

Nga Kohinga

o Ngati Porou

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August 2009 Issue 30



Daffodil Dedication Day
Maori Language Week
Ruatoria CITY Hunt!



Foreshore & Seabed
Committee Update
Ngata Lectures



NPEC Pre-season
Heartland Championship
Draw



Meet Dr. Craig Wilson
Ngati & Healthy Wananga
New Digital X-Ray machine

Daffodil Dedication Day 28 August 2009



RNP's Rene Robati and Manager of TRONP Ruatoria base Lillian Tangaere-Baldwin look forward to an exciting event.

Radio Ngati Porou will join forces with Te Runanga o Ngati Porou to present the annual Daffodil Dedication day. Listeners are challenged to call the station and pledge \$5 or more to request any song to be sung by basically anyone in the community who is willing to take part.

This is a great opportunity to request songs from those 'closet singers' and to hear 'golden oldies' sung by your favorite singer.

It's all happening on 28th August here at the station and will run throughout the day.

Last year the event raised over \$1500 for the Gisborne and Tairāwhiti Cancer Society and this year the challenge is to beat that total.

RNP's brecky announcer and programme director Kahu Waitoa said

"we have an amazing amount of talent here on the coast and we are encouraging as many people as possible to come and sing live or take part and dedicate a song". Local singers are encouraged to come forward to offer their talents on the day and everyone is urged to call in with their dedications and pledges for this worthy cause.

Dedications are being taken now so get yours in by phoning (06) 8648020 or by emailing reception@radiongatiporou.co.nz.

Taking part and tuning in to the event will be easy. You can tune in on all of our AM and FM frequencies, you can tune in via the internet on www.radiongatiporou.co.nz you can also watch it live with live streaming on the website www.ngatiporou.com

photos of 2008 event continue over page

Looking Back...Daffodil Dedication Day 2008



Daffodil Dedication Day 2008 raised \$1500 for East Coast Tairāwhiti Cancer Society. This year the event will be held on the 28th August at RNP. Donations, pledges and dedications are being taken now!



Dianna Clarke was a hot favorite attracting a number of pledges at the Daffodil Dedication Day 2008

Editorial

Tena tatou nga uri whakatipu o te wa, tena hoki tatou i o tatou mate huhua no reira ratou kua ngaro i te tirohanga kanohi, haere. Noho pumau i nga ringa o te Ariki.

Welcome to the 30th Issue of the Nga Kohinga o Ngati Porou Magazine, it feels like we launched this magazine just yesterday but it has stood the test of time and continues to bring good reading of events held by the organisations which contribute to this magazine bi-monthly.

The past few months have been trying times for East Coast residents with the slip at Busby's Hill and closure of state highway 35 but the true spirit of our people shone through and demonstrated their resilience through the ordeal. Work continues on the road and life goes on here in paradise.

With spring approaching we anticipate the annual Daffodil Dedication Day appeal in aid of the Cancer Society and look forward to another fun filled event.

In this issue we check out the results of the Jason Richards memorial hunting competition and we welcome new police officers to the area.

We celebrate local business success with winners of the BNZ excellence in farming award 2009 Whangara Pakarae B5 Station and local artist and crop grower Bella Paenga returns from Australia with a new found knowledge of indigenous food practices across the ditch.

We take a look at our Ngati Porou East Coast Rugby Team and see how their pre-season warm-up games are going and take a look at the season ahead.

The Ngata Memorial Lectures drew an international crowd via the net. Te Runanga o Ngati Porou provide us with an update on the community meetings held regarding the foreshore and seabed negotiations and Ngati and Healthy remind readers to pull out those running shoes for the Fathers Day Triathlon to be staged in Ruatoria

Nga mihi nui ki a koutou katoa, happy reading!

Correction: In issue #29 we wrote that the church at Whareponga is St Michaels church, in fact it is St Peters. We apologise for the mistake.

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@radiongatiporou.co.nz

Wild Boar Galore!

The wild pigs of NZ also known as Razor Backs or Captain Cookers were introduced to Aotearoa by early settlers in 1769 as a food source; today it remains the staple meat supply for people of the East Coast as well as being the prized



Witawaho with the not so greasy piglet

With barely any room left on the hanging rail it seemed that every wild pig in the district had been caught for the competition and that was with thanks largely to the great conditions surrounding the event. Running for 2 days the event was placed on the full moon and conditions were perfect for the hunt, this was reflected in the large number of pigs that were brought in.

Te Kani Haenga won the prize for heaviest boar which came in at 85.95kg and was a kg heavier than the winner of last year's competition.

In second place Calais Black had a boar weighing 67.35kg and Jesse James Collier with the third heaviest, weighing 65.15kg.

Other prize winners were Jack Higgins for average weight (47kg) & Morgan Waitoa for best tusks.

In the stag section Kyil Beach won with a stag weighing in at 108kg and Graeme Atkins in second place (82.75kg.)

Though the day was mainly about the boar and stags it was also a time for family to come together and have fun. Competition organiser Jack Higgins said "it was great to see the expressions on the kids faces when they handed in their possums and hare, they were so proud, it was an awesome day for the whole whanau".

A pig carrying competition was one of the novelty events that got the crowd into it with children as young as 6 years old taking part. Tia Waitoa was one of the smaller carriers and was dwarfed by the pig that she was carrying through the course.

catch in local hunting competitions.

Pigs were literally 'on the menu' at the annual Pig & Stag hunting Competition which was held in Ruatoria on the weekend.

The competition which is run by the Ruatoria CITY Rugby Club is held in memory of the late Jason Richards who was a staunch supporter and player with the club and was also an avid hunter. Jason passed away due to cancer. This year 25% of the registration money was donated to the cancer society. With such a great cause it was no wonder that the event drew such a crowd and a record number of registrations. It was a day for the kids; possum, hare and eel were piling up in the kids section, add to that a 'not so greasy pig' competition and the scene was set for a fantastic event.



Meiha Waitoa with his entry

Wild Boar Galore continues...

