rd</sup> August against Wanganui at Wanganui.



# Ngati Porou East Coast Players Squad and Management

We acknowledge all players who were privileged to trial for the team following the end of the 2008 club season. From those numbers our Coach has selected the following as our

Ngati Porou East Coast Players Squad for 2008: We have high expectations of our team and trust that they will do well for themselves and our Ngati Porou supporters.

NAME	POSITION	CLUB
Barnett, Paul	Prop	PBRFU
Greenfield, Darrell	Prop	EBOP
Hauti, Norm	Prop	Uawa
Lewis, Stacey	Prop	Hikurangi
McLean, Patrick	Hooker	Hikurangi
Nishiyama, Junya	Hooker	PBRFU
Mayes, Sam	Lock	EBOP
Schofield, Richard	Lock	Uawa
Waitoa, William	Lock	Tokarangi
Wirepa Jnr, Morgan	Loose Forward	Tokarangi
Wyllie, Robin	Loose Forward	Tokarangi
Bokser, Michael	Loose Forward	Ruatoria CITY
Delamere, Tyrone	Loose Forward	Hicks Bay
Milner,Percy	Utility	Tokarangi
Sadlier, Leroy	Utility	Tokarangi
Harrison, Doone	Utility	Hikurangi
Townsend, Daniel	Utility	Uawa
Harrison, Charles	Halfback	Hikurangi
Sadlier, Renata	Five Eighth	Tokarangi
Maaka, Lance	Centre	Waiapu
Meihana, Richard	Centre	Uawa
Waitoa, Ricky	Wing	Tokarangi
Murtagh, Sean	Wing	Hicks Bay
Phillips, Chris	Fullback	Hikurangi

## Management personnel of our Team include:

- Denzil Moeke (Coach)
- Dallas Bond (Manager)
- Jim Aupouri (Assistant Manager)
- Rhonda Hale (Trainer)
- Anne Hewitson (Physio Therapist)
- Junior Wihongi (Strapper)

As highlighted in the last Nga Kohinga issue, Denzil Moeke is a new coach along with Dallas Bond who is our new Team Manager. Their leadership will be crucial to the performance of our Team this year.





# DAFFODIL DEDICATION DAY

**FRIDAY 29th AUGUST**

**6am - 3pm**

**Radio Ngati Porou**

Show your support for the Cancer Society this Daffodil Day by pledging \$5 or more for any song sung by a local singer of your choice!

Pledges and requests must be made by  
Wednesday 27th Aug, 5pm

Please contact Radio Ngati Porou  
on

(06) 8648020

Or

Email: [reception@radiongatiporou.co.nz](mailto:reception@radiongatiporou.co.nz)

*[www.radiongatiporou.co.nz](http://www.radiongatiporou.co.nz)*

93.3FM GISBORNE 98.1FM EAST COAST 90.1FM TOLAGA BAY






# Sponsorship

The NZ Rugby Union contributes approximately 50% towards the costs of our participation in the 2008 AA Rewards Heartland Championship. Air New Zealand also provides

air travel for a squad of 22 players plus 4 Management members. For the rest of our costs we acknowledge and appreciate the support of our sponsors who include:

## Major Sponsors:

Te Runanga o Ngati Porou	Enterprise Cars	Lion Foundation
		
East Coast Players Trust	The Ingleby Company LTD	Cedenco Foods
The Hangi Pit	Wi Whaipooti	Chainsaw & Mower
London Street Butchery	Headline Hair Design	London Street Dairy
Corson Grain	Geoff Milner Associates	Works Infrastructure
Bill Burdett	Tony Goldsmith	Gordon Kaiwai
Te Araroa Farmers	Radio Ngati Porou	Hicks Bay Store
Sunburst Café	Colberts Buses	Te Puia Springs Hotel
Ngati Porou Hauora	Philly's Karaoke	Coastlands Motels
Hansen and Tomlinson	D Lows Bar	Bay Trade Suppliers LTD
Gillies Electrical & Refrigeration LTD	Charcoal Chicken Company	East Coast Supporters Club
Te Puka Tavern	Kerry-Anne & Harawera Matahiki	Gisborne Auto Rentals LTD
Stanley Group	Fulton Hogan	Farmers Air LTD
	QRS Wairoa LTD	

