

Nga Kohinga

o Ngati Porou

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December 2008 Issue 26



The price of Citizenship
- Nga Tama Toa



End of Year - 2008



Kai & Korero pg 16

Nga Tama Toa - The Price of Citizenship



Foreword - Henare K. Ngata - Nga Tama Toa

28 Maori Battalion Soldiers

The history of C Company of the 28 (Maori) Battalion in World War Two has been completed. 'At last', I can almost hear my father, Apirana, say. Pleased, I would think, that the wish he had expressed 62 years ago in a letter to Judge Harold Carr dated 27 March 1946 that such a history be undertaken had been realised.

Historians write of events from the perspective of their own values. As the English historian, Arnold Toynbee, wrote, quoting a writer from ancient Greece:

The Ethiopians say their Gods are snub-nosed and black-skinned, and the Thracians that theirs are blue-eyed and red-haired. If only oxen and horses had hands and wanted to draw with these hands ... then horses would draw the figures of their Gods like horses, and oxen like oxen...

My father's intention was quite clear and neither Ethiopians nor Thracians, oxen nor horses should write the history of C Company.

Ka mutu ano ma te Maori e tuhi nga korero mo te Kamupene o te 'C'. Mehemea hoki no tetahi o nga hapu o te rohe mai i Tarakeha ki Paritu taua tangata, katahi ka tino pai rawa atu...

It will be ideal if a Maori writer were to undertake the history of C Company, and if that person had tribal affiliations with communities within the region from Tarakeha to Paritu, then so much the better...



Continues Page 3 - 5...

Authors note: Dr. Monty Soutar

I am especially grateful to the veterans who entrusted me with the task of writing Nga Tama Toa. To my fellow trustees and research pals who gave freely of their time year after year to see this book completed – e kore e mutu nga mihi ki a koutou. I am indebted to Mason Durie and Te Putahi a Toi whi supported the oral history project over a decade while I was employed there.

I acknowledge the support of the Ministry for Culture and Heritage through the Fellowship in Maori History, which I held in 2004 and 2005. My appreciation goes to the team in the Ministry's History Group, especially to chief historian Bronwyn Dalley who had a key role in helping bring the book to completion, and to David Green, Ian McGibbon, Martin Wikaira and Fran McGowan, and also to the editors, Anna Rogers and Susan Brierley.

My thanks to Tairawhiti Museum staff, particularly Dudley Meadows for his photographic contribution.

Most importantly, to my wife Tina and to my children, who



were obliged to take this journey with me, I am forever grateful.

Monty Soutar, July 2008

From the editors desk

Nga mihi o te kirihimete kia koutou, nga whanau, nga hapu huri noa.

This issue of Nga Kohinga o Ngati Porou features one of the standout events in our region in 2008; The launch of the C Company Book by Dr. Monty Soutar, Nga Soutar, **NgaTama Toa - The Price of Citizenship** begins with. Sir Henare K Ngata's foreword and is accompanied by photographs of the moving event that took place in Gisborne in October – Labour Weekend. The book sold out in one day with reprinted copies now on sale for the xmas buyers.

Dr. Monty Soutar calls for photographs of the 69 soldiers who were absent from the book, the list of those soldiers can be seen on page 5.

One of our feature stories is of Shane 'the mountain warrior' Cameron and his struggle with leaving Tiroto in pursuit of his career as NZ's no.1 heavyweight boxer, and his advice to Ngata Memorial College students at this year's prizegiving.

The first planting of Iwi Rakau Ltd highlights the benefits of carbon farming to erosion devastated land owners, and those benefits this company has to offer to its beneficiaries.

Summer brings people together as you will note in the upcoming Te Hono ki Rarotonga 75th

Jubilee to be held early 2009.

Radio Ngati Porou highlights its newest staff member Sol Pohatu and his show 'Showbands'. He has had a global career as one of the members of the Maori Hi-Fives and his role playing with many other well known Maori bands from an era of music and entertainment..

The significant Foreshore and Seabed Deed of Agreement signing features on page 19. As we venture into 2009 we take a look at the largest Maori Cultural event in the world. Te Matatini kapa haka competition to be held next year in Tauranga.

It is now time to think about setting a New Years resolution. Money is at the heart of most, it is human nature to chose a resolution that is unachievable, so this year why not try and make it something simple, making positive health changes for example; Koka Hauwai on pages 27 & 28 might inspire you further.

We hope you enjoy the summer and the time that you will no doubt spend with loved ones these holidays. Enjoy the read, and we wish you a safe holiday season.

Tena ra tatou mo tenei tau, me nga manaakitanga i roto i te tau hou

We are pleased to announce the RNP Club Member winners of the Nga Tamatoa - Price of Citizenship Book drawn Monday 8 December, the winners are; Jordi Pepere - Wellington, Gisborne Resene - Gisborne, Kathleen Mohi - Rotorua, Harbour View Marine - Gisborne,

Nga Kohinga o Ngati Porou - Bi Monthly Magazine

To make comment on the contents of this magazine or to subscribe please contact the multi-media unit at Radio Ngati Porou; Phone (06) 8648020 or email webmaster@radingatiporou.co.nz

Dr. Monty Soutar has completed the task. No one is better suited than he: with a PhD from Massey University, and having specialised in New Zealand and Maori history, and with family connections with Te Aitanga-a-Mate and Te Aowera—that is, with Ngati Porou—we could not have asked for more.

The C Company story follows the recruit from the region referred to, to the training camps, then across the seas to strange and exciting places. Many never returned, and of those who did—some bearing the scars of battle—most were reluctant to talk of their experiences except to mates who had shared those experiences.

But what sort of person was the C Company man? Where did he come from? What was he before he became a trained soldier?

The region from which men for C Company were recruited extends from Tarakeha—20 kilometers east of Opoiki—east to the East Cape and south to Paritu—30 kilometers south of Gisborne. Its geographic isolation and rugged landscape have shaped closely-knit whanau and hapu loyalties which characterise the communities of the region.

The Ngati Porou person, whom I know best, was a strongly independent person, characterised by a marked reluctance to conform with authority. Such a person was referred to as 'he whano ke', that is, contrary or erratic, disposed to a different course, sometimes openly rebellious.

Most of the men who enlisted were farm workers, shepherds, fencers, shearers—manual labourers, eminently suited for the life and challenges of a career in the infantry.

The Maori language was the principal mode of communication and together with their hapu and whanau linkages provided the cohesion which held C Company and in fact the whole Maori Battalion together in the many critical situations created in war.

While I have referred specifically to Ngati Porou, the comments in this foreword apply equally to Te Whanau-a-Apanui and Ngai Tai, Te Aitanga-a-Hauiti and Rongowhakaata, Te Aitanga-a-Mahaki and Ngai Tamanuhiri.

The army in wartime demands of those under its command total commitment and loyalty of both body and mind. Everything the soldier does is controlled and ordered by army regulations and army discipline. For its part,



Haka Pohiri Party rest in the sun during Book Launch speeches

the army provides the training and leadership as well as the daily requirements for the care and well-being of the recruit. The objective is to transform the recruit into a well-trained soldier, highly skilled and disciplined, and able to deal with the most extreme demands of modern warfare.

Leadership is a quality necessary in most aspects of life. In the army good leadership is critical. In England, to which the organisational structure of the army in this country owes its origins, officers are traditionally drawn from the middle class and higher levels of society. In peacetime, in fact, it has been the latter—the higher levels—which has been the principal source. In this country, the better-educated levels of society have been the principal source of supply of officers.

From the outset of World War Two, Maori leaders urged the political and military establishment to heed the advice that their objective would be more readily attained if the Maori unit was organised on tribal lines under tribal leadership, for here was a society with an existing base of tribal cohesion and a long tradition of leadership.

On the historic battlefields of Europe and North Africa the men of the 28 (Maori) Battalion forged a reputation as brave and fearless men of exceptional courage and created within the ranks of the Maori Battalion itself an enduring sense of pride. Their story is told in these pages. *Henare K. Ngata Gisborne June 2008*

The launch day

Never have I seen a sight so moving as on the 25th October 2008 in Gisborne at the launch of Monty Soutars' book 'Nga Tama Toa – The price of citizenship'.