The women were up next and were tasked with carrying a larger boar, with lost footing and mishaps around the course the 'big carry' was source of much laughter and at times admiration by onlookers, one area of concern however was that the men carried the same boar as the women proving that the ladies were definitely up for the challenge. Organisers of the event credited sponsors for their support and before the competition was over were looking ahead to 2010 to another successful event. Organising committee member Leonie Walker said "The support was overwhelming, and it was great to see people coming back to support the club and the kaupapa" she added "One hunter was all the way from Dannevirke...some from Opotiki, Kawerau & Ngatapa and of course our locals. It was a fantastic competition".



Top: Young entrant with his hare and possum



Right: Winning Stag by Kyil Beach

Jason Richards Memorial Trophy

New faces - Ruatoria Police



L to R: Regan Horsfall, Rachel Kapa and Tamuera Aperahama

East Coast residents can feel comfort in the fact that the majority of Police at the Ruatoria department are home grown locals; and a few more were added to the crew with a pohiri for three new members held at Ngata Memorial College.


Ruatorias new sergeant is Regan Horsfall who takes over from Hone Herewini who was injured in a rugby game last year. Rachel Kapa, born and raised in Rangitukia returned to her old stomping ground (Ngata College) for the pohiri and has already affirmed her position on the Coast by making regular appearances on Radio Ngati Porou with the reinstatement of the 'constables korero' which can be heard fortnightly on a Wednesday on Nga Take o te wa (10am – 12pm) weekdays.

Area controller Tamuera Aperahama based in Gisborne was also welcomed as a new member to the team here on the East Coast.

The new editions to the area filled a long standing 'gap' in the local police and it was announced that this was the first time the station had been 'fully' staffed.

Community members filled the hall for the pohiri alongside Ngata College students who performed a rousing pohiri and haka to honor the occasion.

Police would like to extend a huge thank you to the students and staff at Ngata Memorial College, and all those involved in the pohiri

A close-up, intimate photograph of a woman with dark hair tied back, breastfeeding her baby. She is looking down at the baby with a gentle expression. The baby is wearing a blue onesie and is positioned at her breast. The lighting is warm and soft, creating a tender atmosphere. The woman is wearing a light-colored zip-up top and a necklace with a dark pendant.

*Because everything
changed the day you
were born.*

*Because I would do
anything to protect
you.*

*Because I will always
be there for you.*

Because I love you.

Breastfeeding is the healthy choice for both mum and baby.
Because it's perfectly natural.
For more information visit breastfeeding.org.nz, or for help
with breastfeeding call 0800 611 116.



Hands across the ditch

Traditional Maori and traditional Aboriginal knowledge joined hands in Central Australia last month in a unique trans-Tasman exchange of ideas and experiences in bush foods and indigenous art.

Following Desert Knowledge Cooperative Research Centre (DKCRC) highly successful "Hands Across the Desert" venture, in which Aboriginal communities thousands of kilometres apart met to share knowledge and experiences in the bush foods business, it was decided to establish similar links with New Zealand, says

Jenny Cleary, director of the Centre's Bush Products Program. As a result Maori artist and indigenous food grower Bella Paenga and crop scientist Huub Kerckhoffs spent two weeks exploring Aboriginal enterprises in Alice Springs which produce bush tomatoes, watermelons and traditional art under conditions starkly different to those of East Coast NZ.

Despite the contrasting climates, there is a great deal in common and Bella said "I see the cropping and marketing of indigenous foods as a strong vehicle to ensure a viable community". Jenny Cleary added "Both Aboriginal and Māori communities are using native foods to achieve economic development, social cohesion and rewarding livelihoods in their communities. They face similar challenges in



Bella Paenga and crop scientist Huub Kerckhoffs



participating in the global food marketing chain. They have plenty of experiences to compare and ideas to share." On a similar note, Huub added "we made wonderful and great connections over there, with lots of exchanged ideas and approaches"



Bella meets local Aboriginal people and exchanges traditional food culture

Bella Paenga represents Tairāwhiti ki Waiapu and lives in Tikitiki. She is a very committed young grower and marketer of Māori potato and kumara as well as a skilled weaver. She has helped establish a website marketing local produce (www.ECOAotearoa.com) and is helping to organise the 2010 East Coast Festival, which will showcase indigenous foods, tourism and arts.

Ngata Lectures reach Nati's Overseas

The Ngati Porou national anthem Paikea resonated across cyberspace during the last night of the Sir Apirana Ngata Memorial lectures. For the first time in its sixteen year history the lecture series was webcast live to whanau around New Zealand and those based in Australia, Britain and the United States.

The lectures were held over three consecutive evenings in July at Ngata Memorial College. The event was well attended, despite the abysmal weather conditions and the closure of Busby's Hill

cutting off the main highway. The kaupapa for 2009 was Ngati Porou: Our Past, Our Present, Our Future. A cross section of leaders from the political, business and sporting arenas made up this year's lineup of speakers.

Sunday evening featured Te Runanga o Ngati Porou chairman Apirana Mahuika, who spoke about the varying positions 19th century Ngati Porou rangatira took in relation to the signing of Te Tiriti o Waitangi. He also reiterated the importance of the



L to R: Travis O'Keefe, Dr. Jonathan Zyzalo, Rua Tipoki & Maria Wynyard

Treaty to enable Maori going forward. Wayne Ngata, on behalf of the Tairawhiti Cultural Development Trust delivered an informative presentation about the next Te Matatini National Kapa haka festival, to be hosted in Gisborne in 2011. The NZ Film Archive also screened a selection of films shot in Ngati Porou during the 1920s to 1940s period. An enthralled audience watched the rare footage which featured our tipuna demonstrating cultural practices, including preparing a hangi and fishing. Early video recordings taken at the Ngata Lectures in the 1980s were also screened by the Archive on the Tuesday evening.

On Monday night Tairawhiti Manu Korero representatives Karli Rickard and Hineteariki Parata-Walker delivered their winning speeches which focused on the Price of Citizenship and its relevance for today.

Montana Book Awards finalist Dr Monty Soutar spoke about the process of developing the book "Nga Tamatoa: The Price of Citizenship." His address was preceded by a special preview screening of "Amohia Te Mauri," a documentary produced by Tiwai Reedy, that will soon air on Maori TV. The programme examines the background of "Nga Tamatoa."