We have a list of former sponsors and welcome their willingness to contribute further again this year. No doubt there are others who wish to similarly contribute and support our team. If so please contact the East Coast Rugby

Football Union office at (06) 8648812 or email [eo@npec.co.nz](mailto:eo@npec.co.nz)

All readers can also continue to follow our progress and development by viewing our website [www.npec.co.nz](http://www.npec.co.nz)

22

## JAB & Age grade Rugby

Whilst our participation in the Heartlands competition is hugely important it is not the only focus for rugby on the East Coast. Equally important is our participation in our junior and teenage grade rugby.

Last weekend Saturday 16th August our under-13 team played in their final game for the season against OBM Vipers with a near loss of 34-26. The under 13 representative team will play Poverty Bay on 20th September.

Our under-15 open team played in a semi final against Gisborne Boys High School Black and despite a creditable performance we unfortunately came second the final score was 28-7.

Our under 16's have two more fixtures, firstly in a tournament to be played at Whakarua Park against teams from Hato Paora, Te Aute and Gisborne Boys High School on the 13th September. The other is the Hurricanes under 16 tournament at Wanganui from 29th September – 2 October.

The East Coast J.A.B rugby season is now coming to an end with the finals being held at Waiapu and hosted by the Waiapu Sub-Union this Saturday 23 August.



Jerry Collins with Hikurangi JAB.



# Hunting "A Sport for all"

Ruatoria CITY hosted its inaugural Pig hunting competition in memory of the late Jason Richards who as well as being a staunch supporter of the CITY rugby club was also a dedicated hunter.

The event produced some outstanding results. Club treasurer Leonie Walker said "what started off as just a fun club event turned into something so much bigger".

Despite the terrible weather 78 hunters braved the elements to bring in 17 pigs over 30kg, a result that stunned organisers. Ms. Walker added "there was overwhelming support with people traveling from as far as Kawerau and Opotiki and those closer to home from Te Araroa through to Tolaga Bay".

Though people might associate hunting with swanny wearing men donning pouches and a knife the competition was an event aimed at encouraging the sport upon all people young and old; There was a section just for the kids with the heaviest eel prize taken out by Dakota Reedy with an eel weighing 9kg, Meiha Waitoa got the heaviest Hare (3.5kg) and Ahliya Collins took the prize for heaviest possum. While these were the official prize winners no entrants went away empty handed and Ms. Walker says "this is a sport for all and the expressions on the kids faces when they received prizes was priceless". She commended the sponsors for their support and contributions saying "the day would not be possible without them".

Kimiora Atkins also took the challenge and was the youngest and the only female entrant in the open section. She and her brother Ashley braved the rain and cold with their dad Graeme to bring in the heaviest boar weighing a whopping 84kg. Merv Higgins was the oldest competitor and showed that at 75 years of age you're still able to get out there and hunt, bringing in a fair sized pig.

For competition organisers it was an added bonus to see all of the old supporters of the club come out of the woodwork and with fantastic results the event is set to grow next year.

## Official results:

**Heaviest Boar – Graeme Atkins 84kg**

**Best tusk – Joe Hohapata**

**Average weight – Hamiora Collier 46kg**



*Meiha Waitoa heaves the possum.*



*Graeme Atkins Competition winner.*



*Te Urutapu Haig takes a closer look.*



*Kimiora Atkins Youngest entrant.*



# Koha Hauwai Hauora

Acid Alkaline Balance – Alkavorian Approach  
*Na Vapi Kupenga (Ngati Porou ki Tamaki –  
Te Aitanga a Mate)*  
Alkaline Exercising by Dr Robert Young  
God's Pharmacy - Author Unknown

A daily round of moderate aerobic exercise a few hours before bedtime helps people with insomnia to sleep better. "Low impact or moderate aerobic exercise like whole body vibration, cross-training, light jogging, or rebounding on a mini trampoline helps to remove metabolic or dietary acids out of the tissues that may cause muscle cramping, restless leg syndrome, and insomnia," states Dr. Robert O. Young, of the pH Miracle Living Center, in Valley Center, California.