Thousands filled the streets to march for their family members who had fought and for some who had fallen in the war. With photographs of soldiers in hand the five thousand or so contingent marched through the city, some crying, some singing and some

finding long lost friends in the crowds and reminiscing the old days. Some too weary to walk were escorted through the streets by car to the waiting pohiri party at Te Poho o Rawiri Marae.

Earlier that morning a re-enactment of the return of soldiers by train to the area and of a historic incident was held. It was the end of the war (1946) and the unit was under military orders to remain intact on the railway journey from Wellington to Gisborne, until after the formal welcome at Te Poho-o-Rawiri Marae. However, 9 men from Muriwai under request from their pakeke elected to jump from the train as it passed through their home village 20 kms south of Gisborne.

Tears flowed as people approached the paepae of Te Poho o Rawiri Marae, clutching photographs of loved ones who had volunteered to the 28 Maori Battalion. Placing them on the mahau of the Marae they were welcomed by a massive haka party made up of some of the regions finest Kapa Haka exponents. The mass pohiri continued for what seemed an eternity as the entire marching contingent made their way onto the marae.

Haka erupted at the Marae to greet the dignitaries.



Local Kuia reminisce of days gone by

Prime Minister Helen Clarke was among the second wave of visitors alongside ambassadors of Greece and Italy who had attended to pay homage to fallen soldiers as well as those who were well enough to attend.

17 or so members of the 28 Maori Battalion sat on the Marae to hear songs from war days, songs that had rarely been heard, performed by local groups Te Hokowhitu Atu, Whangara and Hauiti to name a few. Songs like Tomo Mai & E te Hokowhitu Atu were heard, bringing tears to the eyes of the aged soldiers.

The gathering was so unique and is not likely to be seen again with both young and old coming together and it was due to the terrific efforts of Dr. Monty Soutar and his team of workers who researched tirelessly to provide this account of the war from the perspective of the soldiers and their families. Dr. Monty Soutar said "without the help of the research and support team, plus the families of the soldiers it would have been a near impossible task", and with the large group of youth present at the launch Monty said "We have opportunities that our grandfathers never had, so make the most of the opportunities in front of you now".



Ngati Porou - Rongowhakaata and Ngai Tamanuhiri men combine with a fierce Haka lead by Derek Lardelli



Te Hokowhitu Atū with arms outstretched to the aged soldiers watching on...

The 3000 copies of the book printed for the launch have completely sold out, however more copies are due for print. Included in the new edition will be photographs of some of those 69 soldiers missing from the book which were made available to the book team at the launch.

There is a continued call for the photographs of the soldiers listed below to be sent to Dr. Monty Soutar at the Tairāwhiti Museum.

Joe Lingman	Harry Matehe	Larry Skipper
Taina Babbington	Koihu McClutchie	Te Harangi Stirling
Tiri Barlow	Joseph Milner	Jim Taingahue
David Brown	John Moeke	Arapera Pere Tamihana
William Christian (aka Bill Kiel)	Mutu Moeke	Tutu Duncan Tangira
Tom Eruera	Lloyd Ngapo	Peter Te Kani
Donald Ferris (or Pohatu)	Reihana Ngatoro	Peter Te Moana
Edward Haere	Herewini Ngerengere	Peter Te Taite
Hamiora Sam Hale	Paa Ngerengere	Piri (Bill) Te Weehi
Andrew Hardiman	Matiu Pako	Sidney Thomas
Rongo Herewini	Tuahine Paraone	Robert Thompson
Leonard Hindrup	Hingatū Paringitai	John Tua
Hinau Honana	Tihore Pariohe	Hoake (Jock) Tupara
Puki (Rewha) Horua	Noema (Tat) Poi	Rangi Waaka
Herewini Kereti	Tai Waka Rangi	Watchman Waaka
Hanuere Kingi	Sam Rangiūia	Bill Waenga
Leonard Koha	Koha Rapana	Albert Wahanui
David Konia	Matchaere Rapana	William Waitoa
Taringaroa Pariohe	Simon Reuben	George Walker
James Makoare	Maaka (Mack) Rewiri	Syd Whakataka
Wi Kaipuke Makoare	Ronald Rigby	Ngawaea Wharepapa
Dick Martin	Mio Riri	Rawhira Hape White
Wi Tere Matchaere	Matiu Scott	Sidney Williams

Intellectual Property and Your Business

The value of your business could rely on Intellectual Property - but is it really yours? **James Johnston** gives you some pointers to ensure you really are protecting what could be your most valuable asset.

Recently, when acting for Robert, a client purchasing an existing business, we came across a business owner David (the vendor) who hadn't thought about intellectual property (IP). This left David trying to sell something that he couldn't prove he owned! Why? Because, as is the case with many businesses, a significant part of the value of David's business was intellectual property but he hadn't thought of it as such. As a result David hadn't taken any steps to protect it and make sure he owned it outright.

In our experience, it is a common mistake. There is a general misconception about IP and what it is. Okay ... so what is it? IP concerns creations of the mind. In the context of your business it might be a clever trading name, a smart business system or an ingenious retail product or service. Put simply it is a business asset.

The element of creativity in IP seems to make many business owners think what they mustn't have any. They may not have been good at art or creative writing at school so assume that they are not creative. This is a misconception because IP protects that which is "original" and "distinctive." In most cases that is simply things that are not copies of other things. You may correctly be getting the feeling that the threshold is pretty low! So how is this relevant in the context of your business?

Back to David ...

David had built up his business over time and had positioned himself well in the market. He had built a well-known brand

and had excellent Information Technology (IT) systems in place for service-delivery. Those two things were integral to the success of the business. When making enquiries for Robert as to the ownership of the branding and the systems, we found that David was unable to provide us with the information that was in our client Robert's best interests.

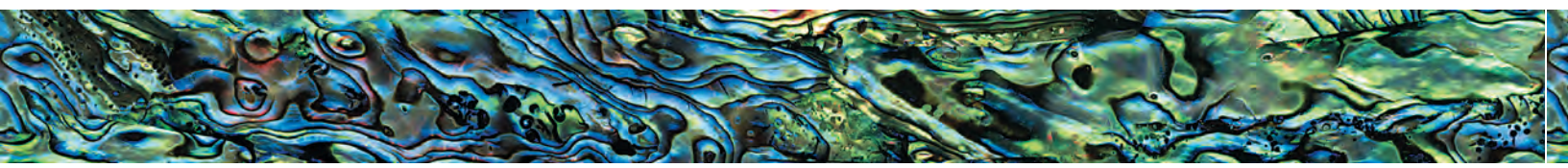
We had expected that the trading name and logo would be trademark protected, given the significant market recognition of the brand. They were not. Likewise we had expected the IT software facilitating the business service delivery to be protected and again it was not.

Trademark Protection

A trade mark is a unique identifier, commonly referred to as a brand. They can include words, logo, colour, sound, and even smells – and any combination of those things. Broadly speaking, anything that can be graphically represented.

It is common for a company to trade under the mistaken belief that registering their company name and/or domain name prevents others traders from using a similar name. This is not the case. Only Trade Mark registration can grant exclusive rights to use of the trading name.

Therefore, despite the value of the strong branding and resulting market position of the vendor in our example, he could not put a premium price on those aspects because he could not "sell" exclusive rights to that branding. Our client took those necessary steps immediately after taking over the business. Ironically perhaps, Trade Mark registration can cost as little as the \$112.50 registration fee. Compare that to the potential cost to your business if you don't protect your brand, both while you are trading and also at the point of sale.



We recommend that all business owners at least consider whether or not trade mark protection is suitable for their business, and particularly in the context of added value to that business in the event of a sale.

Copyright Protection

Copyright applies to original works and attaches to the original expression of an idea. It protects the particular manner of expressing an idea or conveying information.

It is also common in business to produce things like promotional material, business systems and, of course, retail goods or services. All these things and more are potentially your IP, most likely copyright material, and of significant value to the success of your business. Often however you have arranged for others to produce the material for you. Unlike other areas of intellectual property there is no formal registration process attaching to copyright material so the best way to protect such material is to put in place contractual arrangements to put ownership beyond doubt. If you don't you could be left with little say as to who owns what, because copyright law will determine those matters if a dispute arises.