The audience performs Paikea to webcast viewers

The speakers on the last evening (14 July which was the date Sir Apirana died) reflect the fact that the majority of the Ngati Porou population are under the age of 35 and urban based.

Maria Wynyard, a young leader within her hapu and marae, spoke about the significant influence her whanau played in instilling and preserving in her traditional values of kaitiaki and manaki. She also spoke about the importance of collective cultural aspirations and cultural rejuvenation of te reo.

Former Maori All Black, Rua Tipoki, filled in as a late replacement for Junior All Black Tamati Ellison, who was called up to join the All Black squad. Rua spoke about his career as a professional rugby player, where he has most recently returned from Ireland playing for Munster. He enjoyed playing for Munster because the fans reminded him of the strong support back home.

"I used to think back to just a few years ago when the Coast was winning. I always wanted to be a part of it because you



Rua Tipoki



Kakumatua and C Company veteran Nolan Raihania with speakers from Monday evening, Karli Rickard, Hineteariki Parata-Walker and Dr. Monty Soutar

used to see all the nannies doing Paieka. That stuff just makes you feel bulletproof and 10 feet tall." He believed that having a strong sense of identity was important for Ngati Porou.

Robotics expert Dr Jonathan Zyzalo, fascinated the audience with his insights in to an industry many Maori have traditionally not entered. He spoke about the importance of technology for the future of Ngati Porou. He showed a series of videos on robotics technology which he hoped would "get the minds thinking".

"If you're not keeping up with technology, you will get left behind.

"We are going to see stuff that's happening in the movies actually starting to happen in our world in the next 25 years." Health TV founder Travis O' Keefe talked about developing his entrepreneurial skills from an early age and encouraged Ngati Porou to be creative and innovative.

"You can create a successful worldwide business from right here in Ruatoria. I believe the only limitations are

those that we create for ourselves." He also encouraged the audience to join him in performing the waiata Paieka to those watching the lectures on the internet.

In conjunction with the evening lectures additional hui was also held at Ngata College. On Sunday afternoon Professor Linda Smith of Waikato University chaired the consultation hui for Te Haeata. The purpose of the hui sought to receive feedback from Ngati Porou on what needed to be considered in establishing a Post Settlement Governance Entity to receive the Treaty of Waitangi Settlement assets. Professor Smith broke the audience into hapu clusters and each cluster engaged in a healthy discussion about hapu representation in the entity.

Rei Kohere chaired the second consultation session on Monday afternoon. This was an opportunity for people to learn more about what the Nga Hapu o Ngati Porou Foreshore & Seabed Deed requires from hapu in order to put the deed into action. The possible impact of the recent review of the FSSB Act on the Deed was also discussed.

A second Te Haeata hui was held on Tuesday afternoon. Attendees were given a detailed overview of the TOW negotiations between NP negotiators (Te Haeata) & the Crown. The audience was able to ask questions of the Te Haeata committee so that they were clear in their minds as to the issues that are being addressed in the negotiations. A pre-recorded video of Minister for Treaty Settlements Hon. Chris Finlayson was also screened after this hui. The Minister was due to speak at the Sunday evening lectures but had to give his apologies due to adverse road conditions.

Te Runanga o Ngati Porou chief executive Monty Soutar said the lectures were extremely successful. "We need to build on this success and next year try to draw more young people to the event," he said. "The middle of winter is clearly not the time to host this event and we should be looking to September or October 2010."

Taranaki people have been invited to next years lectures so the focus will include our long-standing connections made stronger by Sir Apirana and Sir Maui Pomare.



Maria Wynyard



Lillian, Ko Ngāti Porou, Rongomaiwahine, Ngāti Tūwharetoa, Te Arawa ngā Iwi.

A smear test saved my life.

Lillian put off going for a smear test for nine years. When she finally went, they found changes to the cells on her cervix. She had treatment and now she's fine.

If Lillian hadn't had her smear test she wouldn't be alive today to share her story. She wouldn't be here for her four sons. She wouldn't be here for her whanau.

A smear test is a simple health check for all women who have ever been sexually active. If you haven't had one in the last three years, do it now.

Life is precious. Do it for yourself and for your whanau.



Don't put it off.

Contact your nurse, doctor or local health worker for an appointment.

Or call 0800 729 729 for more information.
www.cervicalscreening.govt.nz



New Zealand Government

Further Digital Boost for Ngati Porou Whanau

From September 2009 another 130 families from Ngati Porou will benefit from a further Government grant to the Computers in Homes programme.

Computers in Homes helps local schools provide computers, internet access and computer training to families with school-aged children but without access to a computer and the Internet in their homes.

Te Runanga o Ngati Porou (E Tipu E Rea) through funding from the Department of Internal

Affairs (DIA) Digital Strategy Fund has run the project across the rohe since 2007.

Over the past two years 250 computers have been allocated to whanau from Ngati Porou East Coast Learning Centres. The new funding allocation allows the scheme to be extended to reach secondary schools in the area.

"This is a real coup for Ngati Porou to be able to expand the programme," said Computers in Homes local coordinator, Leeanne Morice. "We estimate that there are 200 families in our community with school-aged children who do not have access to a computer and Internet in their homes. It is so exciting to have the opportunity to help close the digital gap for these families."



Computers in Homes Rorohiko I roto ngā Kāinga

The programme focuses on strengthening links between families and schools to lift education levels of children and upskill their parents in using digital technologies. Parents receive 20 hours of basic computer training including word processing, emailing and using the Internet, conducted at their children's school. The training is aimed at empowering parents to become actively involved in their children's learning, as well as increase their own employment opportunities and confidence.

Computers in Homes is run nation wide and is an initiative of the 2020 Communications Trust with support from the Ministry of Education, the Community Partnership Fund and implemented locally by Te Runanga o Ngati Porou.

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Te Rangitawaea Festival- September 16, Ruatoria

The annual Te Rangitawaea Festival celebrates the unique creative and innovative digital media achievements of 18 Ngati Porou East Coast schools from Potaka to Kaiti.