Brazilian scientists found that moderate aerobic exercise, such as running on a treadmill, helped insomniacs fall asleep more quickly, wake less often, and increase their total time asleep. Heavy aerobic exercise or strength exercises didn't have the same effect.

Researchers at the Federal University of San Paulo studied both men and women with insomnia. They divided them into three exercise groups -- moderate aerobic, heavy aerobic, and moderate strength. Those in the group doing moderate aerobics showed a 54 percent reduction in the time it took to fall asleep, 36 percent less wake time, and an increase of 21 percent in total sleep time. They also had a seven percent reduction in anxiety. The other two groups didn't experience any significant change in their sleep time.

Another important finding of the study is that the exercise was done at night. While most experts believe exercise has good effect on the quality of sleep, they also believe it is stimulating when done too late in the day. They usually advise those with sleep problems to exercise earlier in the day. But earlier workouts often don't fit busy schedules, and evening may be the only time available in a hectic day.

24

"These findings indicate that there is a way to diminish the symptoms of insomnia without using medication," said Giselle Passos, author of the study.

"This is the first study to look at the importance of using physical exercise to treat insomnia and may contribute to increased quality of life in people with one of the most important kind of sleep disorders in the world."

"Insomnia is a symptom of excess tissue acidity which can be eliminated with an alkaline lifestyle and diet which includes daily exercise for at least 1 hour a day. I recommend low impact exercising including jogging, swimming, riding a bike, trend mill, elliptical machines, stationary bike riding, rebounding, and my favorite whole body vibration," states Dr. Young.

## God's Pharmacy

It's been said that God first separated the salt water from the fresh, made dry land, planted a garden, made animals and fish... All before making a human. He made and provided what we'd need before we were born. These are best & more powerful when eaten raw. We're such slow learners...

God left us a great clue as to what foods help what part of our body!

## God's Pharmacy! Amazing!



A sliced **Carrot** looks like the human eye. The pupil, iris and radiating lines look just like the human eye... And YES, science now shows carrots greatly enhance blood flow to and function of the eyes.



A **Tomato** has four chambers and is red. The heart has four chambers and is red. All of the research shows tomatoes are loaded with lycopine and are indeed pure heart and blood food.



**Grapes** hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows grapes are also profound heart and blood vitalizing food.



A **Walnut** looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds on the nut are just like the neo-cortex. We now know walnuts help develop more than three (3) dozen neuron-transmitters for brain function.



**Kidney Beans** actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.



**Celery, Bok Choy, Rhubarb** and many more look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If

you don't have enough sodium in your diet, the body pulls it from the bones, thus making them weak. These foods replenish the skeletal needs of the body.



## Avocados, Eggplant and Pears

target the health and function of the womb and cervix of the female - they look just like these organs.

Today's research shows that when a woman eats one avocado a week, it balances hormones, sheds unwanted birth weight, and prevents cervical cancers. And how profound is this? It takes exactly nine (9) months to grow an avocado from blossom to ripened fruit. There are over 14,000 photolytic chemical constituents of nutrition in each one of these foods (modern science has only studied and named about 141 of them).



**Figs** are full of seeds and hang in twos when they grow. Figs increase the mobility of male sperm and increase the numbers of Sperm as well to overcome male sterility.



**Sweet Potatoes** look like the pancreas and actually balance the glycemic index of diabetics.



**Oranges, Grapefruits**, and other **Citrus** fruits look just like the mammary glands of the female and actually assist the health of the breasts and the movement of lymph in and out of the breasts.



**Olives** assist the health and function of the ovaries.



**Onions** look like the body's cells. Today's research shows onions help clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes.. A working companion,

Garlic, also helps eliminate waste materials and dangerous free radicals from the body.