Back to David ...

David, the business owner in our example had software developed by an IT specialist to enable him to cost-effectively deliver the services his business offered. The computer software was crucial to the success of the business but the lack of documentation around its creation meant that when David came to sell he couldn't be sure that he owned the software. This was because the software was a "literary work" under the law and he had not paid for its creation. The IT specialist had been his nephew. Even though David's nephew was unlikely to dispute ownership while his



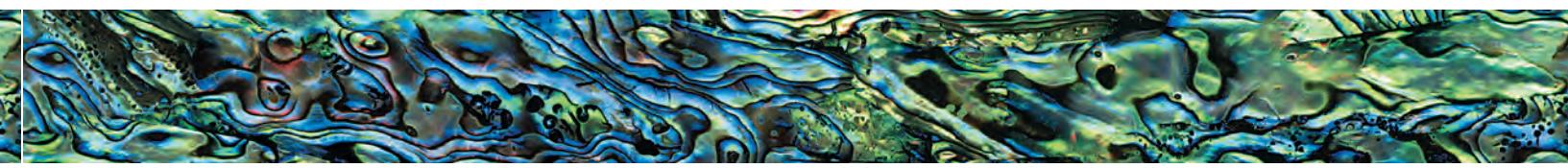
James Johnston

James Johnston is Chairman of Partners at Rainey Collins, Lawyers. James invites comments and feedback on 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.

Uncle owned the business (hence the lack of documentation) Robert didn't want to take on the business without documented evidence that the software was owned by the business. David was fortunate that his nephew was happy to sign an agreement transferring ownership to the business to aid its sale. However, under any other circumstances, this could easily have significantly lowered the value of the business and/or prevented the sale.

Lessons for You

Be aware that much of what is currently enabling you to be successful in business can include Intellectual Property worth protecting. Don't leave it until the last minute like David to find out what it is and to protect it. It may be as simple as thinking about your business differently in light of what you've just read and taking steps yourself. You may however need to talk to your professional advisor. Whichever, taking action may well be one of the most beneficial things you do for your business this year!



Shane “The Mountain Warrior” Cameron



Shane Cameron pictured with Te Whaiora Horomia Kaiwai, top student, Ngata College 2008

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Standing at 6'2inch and a hundred odd kilograms Shane Cameron is indeed as his name suggests a “Mountain Warrior” but despite his stature, the students assembled at the Ngata Memorial college annual prize giving found the NZ heavy-weight boxing champion to be humble and modest as he stood to speak at the occasion.

Born and raised in the backblocks of Gisborne at Tiniroto, Shane is all too familiar with the circumstances that face the youth of this isolated area; he spoke of how he went to a school of just 35 pupils and was raised on a farm “out in the sticks”.

His main message to the rangatahi was to travel, to see the world and experience different cultures, he said “No matter where you go, and no matter how long you are gone, home will always be here”. His understanding of the reluctance to leave home was first-hand.

He told of how he thought farming was going to be his life, he explained that for much of his early life he worked on various farms in the area and believed that farming was his

future, and he was happy with that until he turned nineteen.

He said “I woke up one day and thought I’d better do something now, while I’m young” and that’s when he found boxing, it took a fair few years to pry himself from Tiniroto though and he said he has always felt a longing for home; something that he believes most rural raised youngsters struggle with and something that often keeps them from venturing out.

Boxing has taken him across the globe, he also explained that the travel and experiences do not come to you on a plate and that training and dedication has been the key to his success so far. Shane said “if you want something bad enough, it’s guaranteed that no will hand it to you, you have to get up and fight (sometimes literally) for it”.

He parted with advice on having a vision or goal and sticking to it no matter what, his is to become the heavyweight boxing champion of the world, and complete the feat that Tom Heeney, professional heavyweight boxer from Gisborne was unsuccessfully in when he challenged champion Gene Tunney in New York City in 1928. Shane promised that he would win that title and be back in Ruatoria to show it off.



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Jack Thatcher

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Ngai Te Rangi, Ngāti Ranginui,
Ngāti Pukenga.

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New Zealand Government

First Planting for Iwi Rakau Ltd on the East Coast.

Two years ago, Directors of Ngati Porou Forests Ltd formed a joint venture company with ethical forestry company, Sustainable Forestry Management (SFM). The new company Iwi Rakau Ltd is focussed on establishing forests for carbon, and eventual participation in the trading of carbon credits. Well known local forestry company, Ngati Porou Forests Ltd (NPFL), has been engaged as the forest management company for Iwi Rakau Ltd. Their forest management knowledge and expertise, combined with their intimate understanding of Ngati Porou landowners and the issues they face, place them as the obvious management choice to realise the vision of Iwi Rakau Ltd.

After a long gestation, this vision has now become a reality. Situated on the lower slopes of Mt Hikurangi, Pakihiroa Station has become the location for the first carbon forestry block established with Iwi Rakau Ltd. Unlike traditional commercial plantation projects targeting pruned volume, carbon projects will actively chase volume through regeneration of indigenous areas and establishment of fast growing species such as eucalyptus and radiata pine.

Covering a planted area of 110 hectares, plus indigenous areas, this forest, along with others will be registered under one of the New Zealand Governments initiatives to address the impact of carbon on climate change. The

New Zealand Government has set a national target that by 2020, there will be a net increase in forest area of 250,000 hectares from that in 2007. Iwi Rakau Ltd is endeavouring to play a significant role in supporting the Government achieve its target.

Mr Selwyn Parata, Chairman of Pakihiroa Farms Ltd, said "it is exciting that this property should lead the way and set the example for all Ngati Porou landowners. Every property has land which cannot be farmed because of erosion problems and scrub, but with the arrival of carbon farming, we can not only generate some employment and derive income, but also begin the process to halt erosion".

An impact on the level of erosion is one of the major features appealing to many landowners of the work Iwi Rakau Ltd are promoting. Mr Bill Wheeler GM of Ngati Porou Forests Ltd quoted research from the National Institute of Water & Atmospheric Research Ltd (NIWA), which shows suspended sediment from all East Coast rivers is 69 million tonnes per annum, of which 35 million tonnes per annum flows out the Waiapu River alone. Mr Wheeler said "clearly these figures, along with what is visible on the hillside prove there are erosion problems to be addressed within the wider catchment of the Waiapu River, and other areas. A combination of indigenous reversion and planted forest for carbon will have a significant impact".

Despite delays throughout the year from Government with legislation, regulations and many operational factors, the General Manager of SFM (NZ) Mr Neil Woods believes there is sufficient certainty now, we





The first tree is planted by Iwi Rakau Ltd.

can make long term commitments with landowners, and invest in fencing, pest control, tree stock and so on. He stated, “If we were to wait until everything was ‘just right’, we would find most of opportunity available to us would have slipped us by – the time is to act now”.

Concern has been raised by some, that carbon forestry will take over the East Coast and displace many workers and families from the Ngati Porou rohe. Operations Manager for Ngati Porou Forests Ltd, Mr John Kopua is very quick to point out the lengths they go through with landowners and their future intentions for the property. “Landowners have full control over the level of activity we undertake on their property, we can just present information and options. Some properties are in such an eroded state, that economic farming is no longer an option and an entire property could be planted, in other cases, there may be a single paddock, or gully, it’s the owners call”.

The fact Iwi Rakau Ltd has not rushed in to establishing its first property is not a concern, as this recognises much is to be learnt about the carbon ‘industry’, which is not only new to many of us, but is still evolving. These changes over recent months have not suited everyone, this has

been evident in the carbon promoters who have come to Tairāwhiti, looked, and subsequently left. For Iwi Rakau Ltd, we are Ngati Porou, and the time in learning has been an opportunity to rebuild relationships with many landowners already involved in other forestry projects, and to gain the trust necessary to customise a carbon forestry/reversion for them.

The future for Iwi Raku Ltd is looking bright, with the addition of several properties for development in 2009, and many more in the pipeline.