Since 2004 the festival has been held every year in Ruatoria, and provides a platform to showcase the latest in cutting edge technology, created from the imaginations of our talented rangatahi ie. Films, animations, music, graphic designs and much, much more. The festival is held over two venues during one day. From 9am to 3pm Ngata Memorial College will play host to the daytime activities: An expo featuring school's exhibits, a mystery ICT (Information Technology Challenge) and a celebrity guest speaker who works in the world of hip hop music and dance. The evening programme (5pm to 9pm) will be held at Uepohatu marae, and feature the Nati Awards ceremony. The Nati Awards is an Oscar like celebration where schools submit entries in a range of categories and compete for a Nati Award. Categories include Best Documentary, Best Original Music Composition etc. The theme for this year's entries was "Nga Pakiwaitara o Ngati Porou."



Te Rangitawaea Festival 2008

The festival is organised by E Tipu E Rea, the Te Runanga o Ngati Porou/Ministry of Education Partnership for schooling improvement. The Te Rangitawaea festival and strategy is a sub-project of E Tipu E Rea (ETER).

Foreshore Seabed Committee

In April a committee was appointed to work with hapu so that the hapu can implement the Deed and ready themselves to use the instruments in the Deed. The Foreshore and Seabed Committee members are:

Rei Kohere (Chairman)
Wi Pewhairangi Walker
Taina Ngarimu
Koromatai Pewhairangi
Hera Ngata-Gibson
Agnes Walker
Mihi Kutia

A major part of their role is to help hapu become fully informed of their mana, rights and responsibilities under the Deed. The committee will also assist hapu decide on an appropriate structure for management of matters relating to the Deed and the foreshore & seabed within their respective hapu customary areas.

The committee met several times in May and June so that they themselves could get up to speed with the Deed. They were assisted by Ngati Porou's Foreshore and Seabed Negotiators, Te Runanga o Ngati Porou and Ministry of Fisheries staff to determine how best to pool their resources to assist hapu to activate the instruments in the Deed. In July, the committee decided to go out on the road and help people better understand the Deed and the tasks hapu are required to do before the Deed can take effect. Since the Ngata lectures 11 hui have been held with hapu groups in an attempt to share information about the Deed. The hui so far have been at Ngata Memorial College, Potaka, Wharekahika, Horoera, Rangitukia, Tikapa, Uepohatu, Whareponga, Tuatini, Tokomaru and Anaura.

Across the several hui there was a poor to average knowledge of the Deed and its instruments. The feedback, however, was refreshing. The presenters and the simplifying of a lot of legal language were received positively.



There was not one hapu that said they were prepared with their hapu management arrangements. Some felt hapu capacity is already stretched. There was a fair amount of questions about how the arrangements will be resourced, relationships within hapu clusters, the length of time hapu will be given to decide, what assistance if any they would be provided

Over the coming months the Committee will be providing more information to whanau/hapu in order to further explain the Deed and assist hapu prepare to implement the Deed. You can help your hapu by attending hui where the Deed (and its implementation) will be discussed and by talking with committee members and amongst whanau and hapu groups about the Deed.

For more information contact:
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Business Partnerships – What you need to know...

Often a business is created over a coffee with a friend, or a dinner discussion with a spouse or partner. As such, many people “fall” into business and are trading or operating before they consider formalising business arrangements. Increasingly, many small and online businesses are operating under the default position, a partnership. Regular contributor and lawyer James Johnston explains what you need to know.

What is a Business Partnership?

A partnership is a private arrangement. It arises from a relationship of any number of persons, often two, carrying on a business in common with a view to profit. Unlike a company, a partnership is not a separate legal entity and is not registered with the Companies Office. The relationship is governed by the Partnership Act 1908, unless there are contrary contractual arrangements in place.

Why have a Partnership Agreement?

A partnership structure can work very well for many businesses. However it is often not realised by those involved that in the absence of documented arrangements, the only way to ensure that the partners determine the obligations that bind you, rather than the Partnership Act, is to prepare a tailored contract or agreement.

Outlining the specifics of your relationship in an agreement, particularly before issues arise, can also help nurture the original relationship you had with your business partner. A documented arrangement clarifies from the start what you expect from each other.

Cookie-Cutter Agreements

Every business is different. As such, every partnership arrangement should be different. Two electricians operating in the trade are going to require different terms and conditions than two friends starting a clothing line or a café. We always recommend taking the time to have an agreement specifically tailored to your business and your needs.

At the end of the day, this is the agreement that underpins your relationship and your business. The success or failure of both may rely on it.

What should be in your Partnership Agreement?

While every partnership agreement should be different, there are some key elements in all including:

- The name of the partnership or firm;
- A description of the business and where it will operate;
- An indication whether the partnership has been formed just for a specific venture or whether it will be ongoing;
- Who is contributing capital and in what amount;
- How the profits will be divided amongst the partners;
- Ownership of the Intellectual Property in your business;
- How disputes will be resolved, if any occur;

- Who will have authority to spend money and to what levels with or without consultation;
- Procedures for withdrawing from or terminating the partnership;
- Procedures for bringing new people on board.

Your arrangements can be as fluid or specific as you wish them to be. The perfect balance is one that allows for enough specifics to constructively guide the relationship and business, but that also leaves room for both to evolve and progress.

Having said that, it is wise to agree on specific processes around disputes. Determining how to resolve a dispute when you're in the middle of one is just something else to argue about!

Conclusion

Agreeing to disagree (amongst other things) before an issue arises makes good sense. Often there are pre-existing relationships to preserve, so having clear boundaries and processes in place can help guide the partnership through tricky times.

While a good partnership agreement may not necessarily save a friendship or marriage, it can help guide behaviour during times of heightened emotions. In that way it can also assist goodwill to prevail.

For advice on preparing your Partnership Agreement call 0800 733 445.