## Nga Hapu O Ngati Porou Foreshore and Seabed Deed of Agreement - Ratification Hui

The Nga Hapu o Ngati Porou Foreshore and Seabed Deed of Agreement has now been initialled by Ngati Porou Chief Negotiator, Dr Apirana Mahuika, and the Attorney-General, Dr Michael Cullen and the hapu of Ngati Porou now have the opportunity to decide

whether to support or not support the Deed. The Deed is now available to the public and can be viewed at [www.fssb.ngatiporou.iwi.nz](http://www.fssb.ngatiporou.iwi.nz) and members can obtain copies of the Deed at the Runanga offices in Gisborne and Ruatoria.

The ratification hui for the Deed will be held as follows:

Date	Time	Venue	Area that Whanau/Hapu affiliate to
Sunday 31 August	12pm	Hiruharama Pa, Ruatoria	Whareponga
Thursday 4 September	5pm	Pokai Marae, Tikapa	Tikapa-Port Awanui
Saturday 6 September	11am	Tuatini Marae, Tokomaru Bay (Please note this venue differs from the venue advised in the recently distributed information booklet)	Tokomaru Bay
Saturday 6 September	3pm	Kie Kie Marae, Waipiro Bay (Please note this venue differs from the venue advised in the recently distributed information booklet)	Waipiro Bay
Sunday 7 September	10am	Hinemaurea ki Wharekahika Marae, Hicks Bay	Wharekahika
Sunday 7 September	2pm	Whangara Marae, Whangara	Whangara, Puatai, Pakarae
Tuesday 9 September	5pm	Hinerupe Marae, Te Araroa	Te Araroa
Wednesday 10 September	5pm	Matahi o te Tau Marae, Horoera	Awatere River-East Cape
Thursday 11 September	5pm	Hinepare Marae, Rangitukia	Waiapu-East Cape
Saturday 13 September	11am	Hinetamatea, Anaura (Please note this venue differs from the venue advised in the recently distributed information booklet)	Marau, Kaiaua, Anaura,
Saturday 13 September	3pm	Hauiti Marae, Tolaga Bay	Tolaga Bay
Tuesday 16 September	5pm	Te Poho o Rawiri Marae, Gisborne	Gisborne-Pouawa
[TBC]	[TBC]	[TBC]	Tuparoa, Reporua
[TBC]	[TBC]	[TBC]	Potaka

We encourage you to attend the relevant hui and participate. The method of voting at each hui will be at the discretion of each hapu, in accordance with their own practices.

At the hui the hapu associated with each area will be asked to vote on the following resolution:

**"The hapu support the ratification of the Nga Hapu o Ngati Porou Foreshore and Seabed Deed of Agreement that was initialled on 7 August 2008."**

If the hapu decide to ratify the Deed, the following matters will also be discussed and resolutions may be proposed:

- Who should sign the Deed on behalf of the hapu?
- What customary activities would the hapu like to see

protected under the Deed?

- What wahi tapu and wahi tapu areas would the hapu like to see protected under the Deed? and
- What official place names would the hapu like to have be replaced or changed under the Deed?

An information booklet is being circulated to all adults on the Runanga beneficiary roll. This includes details of an indicative postal/electronic vote that is being conducted alongside the hapu hui, although the vote at the hapu hui will be what determines whether the hapu supports the Nga Hapu o Ngati Porou Foreshore and Seabed Deed.

For further information contact 0800 NPOROU or visit: [www.fssb.ngatiporou.iwi.nz](http://www.fssb.ngatiporou.iwi.nz).



# Foreshore and Seabed Negotiations – Initialling of the Deed Agreement

## Initialling of the Deed of Agreement

The Ngati Porou chief negotiator, Dr. Apirana Mahuika, and the Attorney-General Dr. Cullen, initialled the Ngati Porou Foreshore and Seabed Deed of Agreement on the 7th August 2008 in Wellington.

The initialling of the Deed means that those matters that were left to be resolved when the Heads of Agreement was signed in February have now been agreed and the Deed can now be submitted to Ngati Porou by way of a formal ratification process.