Contact: Ngati Porou Forests Ltd, Ruatoria

06 864 8362



Te Hono ki Rarotonga

Meeting House 75th Jubilee

January 23 – 26, 2009

Pakirikiri Marae, Tokomaru Bay

Friday 23 January 2009

Powhiri Whakatau – Pakirikiri Marae

4.30pm - Te Whanau a Ruataupare & Ngati Porou will perform Haka Powhiri - mo nga manuhiri tuarangi no Kuki Airani no nga hau e wha hoki

Tina – Hinematikotai [Dining Hall]

6.00pm - An opportunity for all to meet and greet each other over dinner

Karakia – Te Hono Ki Rarotonga [Meeting House]

8.00pm - Led by Pakeke

Po Whakanga – Te Hono Ki Rarotonga

8.30pm - Time for our manuhiri tuarangi to settle, relax and unwind from their travels;

Hapa – Hinematikotai

9.30pm - Supper; Informal time for our visitors and home folk to mingle, share stories and reflect over past visits between Tokomaru and Rarotonga over supper.

Saturday 24 January 2009

6.00am Karakia - Te Hono Ki Rarotonga

7.00am - 8.30am Parakuihi - The Grand Marquee

Powhiri – Pakirikiri Marae

10.00am Te Whanau a Ruataupare & Ngati Porou will perform Haka Powhiri.

Official Ceremony – Te Hono Ki Rarotonga

11.00am Master of Ceremonies, Mr. Selwyn Parata, will lead the people through these proceedings which begin with the unveiling of taonga:

- Te Hono Ki Rarotonga
- Te Au Ki Tonga
- Hinematikotai

Cook Island party will be invited to participate in the official ceremony

Banquet Luncheon – The Grand Marquee

1.00pm Guests will partake in the banquet, relax and enjoy entertainment by Nga Kapa Haka o Te Tairarohiti;

Master of Ceremonies, Selwyn Parata will preside;

Whakata – Pakirikiri Marae

3.30pm Rest and relax in a shady spot or walk through Hinematikotai around the festive craft exhibits located around the marae area displaying their wares.

Sports events (touch rugby and netball) at Hatea-a-Rangi Domain and Courts. Volleyball on the beach.

Dine & Dance – The Grand Marquee

6.30pm - 11.30pm Formal Dinner, Data Video Show (2) and Dance Band

Sunday 25 January 2009

6.00am Karakia - Te Hono Ki Rarotonga

7.00am - 8.30am Parakuihi – The Grand Marquee

10.00am Full Church Service - The Grand Marquee

Morning Tea – The Grand Marquee

11.00am Ngati Porou Arts & Culture commentator, Keri Kaa introduces the Jubilee Arts & Culture Exchange Workshop. Funding support for this activity is made possible by Creative NZ.

The rest of the day offers rest and recreation for the masses.

They will be invited to observe the workshops at their leisure or just take time out!

Te Hono Ki Rarotonga Jubilee Arts & Culture Workshop Exchange

11.30am It is envisaged that a pre-selected group of Cook Island-based artists and Te Whanau A Ruataupare artists will be interacting and exchanging ideas about their crafts over the weekend.

Practical workshops including weaving, dance, design, taa moko, lei making, jewellery, pottery will continue and the fruits of their work displayed.

Buffet Luncheon – The Grand Marquee

1.00pm A buffet luncheon will be served. And Data Video Shows (1 & 2) re-presented.

Whakata – Pakirikiri Marae

3.30pm Rest and relax in a shady spot or walk around the workshops or craft exhibits displaying their wares.

Dine & Dance – The Grand Marquee

6.30pm - 9.30pm Hakari Dinner followed by the Arts & Culture Showcase.

Monday 26 January 2009

6.00am Karakia - Te Hono Ki Rarotonga

8.00 - 10.00am Parakuihi - The Grand Marquee

Poroporoaki – The Grand Marquee

10.00am Formal farewell to those who are returning to their homes today

Pohiri

Tihe Mauri Ora

Haere mai ki te hui o te whitu te kau ma rima
o Te Hono Ki Rarotonga whare
i Pakirikiri Marae
Tokomaru Akau Ngati Porou
i te 23 -26 Hanuere 2009.

Rurukutia te ruruku ki te ruruku o taku mana
Tiparetia mai o koutou rae
Ki nga putea o te whakaaro nui
A ka puta mai o koutou kanohi
Ki te Whaiao! Ki te Ao Marama!

Kuhu mai i roto i te Kahanga o Uruka Raiona
Kapiti hono tatai hono!
Te hunga mate ki te hunga mate
Te hunga ora ki te hunga ora
Haere mai mauria mai te pareraukawakawa
Te roimata te hupe
Ka haruru tapuae ki te marae
Ka Kiia
Ka ea! Ka ea!

Haere mai i roto i te tumanako
I te whakapono te aroha
Haere mai! Haere mai! Haere mai!

Heoi ano

R.S.V.P to: Karen Pewhairangi (Secretary)
Pakirikiri Marae, Box 49 Tokomaru Bay

**Na Te Whanau a te Kaipakihi, Te Whanau a Pakoko, Ngati Hau,
Te Whanau a Ruataupare a te marae whanau hoki;**

A showband era returns to RNP



Maori Hi-Five with members of the Beatles (L to R) Paul, Wes Epae, John, Kawana Pohe, Paddy Te Tai, George, Robert Hemi-Te Miha, Solomon Pohatu, Event manager and the hotel manager (seated)

Solomon Pohatu (Sol) is a great musician and can turn his hand to many instruments, he played in an era when big showbands were the craze and it took him throughout the world on tours to such places as France, Italy and Las Vegas. Solomon was one of nine members of the Maori Hi – Five Band which had a career spanning fifteen years from 1957.

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He recalled his first overseas tour of Australia which went on to take the band to several countries including Switzerland, Germany and Norway.

In the beginning the group members included; Robert Hemi-Te Miha, Kawana Pohe, Paddy Te Tai, Wes Epae, Peter Wolland and Sol with backing vocalists Harata Tawhai, Mary Nimmo and Hiria Moffitt. But playing wasn't all that the group were good for; a movie also feature in their history. The movie 'In search of castaways' called for Maori men to play the role of 'warriors' in the film and the men of the band except Kawana took to it with no hesitations.

1972 saw the disbandment of the group and Sol took the opportunity to take on a solo career which fared him well to the current day.

In 1991 he returned to the East Coast settling in Gisborne and then just 2 years ago he decided to make his way further north to live in Ruatoria where recently he worked at Te Kura Kaupapa Maori o te Wai u o Ngati Porou.

Sol is now the newest member of the RNP team and hosts the brand new evening 'Showbands' programme. He says "it's a variety show with various music styles, of course from the showband era, alongside newer music. Kapa Haka and



Solomon Pohatu ex-member of the Maori Hi-Five Band enjoying his show on RNP

Maori music also grace the show and a joke or two can also be heard".

Sol plays live music on the show and gets calls from far and wide with special dedications. The show can be heard Monday to Thursday 8pm till midnight.

George Fox warns rangatahi



George Fox in the studio at RNP

Having worked in the corrections system in Australia for over 30 years George Fox is all too familiar with the circumstances that meet the multitudes of young Maori who head over to Australia and who end up in the prisons each and every year.

George returned to Ruatoria to talk to the rangatahi about the illusions that attract young Maori to travel to Australia saying “its not all roses when you get there, there are different rules, cultures and systems in Australia and not everyone ‘makes it’”.

He spoke on Radio Ngati Porou about some of the reasons our young people end up in jail and he put most of it down to false hope and unexpected circumstances. He said “some kiwis go over there and believe it is easy to secure a job, but it’s not always that simple”. He went on to say “sometimes its months before you can get work and some run out of money that they had saved, some go with no savings at all, and so when the money runs out these kids look to other means of survival and that’s when they get into trouble”.

Visiting most of the schools on the East Coast George said “it was clear that the kids didn’t know what to expect over there in Australia, some mentioned family members who had moved there for a better life and that those families were rich; this ‘is’ the case for many but not all who go over”. His main concern was that some were going over too young and without enough life experience. He said “these are the kids that end up in the system”.

His parting advice to people heading to Australia was “make sure you go over with savings and a plan should it not turn out well, connect with family over there and do your research before you leave NZ”. He said “the saddest thing was watching young Maori come out of prison and have no one waiting for them on the outside”, he urges everyone going to Australia to make sure that the decision is right for them.