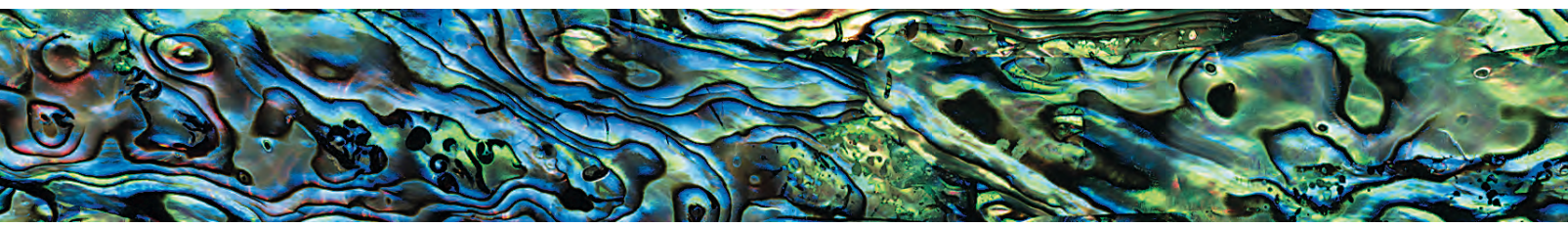
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NPEC Update!

The ECRFU Club season is now over. Congratulations to PGG Wrightsons Uawa, supreme winners of the senior competition. Congratulations also to Tokomaru Bay who recovered from a tough season in 2008 to make this year's grand final. The final, held in Tolaga Bay was a great event. The final score was 26 - 19 to PGG Wrightsons Uawa.



Hikurangi vs Tokomaru Bay United in semi final 2009 Final Score 6-5 to Tokomaru Bay

JAB Rugby

JAB on the "Coast" have had their share of "on and off" situations this season where they have struggled to make the 10 fixture programme due to weather man not been very kind at all. JAB Sub Unions – Matakaoa, Waiapu, Ruatoria and Tokomaru Bay have all had very large numbers participating in both Horouta (6-8yrs) and the Raukumara (9-10yrs) where the battle is between Tokomaru Bay and Matakaoa.

This Saturday (15th August) is finals day in Tokomaru Bay and hopefully (Jim Hickey – the weatherman) is kind to them and provide the Hatearangi domain heaps of sunshine.

Kia kaha Ruatoria me Waiapu JAB's

A big thank you to the sponsor's for 2009 NPEC JAB Skyline Garages and Export Meat Warehouse. We appreciate your support this season from everyone in Ngatiaporou.



JAB in Rangitukia 2008

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Under 13's

This grade is coached by Daryl Goldsmith. The team is still participating in the PBRFU Saturday morning competition and at this stage are placed within the top four. Kia kaha Daryl and the boys.

Under 15's

Ozzie Tuhura and Arron Akuhata's squad is in the lead but have had their up's and down's with opposing teams defaulting on many occasions. The majority of this squad will be selected for the NPEC U16's squad. Regular training sessions in Te Araroa and Ruatoria have helped immensely with their team development, involvement and positive on field display especially when they are in Gisborne as part of the PBRFU Saturday morning competition.

Radio Ngati Porou broadcasts on a
NEW frequency to the Waiapu area
Tune in now to 89.3fm

NPEC Rugby Updates

Secondary Schools

Coaches Henry Reedy and RDO Jimmy Aupouri have had their fair share of challenges with this squad regarding availability of players every Saturday, despite this the team has been able to survive in the PBRFU Saturday competition in Gisborne.

Uawa definitely take the lead position to date followed by the GBHS Red/Green/Black.

Henry quietly admits that since his last involvement with rugby that times have certainly changed. Kia kaha Henry.

Under 16's

Coach Campbell Dewes and RDO Jimmy Aupouri are at this stage selecting the squad for the forthcoming fixtures commencing next month. The squad will travel to Fielding 11th September to compete in the Rawhitiroa 2009 Rugby Tournament which includes three other schools GBHS Colts, Te Aute College and Hato Paora College.

Many of the boys who were in last years squad have once again been given the opportunity to be selected, their experience will encourage the new boys in preparation towards the Hurricanes U16's tournament 28th – 30th September at Masterton to be hosted by the Wairarapa Bush Rugby Union.

Development Squad

Coached by the seven club coaches this squad will play Horouta RC this Saturday (15th August) at Whakarua Park Ruatoria. Next week they host the Matakaoa Sub Union which is currently preparing for the Barry Cup challenge against Wairoa early September. The majority of the squad are young club players who have the opportunity to play for NPEC in the future. Some have assisted the NPEC Heartlands squad already in their pre-season fixtures against Thanes Valley and King Country.

Area Sools XV

Both GBHS Colts and Lytton fixtures planned for earlier this month were cancelled by the visitors for various reasons. The Area Schools XV will be participating in the Secondary Schools Sevens on 19th August at Ngata College. August 26th will see NPEC AS XV play against Campion XV in Gisborne. Coach Ozzie Tuhura and RDO Jimmy Aupouri will include some of the selected NPEC U16's players that day.

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NPEC Team

The Ngati Porou East Coast team has begun their pre-season matches with mixed results.

The first pre-season match was held back in May against our neighbours Poverty Bay and NPEC suffered a big loss 46-3. That early match proved to be the wake-up call that the side needed because they bounced back in their second pre-season match against Thames Valley with a close win, the final score was 13 - 6.

NPEC management is focussed on providing the team with sufficient warm-up matches and faced King Country in their most recent match, going down to King Country 24-11.

These early results promise for an improved season in 2009.

Their final pre-season match prior to the commencement of the 2009 Heatland Championship is against Eastern Bay of Plenty in Ruatoria on the 22 August.

The heartland championship commences on the 29th August aganst Wanganui, in Wanganui.

NPEC Draw

29 August
NPEC vs Wanganui (Away)

5 September
NPEC vs Buller (Away)

12 September
NPEC vs Wairarapa Bush (Home)

19 September
NPEC vs West Coast (Away)

26 September
NPEC vs Horowhenua/Kapiti (Home)

BNZ Maori Excellence in Farming Award



Pakarae/Whangara B5 Partnership General manager Richard Scholefield and Board Chair Ingrid Collins hold the Trophy after they were named winner of this year's Ahuwhenua Trophy BNZ Maori Excellence in Farming Award at the presentation dinner in Gisborne, 19 June 2009. Photo: John Cowpland

neighbouring farms, Pakarae and Whangara B5, amalgamated to form a 5,600-hectare property running a Romney-based flock of 27,496 sheep, and a herd of 18,374 Angus-cross cattle. The partnership expects to run 60,000 stock units within the next five years.