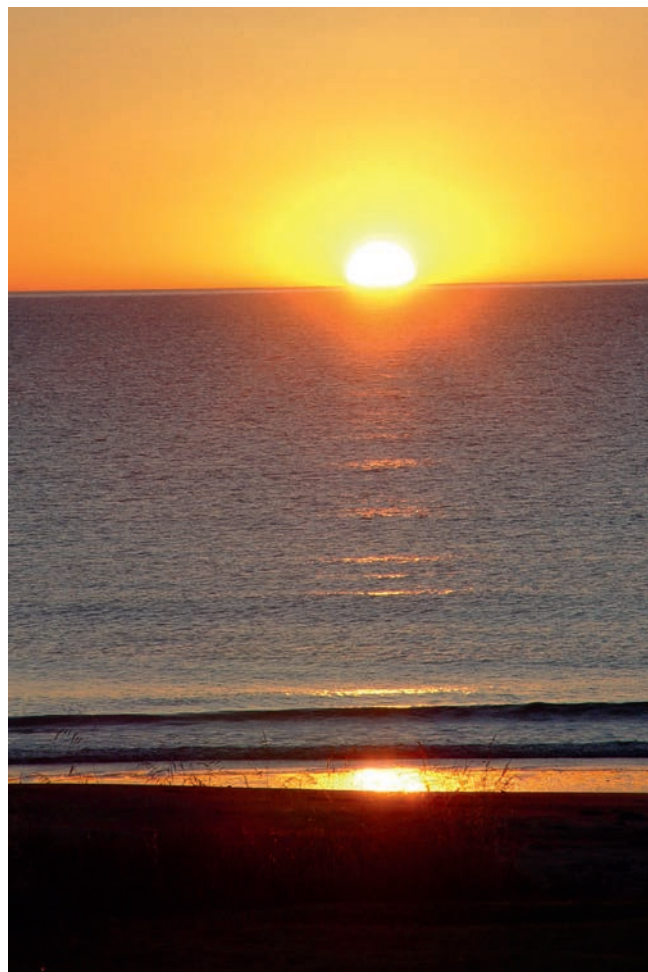
## Ratification

The initialling of the Deed means that the hapu of Ngati Porou will now have the opportunity to consider the Deed and decide whether or not to support the agreements that have been reached. Ratification hui with hapu will soon be held to discuss and vote on the Deed. If the results of the ratification process indicate a sufficient level of support for the Deed then it will be signed by representatives of the hapu and the Crown and legislation to give effect to the Deed will be introduced into Parliament.

In addition to the general recognition and instruments that will be available to all hapu that support the Deed, the Deed sets out seven areas where the Crown has agreed that the hapu associated with those areas have Territorial Customary Rights (or TCRs) based on unbroken ownership of the coastal land and the exclusive use and occupation of the foreshore and seabed in that area.

Assuming that the hapu associated with these TCR areas support the Deed, then applications will be filed in the High Court to have those TCRs confirmed. Once confirmed those hapu will receive the benefit of a series of higher level protection provided in the Deed, including a right to consent to the grant of resource consents and the establishment of the likes of marine reserves, marine protected areas and aquaculture management areas.

These TCR areas are only intended to be the first in a series of applications that hapu will make as part of a staged process



of applications that can be made in a two-year period from the date that the first set of applications is ruled upon by the Court.

The details of the ratification hui had not been finalised at the time that Nga Kohinga went to print. However, the hui times, dates and venues will be advertised in the newspaper and on radio. The option of a direct mail out is also being considered. Further information will also be available on [www.fssb.ngatiporou.iwi.nz](http://www.fssb.ngatiporou.iwi.nz), which can also be access through a link on the Runanga website: <http://www.ngatiporou.com>.

## Continued opposition to the Foreshore and Seabed Act

It is important to reiterate that in initialing the Deed with the Crown Ngati Porou are not backing down from their opposition to the Foreshore and Seabed Act. Shortly after the initialing Dr Mahuika confirmed that: "We have agreed to disagree with the Crown in the interests of moving on and obtaining the legal protection and recognition required by our hapu of their longstanding rights."