KAI & KORERO SUCCESS



Dr Peter Gow in centre with cap surrounded by Kai n korero participants.

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It was an excellent night of food, fun and familiarity as 14 local men from Ruatoria, Te Araroa and Hicks Bay gathered to share knowledge. An excellent talk by Roger White – the Kaiawhina for Ngati n Healthy looked at practical and cost effective ways of being able to vary your diet showing that healthy lifestyles was not seen as an impossibility. Ideas such as returning back to the whenua to grow your own vege garden, and being able to hunt and dive for kai, these are all positives that the coast has going for it ; and it results not only in feeding the whanau but in achieving plenty of exercise. At the same time Roger managed to gain a handful of guys to go on a weekend trip of eeling, reka, reka!!

Other knowledge shared was by visiting specialist from Middlemore Hospital, Dr Peter Gow. His korero titled “The Gout” explained a debilitating form of arthritis which affects 10-15 percent of Maori men. “Watch out for papas toe!” is generally a common phrase as the gout sufferer can usually be floored overnight by the immense pain. Generally the sufferer will have a fair idea of what triggers off their gout such as either knocking the joint, eating tomatoes, meat – every person is different.

Dr Gow stipulated three important questions that the person suffering from gout should ask their doctor, they were:

- **Doc, what is my uric acid level?**
- **What do I have to do to lower it to 0.36?**
- **Why do I have to do this-what will the medication do?**

Ria Akuhata, the other guest speaker, a nurse with Ngati Porou Hauora for the past 5 years has taken on the role of the Gout Research Nurse in partnership with Otago University. Having a father who was crippled by gout she is determined to find more answers as to why uric acid tends to stay longer in Maori rather than be excreted from the body. The research will be studying a particular gene. The study will also examine environmental factors such as diet, and look at the impact gout has on families.

If you would like to contact Roger White or Ria regarding any of the above information, ring (06) 863 2890. Cheryl Morley-Arthritis NZ is another regular face on the coast and is also an excellent source of knowledge. She can be contacted on (06) 868 1060.

Kia ora, I am Erina Torrey, the Kaiawhina and newest part of the Matakaoa Community Clinic in Te Araroa. Ngati Porou Hauora, in conjunction with Hicks Bay Emergency Services held a three day wananga at Hinemaurea Marae to improve the holistic health of our community by supporting long term lifestyle changes through proactive education and encouragement.

We were fortunate to have Jan Ewart from Tairāwhiti District Health come and talk to us about the new HPV (Human Papillomavirus) immunisations available for 16 and 17 year old girls. Ria Akuhata, NPH's Gout Research Nurse talked about Gout and managing it. The community learnt a lot about Diabetes management from NPH nurse Te Miringa Huriwai.

Te Runanga o Ngati Porou staff Margaret Pepere and Matekino Tuhura came and talked to us about budgeting and Matekino held a workshop on Healthy Eating and Nutrition. She had easy ideas any one

can make, even the kids! Linda Hovell (Ngati Healthy Kaiawhina) gave workshops on exercise such as Rubber Luvas, Swiss Ball, Waewae Express (walks).

As well as inspiring education sessions we had on-going healthy cooking workshops making Sushi, Soups, Greek Salads, Fruit Kebabs, Bread and so much more (Yum Yum). We even had a work shop on water. The local Kohanga Reo had turns joining us for a nutritional lunch with heaps of healthy kai. Matakaoa's Dr Erling Egenaes and his wife Marget (from Norway) joined us and made nordic bread and Greek salads - everyone learnt something different and new.

We had promotion and information available - from Auahi Kore (smoke free) delivered by Marina Ngatai there was also information about healthy eating (recipe swapping), exercise (Push Play), family violence, gambling, diabetes, gout and arthritis, early childhood education and much more.

I would like to thank every one who took part .



Sheena Taylor and Motai show Maia how to make fruit kebabs.



Ka reka nga huarakau ki a John-Eru Pohatu no Te Aotaki Kohanga Reo.



Dr Erling and wife Marget Egenaes making paraoa at Hinemaurea Marae.



Hikoi haere in Hicks Bay

Ngati Porou Hauora held elections in October for Board members to represent Tokomaru Bay and Ruatoria as well as its staff representative.

The Ruatoria community and staff representative seats were retained by Marijke Warmenhoven and Cara-Lee Pewhairangi-Lawton respectively. Martin Christensen was replaced by Rawiri (Amos) Forrester for Tokomaru Bay.



Amos Forrester- Te Whanau a Iritekura, Te Whanau a Ruataupare.

Valuable skills and experience in high level business, management and accounting are strengths that Rawiri (Amos) Forrester will be contributing to the NPH Board table from November. Amos brings with him many years of experience in the private and public sectors.

Over the past ten years he has held managerial and Ministerial advisory positions in Housing New Zealand Corporation (HNZC) in Wellington and Gisborne. His most recent role was

Regional Manager, East Cape Hawkes Bay based in Gisborne.

Attributes he has to offer the board of NPH include extensive financial management experience, experience in development and implementation of business plans and budgets and extensive relationship management with key stake holders.

Born in Waipiro Bay, Amos' whakapapa includes Te Whanau a Ruataupare, Te Whanau a Iritekura and Ngati Porou. He attended Tokomaru Bay Primary School then went on to St Stephens, Auckland and on to Victoria University, Wellington where he completed a BCA majoring in Accountancy. His interests include fishing and golf.

Last words from Martin

Kia ora whanau - I am delighted to fully support Amos now and into the future as the Tokomaru Bay community representative on the Hauora Board.

It is very reassuring for the future of the Hauora that we have a candidate of Amos's calibre and high level of experience.

My term of six years on the NPH Board and the earlier Waiapu Hospital Board has been rewarding and I'm indebted to the community and Hauora staff that have supported me over the years. All the best Amos, Na Martin Christensen.



It
takes
Three

Te ārai i a rātou i tēnei mate.

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

He aha ia te mate pukupuku waha whare tangata?

- Ko te mate pukupuku ki te waha 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 pūtau rerekē ki te waha o te whare tangata. Ko te wehi, tērā ka tipu te mate pukupuku i ēnei pūtau rerekē.

Pehea nei te mahi a te kano ārai ki te tiaki i ngā kōtiro?

- Nā te ai ka hōrapa te wheori HPV – ka pā tēnei mate ki te e 80% o te taupori.
- Ko tā te kano ārai, he ārai i te pānga o te wheori HPV. Koinā te take me kai i te wheori hei mua i te pānga mai o te wheori.
- Mā te ārai i te wheori, ka heke te tūpono pā o te mate pukupuku ki te waha o tō whare tangata i te roanga atu o tō koiora.

Pēhea e taea ai te kano ārai?

- Ko GARDASIL® te ingoa o te kano ārai. E toru ngā wero hanga ki 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 ārai mate pukupuku ki te waha whare tangata mai tōna kura.

He haumarū te kano ārai? He kaha?

- Kua tohu ngā whakamātautau ki te haumarū o te kano ārai.
- He kaha te kano ārai ki te kaupare i ngā momo o te HPV ka hua te mate pukupuku ki te waha whare tangata.

Ka ora he tangata i te kano ārai

- E 160 wāhine ka tohungia mō te mate pukupuku ki te waha whare tangata.
- Ko te titiro, mā te kano ārai 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 rongopai, ka āhei tō tiaki i āu tamāhine mai te mate pukupuku ki te waha o te whare tangata. Heoi, mēnā kei raro tō tamāhine i te 16 tau te pakeke, me whakaae rā anō koe kia kai ia te kano ārai. Pānuitia te puka whakamārama ka whakahokia mai e ia i te kura, ka kōrero ki a ia mō te mate pukupuku ki te waha o te whare tangata – ko tōna oranga tērā.

Mā te roanga atu o ngā pārongo haere ki www.cervicalcancervaccine.govt.nz
waea rānei ki 0800 IMMUNE (0800 466 863) www.govt.nz New Zealand Government

HPV1500



Foreshore and Seabed Deed of Agreement with Ngā Hapū o Ngāti Porou

The first foreshore and seabed Deed of Agreement was signed last month in Wellington by the Crown and 48 hapū of east coast iwi Ngāti Porou.