In the last two years the partnership has focused on bringing the previously autonomous farms together into one farming operation. They expect this to result in greater economies of scale in their business as well as better pricing in the retail market and greater cost efficiencies.

Partnership Board Chair Ingrid Collins has been a member of the Whangara B5 Trust for 35 years. First elected to the Trust in 1986, she became the first woman to chair Maori Incorporation. She says that keeping shareholders, all of whom belong to Ngati Konohi's Te Aitanga-a-Hauiti hapu, well informed and involved in the business is a priority.

"We guard our land ferociously. It is our taonga tuku iho. Our overriding aim is to ensure its sustainability, its availability to mokopuna for generations to come, and its development for the betterment of all shareholders," she says.

A major goal for the Partnership Board is to see Ngati Konohi lands and people brought back together. They expect this to result in a sustainable farming operation that "nurtures the land" and delivers an effective farm surplus of \$350 per hectare, as well as jobs for rangitahi.

The other two finalists are: Morikau Station, one of Maoridom's many multiple properties with a large shareholder base, run by the Morikaunui Corporation Board and Hereheretau Station, administered by the Maori Trustee on behalf of the Maori Soldier's Trust.

Pakarae/Whangara B5 Partnership, north of Gisborne, is the winner of this year's prestigious Ahuwhenua Trophy – BNZ Maori Excellence in Farming Award for sheep and beef farming.

Judges described the newly formed partnership of Pakarae Whangara B5 as "impressive" and representing "true leadership, vision and hard work."

The Ahuwhenua Trophy Competition is held annually and alternates between sheep and beef farming and dairy farming.

The Award was presented to the Pakarae/Whangara B5 Partnership Board Chair Ingrid Collins by the Minister of Maori Affairs Dr Pita Sharples and Tony Arthur, National Managing Partner for BNZ Agribusiness at the Gisborne Showgrounds.

A record turnout of some 650 people attended the presentation.

As well as being presented with the Ahuwhenua Trophy, the Partnership will also receive up to \$40,000 in cash, services and farm products including a Yamaha Power steer 550 cc Utility ATV.

In awarding the Trophy to Pakarae Whangara B5, the Judges noted: "the impressive financial performance" that had placed the property in the top 10 per cent for its farm class. They also commended the Partnership on an exceptionally well-run Field Day attended by over 400 people.

The Pakarae Whangara B5 Partnership was one of three finalists at the Awards' Night Final. The Judges said all the properties had strong historical links to their local communities and outstanding modern governance and management practices. The other finalists are Morikau Station near Ranana on the Whanganui River, and Hereheretau Station, west of Wairoa.

The Pakarae Whangara B5 Partnership was formed in 2006 when two



Both stations were cited by Ahuwhenua Trophy Chief Judge John Acland as having "a strong commitment to care for the assets of past and future generations, while at the same time having a focus on achieving good bottom line performance in the short to medium term."

Farming an effective area 720,000 hectares worth an estimated \$7.5billion Maori

are the largest natural grouping of pastoral farmers in New Zealand. More than 15 per cent of sheep and beef exports are estimated to come from Maori farming businesses.

BNZ is the Platinum Sponsor for the Award. Gold sponsors are: Te Puni Kokiri, AgResearch, and Meat & Wool New Zealand. Silver sponsors are PGG Wrightson, and Ballance Agri-Nutrients, and Bronze sponsors are: the Maori Trustee, Ministry of Agriculture and Forestry, Agriculture ITO, Yamaha and BDO Spicers. Other sponsors are: Landcorp, Tohu Wines, AFFCO, Poutama Business Trust, DB Breweries, Mangatu Blocks- Fresh meats NZ and Leaderbrand Produce

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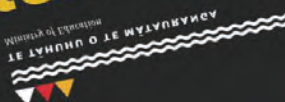
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New Digital X-Ray Machine Bonus for TWHONP



Following the blessing ceremony the new x-ray equipment in the refurbished x-ray department was inspected by those present including (L-R) Margriet Esenbrink NPH medical radiation technologist, Mike King charge medical radiation technologist Gisborne Hospital, Bernice Wilkinson medical radiation technologist Gisborne Hospital, Helen Milner NPH hospital services manager, Georgina Paerata NPH Board medical advisor and Eva Harrison NPH ward team leader.

Patients, staff and visitors gathered at Te Whare Hauora o Ngati Porou to celebrate the installation of the state of the art digital x-ray equipment in the newly refurbished radiology suite.

NPH received \$300,000 of 'reducing inequalities' funding through Tairāwhiti District Health Board to pay for the new machine, its installation and renovation of the X-ray department.

"The new equipment gives NPH the chance to provide better x-ray services on the Coast and it will hopefully alleviate the pressure on Gisborne Hospital. It is certainly a major plus for us," said chief executive Ben Tahata.

Some patients may not need to leave the Coast as it is now possible for a Doctor at Te Puia to consult with a specialist in Gisborne (or anywhere) while looking at the same x-ray picture on their computer screens. A diagnosis could be made and treatment would start in Te Puia.

"There were some setbacks on the way but eventually it all came together and now we have a fabulous new facility. The room is spacious and light, the x-ray equipment is modern and computerised and the images produced are of exceptional quality providing the Doctor with more information than previous films. There are no longer 'films', instead the images get burned onto a CD. This means that there is no longer a need for developer, fixer and heavy metals to pollute the environment," said NPH medical radiation technologist Margriet Esenbrink.

"The most exciting thing is that this facility opens up a whole range of possibilities for the hospital to offer additional services in the future. This has to be good for the families on the Coast, which is ultimately what it is about," she said.

"In May 2006 I commenced work at the hospital running a regular x-ray clinic every Monday. And, when the physicist said that time was running out for the old faithful machine,

the wheels were set into motion to make something good happen," said Mrs Esenbrink.