# Te Haeata – Panui

Issue One: 15 August 2008

## Settling Historic Treaty Claims

### Tena Koutou Katoa

Ngati Porou kei te tangi atu ki o tatau mate kua hikoi atu ki te iwi kei te po.

E hika ma, haere, whakarerea mai matau o koutou morehu ki muri nei hei whai i nga tumanako hei ora mo te iwi.

Ko tenei e whai ake nei he tuku panui atu ki a koutou mo nga take e mahia ana e te roopu e kiia nei ko “Te Haeata” kia taea ai te whakatinana, me te whakatutuki i nga he a Te Karauna ki a tatau mai i nga tau kei muri, tau mai hoki ki wenei wa.

Heoi korerotia wenei panui kia marama ai koutou he aha nga mahi e whakahaeretia nei e te roopu nei.

Kei Te Atua te ringa kaha mo tatau katoa – Tihei Mauri ora!

Welcome to the first of a series of panui to keep you informed of the negotiations that have started between Ngati Porou and the Crown, represented by Dr Michael Cullen (Minister for Treaty Settlements), to settle all Ngati Porou historical treaty claims.

In 2007 an overwhelming majority of Ngati Porou who voted, approved Te Runanga o Ngati Porou to proceed with direct negotiations with the Crown on your behalf. As proposed then, the Runanga has delegated this responsibility to a sub committee, seven of whom were appointed by their marae and hapu clusters and three who were appointed by the Runanga.

### The marae, whanau and hapu cluster representatives are:

- Rei Kohere – Potikirua ki Whangaokena
- Apirana Mahuika (Chair) – Whangaokena ki Waiapu
- Ned Ihaka – Pohautea ki Onepoto
- Linda Smith – Reporua ki Rahuimanuka
- Selwyn Parata (Deputy Chair) – Rahuimanuka ki Mataahu
- Koromatai (Kody) Pewhairangi – Mataahu ki Kororonui
- Te Okerao (Jock) Walker – Kokoronui ki Te Toka a Taiau

### The Runanga representatives are:

- Rob McLeod
- Whaimutu Dewes
- Herewini Te Koha

The role of the hapu representative is to facilitate a two-way conversation between Ngati Porou whanau and hapu and the negotiating team who will strive to get the best settlement package for us all. To get to this point we need to know what your thoughts are regarding our work on your behalf.

My role as Chair of Te Haeata is to manage the Iwi-Crown relationship on our behalf. Leading the negotiating team is Rob McLeod and other members of his team are: Whaimutu Dewes, Herewini Te Koha, Selwyn Parata and Matanuku Mahuika.

The prospect of settling the 100 Ngati Porou-related treaty claims filed with the Waitangi Tribunal is significant. It could mean that for the first time since the signing of the Treaty of Waitangi in 1840, the Crown acknowledges their part in the erosion of our culture and economy.

Dr Cullen has committed to reaching an agreement on a settlement package with Ngati Porou by 31 October this year.

We have a lot of work ahead of us to come up with the best settlement package for Ngati Porou and, your involvement in helping us reach a satisfactory outcome is very important.

We will be communicating with you by panui, face to face meetings, via our website; telephone, emails and through the media. It is our intention that you are kept fully informed throughout this process and, that whether you live at home or away from home your views and contribution are considered.

Te Haeata – the name of the sub-committee is special because it means a **new dawn is heralded**. That new dawn will be celebrated when we receive your final approval for the settlement package that is agreed upon with the Crown. It will be a major event and a significant turning point for the future and positive development and advancement of Ngati Porou.

To access more information go to our website at [www.tehaeata.org.nz](http://www.tehaeata.org.nz)

Na,

**Apirana Mahuika**  
**Chair**  
**Te Haeata**



*Ko te kāwai tūturu, he kāwai Auahi Kore*



*Strengthening Whānau, Strengthening Hapū,  
Strengthening Iwi...  
in a Smokefree World.*

*keeping our*

**BLOODLINES**

*strong*

[www.auahikore.org.nz](http://www.auahikore.org.nz)