This landmark agreement reflects the determination of the hapū to safeguard their longstanding customary rights and the commitment by the Government to recognise and protect those rights.

This Deed protects rights which have clearly been exercised since well before the signing of the Treaty of Waitangi while making sure that the interests of the wider community in the public foreshore and seabed are protected as well.

“This Deed of Agreement is innovative, it provides a number of important mechanisms that make sure the rights of both the hapū that are party to this agreement and the wider community are safeguarded into the future,” Attorney-General Michael Cullen said.

A Heads of Agreement setting out the broad outline of the agreement was signed in February. The finalised Deed setting out the agreement in detail was initialled in August and was then subject to ratification by hapū.



Dr. Apirana Mahuika signs deed of Agreement

A Bill giving effect to the Deed of Agreement was introduced to Parliament on 29 September. Following the signing, representatives of the hapū of Ngāti Porou that ratified the Deed will file an application in the High Court for confirmation that the requirements for a finding by the High Court under section 96 of the Foreshore and Seabed Act have been satisfied.

Media Release from the office of Dr. Michael Cullen (Attorney General)



Ngati Porou contingent from Matakaoa to Waiomatatini travel to Wellington to witness the signing

Tohunga Whakairo: Paki Harrison

The Story of a Master Carver

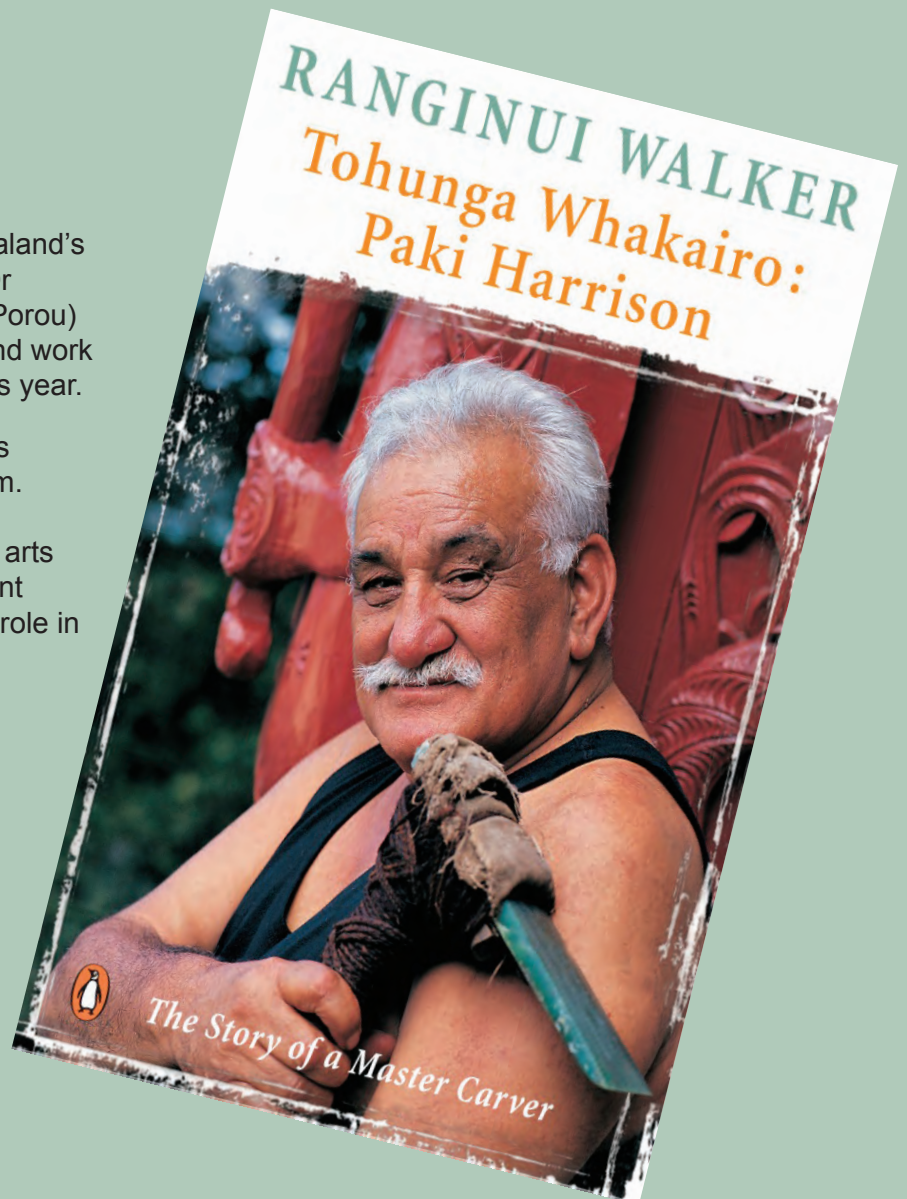
Largely regarded as New Zealand's greatest living master carver, Dr Pakariki Harrison QSO (Ngati Porou) A major biography on his life and work was published in November this year.

A man with a huge reputation as a leading tohunga of the art form. Harrison possesses immense knowledge about the traditional arts of the carver and its most ancient aspect – the symbolism and its role in transmitting tribal history.

Written by highly respected Maori historian and commentator Dr. Ranginui Walker, the biography tells of Paki's childhood and upbringing on the East Coast, the genesis of his entering into carving, through to his working on such landmark houses as Te Waiariki (Otago), Te Otawhao (Te Awamutu), Tanenuiarangi (Auckland University) and Rakairoa (Kennedy's Bay).

As well as serving as the life story of one of New Zealand's most significant Maori

artists, the biography is an instructional guide on the mechanics, ethos and considerations of carving generally. Harrison was selected as one of New Zealand's Icon Artists in 2005.



Please contact freelance publicist Kathryn Carmody for more information:

kathryn.carmody@gmail.com

Tel. 04 385 7070 Mob. 027 287 7963

Tohunga Whakairo: Paki Harrison, The Story of a Master Carver by Ranginui Walker, published on Monday 3 November 2008, isbn 9780143010067, rrp\$40.00, pb

Tohunga Whakairo- Foreword by Dr. Ranginui Walker

Paki Harrison was born at Ruatōria in 1928. He had a privileged upbringing in the household of

his grandmother Materoa Reedy. He was educated at the Hiruhārama Native School, Te Aute College, Massey University and Auckland Teachers College.

I met Paki in 1950 when we were students at Auckland Teachers College. At that time the student body was a composite mix of mature adults, ex-servicemen and adolescents direct from secondary school.

I was in the latter cohort of students while Paki, who was four years older than

I, and had been two years at Massey University, had more in common with the adult students. He played rugby with the men in the college senior team while I played with the 'boys' in the third grade. Paki and his rugby mates were hardened drinkers and party types while my age-group was just discovering girls and learning to push the boundaries of under-age drinking.

Paki and I were thrown together on our first section of classroom practice at Normal Primary school. After school Paki introduced me to pubs and billiard saloons, places characterised by my conservative parents as 'dens of iniquity'. Later we came together again on section at the Auckland Museum. By that time Paki had been in a number of scrapes with the college authorities, one of which took him to the brink of expulsion from teacher training. Although I thought some of Paki's misdemeanours were irresponsible, I liked him because he was 'naughty but nice'. He was an amiable fun-loving character with a great sense of humour and an infectious capacity for laughter. But these were superficial traits that masked Paki's real character, his 'wairua Māori' that was the underlying bond between us. We never spoke Māori to each other because we had learned to keep our culture hidden from the disapproving gaze of Pākehā eyes.

Assimilation as official government policy was still in vogue and the ideology of biculturalism that replaced it was still twenty years away.

In 1952 we were posted out to native schools in isolated rural communities to complete our training as probationary assistant teachers. I lost sight of Paki for the next twenty years and wondered how he fared as a teacher. I heard apocryphal

stories of Paki's escapades when he taught at Coromandel, but there was no way of checking out their veracity. When I did meet

Paki again in 1974 he was short-listed for appointment as a principal of a primary school in South Auckland. The occasion was the unveiling of a carved lintel done by Paki for the trust hotel in his community. I studied the carving and turned to Paki with renewed interest. "Where did you learn to do that?" I asked. "At Te Aute College", he replied. That brief exchange told me a thousand things about Paki that were not evident when we were students at training college.