The new machine has replaced the Shimadzu x-ray machine/equipment that had duly serviced the hospital and the people of Ngati Porou for several decades. It was very old, reliable equipment and was bought by the Waiapu Hospital Board in the late 1940's to enable Te Puia Hospital to provide accessible, appropriate x-ray services to its people.

"However, at its annual servicing in 2007 the Board was informed that 'the old work horse' was coming to the end of its reliable, safe working life and needed to be replaced," said NPH Board medical advisor Georgina Paerata.

From the late 1940's to 2002 a 24-hour service was provided by various staff members including three long-standing, experienced Hospital Aides who were approved by the National radiation board as unqualified radiographers for the taking of basic chest and limb x-rays (e.g. extremities only).

"With the introduction of the Competency Bill significant staff changes came about which meant that the unqualified staff could no longer take x-rays. As a result of this change patients had to travel to Gisborne Hospital to have x-rays taken which put a lot of pressure on Whanau," said Mrs Paerata.

NPH would like to acknowledge the great work done by our own maintenance team for the building and presentation of the finished suite and also the cleaners for their preparation of the floor which required special coats of protective material and then polishing etc.

Making Contemporary Sports More Effective for East Coast Communities

The third instalment to the: What Works Best for Physical Activity Promotion on the East Coast by Dr Ihirangi Heke

Originally from Waikato, I am a sport and exercise psychologist employed by Ngati Porou Hauoroa to address physical activity and consequent health issues on the East Coast. In this addition - information on the various exercise formats that are available on the coast but have been widely underutilised are discussed. Previously, I have written two articles that have discussed the utility of local resources for getting fit and the reintroduction of traditional sport in to East Coast schools and communities.

This article discusses how other sports that are readily available can be reintroduced in different formats to increase physical activity. Discussed here are cycling, swimming, surfing, waka ama and even shooting and trail bike riding.

Beginning with cycling, I instantly saw an opportunity to use this format in conjunction with running to push our 'Hundy Club' members, by asking them to cycle the same maunga that they had run up – an altogether tougher proposition but another format for high intensity with low impact and volume but with greater return for less time invested.

Some questioned the utility of cycling when the bikes cost so much to obtain too. But, with the advent of TradeMe the ability to purchase cheap exercise equipment has never been better, bikes or otherwise!

The outcome though, was a couple of Hundy Club members sourcing ten cheap bikes in a pakaru state (all off-road bikes) and building five bikes that could be used by anyone within the group or until they were sufficiently motivated to buy a bike more suited to their height and preferences. Important to note here too, that all of these bikes were mountain bikes for the dual purpose of riding on road if required but more so for covering off road terrain.

Additionally, cycling represented a good opportunity to provide NCEA accredited programmes to schools up the coast. In the last two years, I along with another bike instructor (Kila Hepi) have provided NCEA courses to Te Kura Rohe o Uawa, Te Kura Kaupapa o Te Waiu, Te Kura o Rerekohu and Te Kura Kaupapa o Kawakawa. While the aim was to provide academic credits another aim was more subversive, i.e., to encourage parents of these students to come along as helpers if not as training partners prior to the course.

Coming up soon too is yet another format for cycling. A twelve-hour mountain bike relay is planned for October that takes in the beach next to the wharf, part of Titirangi station and begins and starts from the Tolaga Bay Camping ground. The relay ranges from having a

bike that is moving for twelve hours between groups of up to five to some choosing to complete the event individually on single speed bikes with no suspension.

The camping ground was chosen so that those not riding can bring couches and BBQs to watch and encourage others while relaxing in style or overnighting on race completion. Great events to wet your feet to cycling both figuratively and literally as competitors can walk the 8-10km loop or attempt to ride consecutive laps. Sound like you?

Moving onto swimming, here's an activity that we all talk about and participate in informally but underutilise as both a rehabilitative process and high intensity training environment.

In Uawa a unique opportunity presented itself in terms of attempting to move individuals starting from talking about swimming, moving to getting in the school pool, then getting in the awa and then to attempting open water swims in Tolaga Bay itself.

Intimidating for most, small steps are required which are initiated by beginning swim coaching clinics that cater for the wide range of swimming skills that exist in any community.

Utilised here too was the brilliant elite-level sport improvement programme called Silicon Coach. Silicon Coach, although often restricted to elite level athletes was something that I was able to use with coast communities to effect change at a local level and thereby encourage more to get in the pool and start making changes.

Incidentally, news got out about Silicon Coach being on the Coast and it wasn't long before I was providing seminars to Comet Swim club in Gisborne - in exchange for equipment use when surf club members from the coast used the pool. Also I was able to assist Te Kura Kaupapa o Te Waiu in getting Silicon Coach into their PE programme (the Kura have since purchased their own copy) including training parents to train their children in Ruatoria. Also, I assisted a group of senior students at Te Waiu in reviewing their stroke, writing their own swim programmes, learning how to use Silicon Coach and completing one of a series of nationwide open water swims in Tauranga.

Most who have moved from the pool to open water all ask the same question, "what about the sharks?" There is a very simple response to this. You don't need to out-swim the shark, just the person next to you – that should provide the motivation to turn up to swim training!

Likewise, surfing and waka ama represent great opportunities for using the environment with a different intended outcome than is currently sought. Recently, alongside the efforts of Peter Boyd of Tairāwhiti District Health (TDH) we set about

using waka ama, surfing and stand up paddling to attract more people to the open ocean.

In main part waka ama has been about competitive paddling and is more often than not restricted to flat waters to hone the paddling skills. What we are proposing is the use of waka to fish from, surf in, dive from and make multi-day journeys in. This is a fundamental shift that is in fact a return to how waka ama were used by our tupuna.

Alongside waka exponents such as Peter Boyd and Matahi Brightwell we are attempting to encourage more people to move from the rivers back into the surf and outer marine environments that are the open sea. This can also be initiated by attempting surfing or stand up paddling in the first instance with an end outcome of waka ama in the open sea.

Next month in September a waka ama wananga will be held on the Coast hosted by Campbell Dewes and Peter Boyd at Wharekahika with paddlers from Hawaii and the University of Hawaii Hilo, river experts from Wanganui, guest seminars by Matahi Brightwell and Physical Education students from University of Otago all attempting to make the move from awa to open water.