This book is about those thousand things that made Paki Harrison a tohunga whakairo, the peerless master-carver and scholar of his generation.

Ranginui Walker

Auckland 2008



Paki Harrison casts a watchful eye upon trainee carver

Ngati Porou East Coast

Annual Prize Giving

The 2008 rugby season has now ended and whilst we did well in the JAB and teenage grades unfortunately our Ngati Porou East Coast Heartlands team had a season best forgotten. We none the less need to rebuild our team for 2009 & forward so that it competes competitively and with pride.

We trust that our sponsors will continue to show faith and support for our upcoming seasons. We naturally thank them for their support this year, without which we would have been unable to participate in the AA Rewards Heartland Championship.

We have recently undertaken a review of this years' Heartlands programme and the findings will be taken into account for our rebuilding efforts for 2009.

Recently we held the Annual Sponsors and Players Prize-Giving function which announced the following honor recipients.

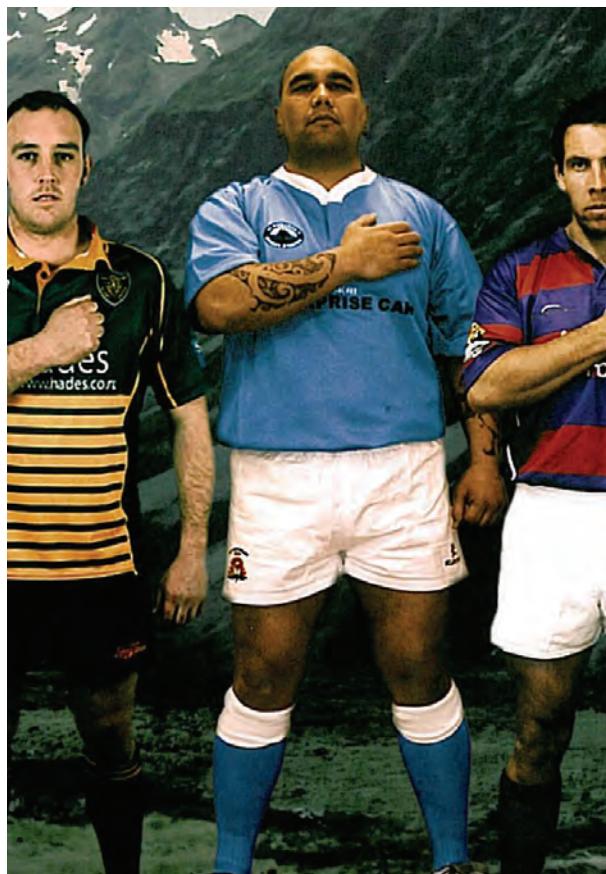
Norm Hauiti – Best Forward

Charlie Harrison – Best Back

We recently advertised the coaching position for the Ngati Porou East Coast representative team; Applications close Monday 1st December.

Following that appointment we will be advertising for Management team to assist the coach in their 2009 season.

The positions to be advertised include; A Manager, Trainer and Strapper. Other positions are also being considered.



Forward of the year 2008 Norm Hauiti

We would like to wish you all a fantastic festive season and urge you all to remain safe on the roads and we anticipate your fanatical support of rugby on the East Coast in 2009.

Nga mihi nui

East Coast Rugby Football Union.



Charlie Harrison - NPEC back of the year, plays for his club side 'Hikurangi' in this years' 10's tournament in Rangitukia

RNP's 21 year History Book



The RNP History Book is now available from Radio Ngati Porou.

This Book features a host of photographs spanning back 21 years. Many of the people in the photos are no longer alive today so this book is truly a treasure and a capsule for past memories.

Read through some of the personal accounts of

the announcers and staff and take a walk down memory lane with this book.

Founding members of the station are featured in this book along with historical moments in not only Radio Ngati Porou's history but also the history of the East Coast.

The book is a must read and is available now!

To Order...

Radio Ngati Porou, (06) 8648020 phone
email; reception@radingatiporou.co.nz

Cost \$45.00 or

\$38.25 for RNP Club members (15% off)

*The RNP History book will make
excellent Christmas gifts, stocks are
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 - Bait and Ice

Harbourview Marine has supported RNP for many years and have enjoyed a really great and friendly relationship with the station personnel and all of its listeners.

We have been in business for over thirteen years and have slowly built on our range of products available

We have a fully equipped workshop servicing and carrying out repairs on all makes of outboard motors.

We are the dealers in Gisborne for Mercury Motors, trailer modifications and repairs for WOF.

We have fully trained technicians and we can also supply auto electrical services.

We are also a member of a marine buying group called 'Marinelink'.

Being part of this NZwide group gives us better purchasing power on a variety of products which we then pass on in our "Bargain Boats Bits" Flyer.

This flyer is distributed over the summer period and it offers the public some excellent savings on marine equipment and fishing tackle.

Te Matatini 2009

I te tau 1977 i tu te whakataetae Kapa Haka o Te Matatini ki roto o Te Tai Rawhiti, engari mo nga whakataetae e rua kua pahure kua tu ki Te Papaioia.

Haruru ana the whenua o Arena Manawatu i te ratapu te 25 o Pepuere 2007 i te panuitanga o nga kai toa o te whakataetae kapa haka o Te Matatini, Ko Te Kapa Haka o Whangara mai Tawhiti.

I tu te whakataetae tuatahi o Te Matatini i te 11-12 o Maehe i te tau1972, ki te rohe of Te Arawa, i Rotowhio, Rotorua.

Mo nga tau 35, me nga whakataetae 18 kua pahure kua hui katoa mai nga ropu kapa o nga iwi o te motu tae noa ki etahi ropu o Te Whenua moemoea o Ahitareiria kia whakanui i tenei taonga o a tatou matua tipuna. I tenei wa kei te noho ko Te Kapa Haka o Whangara mai Tawhiti nga kai pupuri o te tohu nui ko nga kaitoa o Te whakataetae Te Matatini mo te tau 2007.



Winners of Te Matatini 2007 - Whangara Mai Tawhiti in full song



Whangara Warrior with a challenging gaze

Ko nga kaitoa mo nga whakataetae kua pahure ko;

Year	Venue	Winners
1972	Rotorua	Waihirere
1973	Rotorua	Mawai Hokona
1975	Whangarei	Te Roopu Manutaki
1977	Gisborne	Te Kotahitanga o Waitaha
1979	Wellington	Waihirere
1981	Auckland	Taniwharau
1983	Hastings	Ngati Rangiwehewehi
1986	Christchurch	Te Waka Huia
1988	Whangarei	Waihirere
1990	Waitangi	Te Roopu Manutaki
1992	Ngaruawahia	Te Waka Huia
1994	Hawera	Te Waka Huia
1996	Rotorua	Ngati Rangiwehewehi
1998	Trentham	Waihirere
2000	Ngaruawahia	Matarae i o Rehu
2002	Tamaki	Waihirere
2005	Rangitane	Te Whanau a Apanui
2007	Rangitane	Whangara Mai Tawhiti

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TE MATATINI
Whakaaro ki te Kāhurangi
INSPIRING MĀORI PERFORMANCE ART

Hei te tau e heke mai nei ka tu te whakataetae Matatini ki te taone o Tauranga, na reira kia kaha tatou ki te tautoko i nga ropu o to tatou rohe. Kia kaha hoki koutou e kaha nei tem au i nga mahi nei, nga mahi a Rehia raua ko Tanerore.

Hei te 19-22 o Pepuere ki te Baypark Stadium i Tauranga, ki reira pakanga ai nga ropu kapa haka mo te tohu o nga kai toa o te whakataetae Matatini 2009.

TE MATATINI POOLS 2009

POOL A

1. Te Pū Ao
2. Te Kapa Haka o Ngāti Ranginui
3. Te Roopu o Poi Piripi
4. Te Matarae i Orehu
5. Te Kapa Haka o Ruatāhuna Kākahu Mauku
6. Tū Te Maungaroa
7. Ngā Purapura o te Tai Hau-ā-uru
8. Ngā Tūmanako
9. Te Kapa Haka o Whangara mai Tawhiti
10. Whanau o Te Kura
11. Te Ahikāroa
12. Te Pou o Mangatawhiri

POOL B

13. Te Whatukura
14. Hatea Kapa Haka
15. Te Rerenga Kotuku
16. Te Roopu Tautoko
17. Manaia
18. Tauira mai Tawhiti
19. Ngā Taonga mai Tawhiti
20. Te Matapihi
21. Te Manu Huia
22. Te Hokowhitu ā Tū
23. Te Tū Mataora
24. Te roopu Kapa Haka o Nga manu a Tane

POOL C

25. Ngā Pou o Roto
26. Ngā Uri o te Whanoa
27. Te Roopu Kapa Haka o Te Whanau ā Apanui
28. Te Reanga Morehu o Ratana
29. Te Roopu Manutaki
30. Waihirere
31. Te Iti Kahurangi
32. Tuhourangi - Ngāti Wahiao
33. Te Kapa Haka o Ruatoki
34. Te Waka Huia
35. Tū te Manawa Maurea
36. Opotiki mai Tawhiti

KOKA KAUWAI HAUORA

Na Vapi Kupenga (Ngati Porou ki Tamaki – Te Aitanga a Mate)

“Signs of Aging” (Part Two) by Dr Robert Young.

9. Density of minerals in our bones decreases. Osteoporosis (“porous bones”) is a nearly universal condition beginning after age 50.

And what to do about it: Eliminate all acidic foods and drinks which causes the release of calcium ions from the bones. Take supplemental vitamin D, sodium, calcium, magnesium, potassium, phosphorus, lysine, and boron. Take mineral salts like pHour salts and pHlavor salts. Exercise at least 1 hour every day.

10. Calcium increases in our blood, as it decreases in our bones. More calcium in the blood contributes to arthritis, and stiffness of the circulatory system.

And what to do about it: Eliminate all acidic foods and drinks as outlined in the pH Miracle for Weight Loss, including all proteins, sugars, complex carbohydrates, non-alkaline water. Start eating a diet rich in chlorophyll, alkaline water, mineral salts like pHour salts and pHlavor salts and liberal amounts of long chain fats from olive, hemp, flax and pomegranate,

11. Kidney function decreases. The kidneys are responsible for filtering and purifying our blood from dietary and metabolic acids. They also serve as a thermostat to determine if there is enough oxygen in our blood. If there are not enough red blood cells carrying oxygen, the kidneys are the organs that produce EPO, erythropoietin. As kidney function decreases, they allow red blood cell level to decrease, which decreases oxygen to all parts of our body.

And what to do about it: If red blood cell count is lower than normal, it can be raised by increasing the diet in high chlorophyll foods and drinks. Eliminate

all meat in your diet. Drink 4 to 5 quarts or 4 to 5 liters of alkaline green drinks per day. Take 1 teaspoon of glutathione 3 times a day.

12. We lose about 20% of the neurons in our brain. This may be due to a lack of oxygen, or to the increase in acid on our brain, or bad circulation, or red blood cell deficiency or probably to a combination of these factors. Improving any or all of them will decrease the loss of neurons.

And what to do about it: Nebulize 10 ml of glutathione 3 times a day. Glutathione will help to clean up lipofuscin, which contributes to the loss of brain cells. Hydration with green drinks will help to clean up the circulatory system. Lower cholesterol and triglycerides will help blood to flow better. Vasodilators such as sodium, magnesium, potassium and calcium bicarbonate with 4 to 5 liters of pHruits and pHolage and/or Doc Broc Power Plants per day will help get food, oxygen, and water to your brain cells. Hyperbaric Oxygen Therapy will super-saturate blood with oxygen, which could help repair or save brain cells. Take supplements with glutathione, cysteine, taurine, magnesium, zinc, choline, vitamins B-5, B-6, B-12, folic acid, calcium, and especially CLA from pomegranate seeds. Nebulize glutathione, cysteine, and taurine which will help to increase your circulatory system to the brain, which will help to keep your brain cells healthy. Playing chess, reading newspapers, attending plays or finishing a crossword puzzle all have positive health results, experts say. Brain fitness is paramount to maintaining your cognitive abilities. According to one study by Neurology Online, people who mentally exercised their brains had a reduced risk of mild cognitive impairment and a risk of Alzheimer's that was 2.6 times less than people who did not stimulate their mind.

13. The largest nerve in the body, the vagus nerve, which runs from the brain to the lower body, deteriorates from acidic exposure to dietary and metabolic acids. The vagus nerve is the main neural component of the parasympathetic nervous system, or that part of the nervous system that takes care of the functions that run more or less on “auto-

pilot". These include heart rate, ability to have an erection in men, and digestion. As we age, the vagus nerve is affected and damaged by rising blood acid levels. This affects and can be measured in heart rate, the increase in erectile impotence in men, and digestive problems. A twenty-one year old non-diabetic's heart rate typically slows as much as 75 percent from inhaling to exhaling. This drops to about 30 percent for a seventy year old non-diabetic, or less (including "no variation") in a diabetic.

And what to do about it: The acid sugar causes the most damage to the circulatory system. Learn which foods increase your blood glucose levels, and avoid those foods (potatoes, bread, sweets, fruits, rice, pasta, pizza, cookies, and cakes). Eliminate all animal proteins that will decrease uric, nitric, sulphuric and phosphoric acid.

14. Growth hormone secretion decreases about 70% from age 20 to 50, and another 70% from age 50 to 80. Testosterone decreases in males, estrogen decreases in females, thyroid decreases, DHEA, and melatonin decrease.

And what to do about it: Eat more mineral salts like pHlavor and pHour salts to decrease dietary and metabolic acids and increase the health of the endocrine system. When you have a healthy endocrine system which runs on electrons transported on the backbone of mineral salts then the glands will function normally. The evidence of a normally functioning gland is the secretion of hormones which are the acidic waste products of these glands. Some of these acidic glandular acidic waste products include melatonin, DHEA, pregnenolone, testosterone, Tri-Est, progesterone, thyroid, and growth hormone. The single most important nutrient for healthy endocrine glands are the ingestion of mineral salts, especially sodium. It is scientifically proven to reverse many of the signs of aging, including perhaps rejuvenating the thyroid gland itself.

15. Our bodies produce less of certain antioxidants, such as super-oxidase dimutase, which are important for buffering dietary acids or as our first natural defense against fermentation or tissue degeneration from dietary and metabolic acids.

And what to do about it: eat raw electron rich

green fruits and vegetables, if necessary take natural mineral salt supplements, like pHour salts which contains sodium, magnesium, potassium and calcium bicarbonate. Take orally glutathione, which will help decrease the harmful dietary and metabolic acids that increase with age.

16. The thickness of our skin decreases... skin wrinkles.

And what to do about it: Take supplements of vitamin A, C, E, and glutathione. Eliminate all animal protein and complex carbohydrates. Increase your intake of green fruits and vegetables which are high in chlorophyll that will help build healthy blood and in turn help build healthy skin cells. The quality of the blood will determine the quality of the skin cells and the quality of the red blood cells as the primary stem cells will be determined by the quality and quantity of green fruits and vegetables eaten. Take at least 9 to 12 servings of green fruits or vegetables a day or supplement your diet with a concentration of fruits and vegetables called pHruits and pHolage. Take 1 to 2 capsules or pHruits and pHolage with alkaline water 3 times daily.

17. The proportion of water in tissues decreases... this causes dry skin and more wrinkles.

And what to do about it: Drink 4 to 5 liters or quarts of structured electron rich alkaline water with 1 to 2 scoops of concentrated pHruits and pHolage and/or Doc Broc Power Plants each day. This will help provide the naturally occurring antioxidants to prevent wrinkles and the electron rich hydration to prevent dry skin.

18. We hear less well, and see less well.

And what to do about it: take supplemental Glutathione, Vitamin A, and Vitamin E. Place 1 drop in each ear or each eye of colloidal copper, gold, silver and titanium. Drink 4 to 5 liters or quarts of electron rich alkaline water with 1 to 2 scoops of pHruits and pHolage and/or Doc Broc Power Plants.

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