Lastly, something from the left field. The relevance here is the demand from communities rather than limiting physical activity to what we either know as trainers or can fit into mainstream ways of increasing physical activity.

Recently I was lucky enough to attend a local motorbike trail ride with more than a dozen other Maori riding a wide range of machinery with various levels of skill. What immediately struck me was not only the number of riders but the ability to recruit young and old, male and female to events or areas that provide for this sport. Likewise for shooting, certainly high risk, which only highlights the need for education in the handling of weapons - especially with recent unfortunate events and because such a high number of guns exist on the Coast for pig hunting and deer stalking.

And what about the sport component? Well, recently I was able to broker a deal to build a trail bike track which will have a shooting range right next to it.

These sports will require parents to accompany their son or daughter to either activity, be trained in the appropriate use of either rifle or motorcycle (an Army shooting instructor from Turanga Ararau has already been recruited) and to have both opportunities at one site.

Like NCEA for mountain biking NCEA credits also exist for both of these sports too. Additionally, shooting in terms of the Olympic sport of Biathlon is something that along with the shooting instructor we would like to trial i.e. run a 2km loop cross country, shooting six targets from a prone position in



Waka Ama in a big swell - Simply Awesome



Morning dawns on Mt. Hikurangi

limited time followed by another 2km loop and further six targets from standing position.

Both sports are interesting, contemporary, easy to recruit youth into, provide education purposes for communities, require Whanau-wide involvement and are all in one location. This is definitely left field but worthwhile in outcome if physical activity is increased.

So whether it be skate boarding or horse riding, using the gym or going out on a body board, we need to be more creative and look at ways to recruit wider numbers of our communities to effect sustainable long term improvements in health up the coast.

This also means not only providing a wide range of physical activity types but changing what is offered regularly and as a reflection of what is being requested by the communities of which we are part of.

While several of these initiatives have been based in Tolaga Bay I look forward to meeting up with representatives from all areas of the Coast and looking at ways to get you and/or your Whanau moving!

NPH BOARD Community Representative Elections

Matakaoa and Turanga (Kaiti) Rohe

Term of office: October 2009 to October 2013

Ngati Porou Hauora board advises the Matakaoa and Turanga (Kaiti) community representatives are due for re-election and the dates for placing nominations and the elections are as follows:

Nominations will be received: 31 August to 29 September 2009.

Elections to be held: 10 October 2009.

Introduction at AGM: 29 October 2009.

We encourage both communities to think about representation

on this board.

The position requires those with a strategic viewpoint toward the health and well being of Whanau, Hapu, Iwi and community within Ngati Porou rohe.

If you or someone you know is interested please note the date when nominations will be received.

Advertising begins on 22 August 09 in the Gisborne Herald and on Radio Ngati Porou, Radio Uawa and Turanga FM.

If you have any enquiries or wish to know more about this challenging role please contact: Marie Davis, Board Secretary, Ngati Porou Hauora, telephone 06 8646803 ext 856 or email marie.davis@nph.org.nz

Maori Language Week – Te Reo i te hāpori (Maori language in the community)

Toku Reo, toku ohoho-My language, my awakening!

It was an event filled week at Radio Ngati Porou with the promotion of 'Te wiki o te Reo Maori'; competitions and giveaways were held alongside the promotion of Te Reo Maori on air with a focus on invigorating the listeners and encouraging them to take hold of Te Reo Maori.

The theme this year was 'Te Reo i te Hāpori – Maori Language in the community' and it was a pleasure to hear children and adults alike attempting to speak Maori out on the streets.

Extra effort was made to increase the use of Te Reo Maori on air, for some announcers it was a matter of adding more 'kupu Maori' (Maori words) to their voice break deliveries and competitions were used to draw the use of Reo from its listeners.

On the 'Te Kete Korero' Show (1-3pm weekdays) interviews were held daily with local Tamariki and Kaumatua. The studio was buzzing with manuhiri (guests) who shared their views on Te Reo Maori with the listeners. Children appeared on the 'He taonga te Reo' show 9-10am displaying their use of Te Reo Maori, sharing things as simple as their pepeha to more elaborate whaikorero with the listeners. Te Kura o Hiruharama was one of the schools that took part in the event with Taura (students) displaying their abilities with Te Reo Maori on air. Host of the show Maria Smith said "ka mau te wehi o nga tamariki i tae mai ki te whakaatu i ta ratou ake reo i runga i te Reo Irirangi nei, weti weti".

Prize giveaways added to the excitement of the week with RNP offering Reo Maori packs, T'Shirts, Gift vouchers and Books to heighten the excitement surrounding the event.



Taylor Haenga presents his pepeha to listeners of RNP



Anouncer of te Kete Korero Maria Smith with children from Hiruharama School

BBQ and Spit Ngati-styles



Mens Wananga participants showing the Ngati style BBQ/Spit (complete with ducks) that cooks kai to perfection. Tino reka.

Mana Tane ki Waiapu held a Men's Wananga with the aim of bringing men together to share skills and experience in the gathering and preparation of healthy kai. Some of the local history of the Waiapu rohe and a workshop about rongoa Maori was also included. "Highlights of the weekend were learning how to make a barbecue out of a 44-gallon drum which was then turned into a spit the following day and two organic Rangitukia geese were cooked on it (tino reka). Nga mihi nui ki a koe, Hori," said Roger White, Ngati and Healthy.

The Wananga concluded with a hakari kai which included fish (caught by contiki), the famous 'Rangitukia curried goat' and korero (feedback) about the weekend. Kia ora to all those who attended. Mauri ora

For more information about future Mana Tane ki Waiapu events contact Tamati Reid telephone - 06 864 3019

Dr Craig Wilson MD, MPH, FACPM

Kia ora, My name is Dr Craig Wilson and I am currently part of the GP Education Program and working as a registrar (GPEP1 Registrar) employed by Tairāwhiti District Health. I am based in the Ruatoria Community Health Centre and will be undertaking PRIMEX examinations in December 2009.

I am married to Gae Wilson (nee Johnstone of Gisborne) who is the hospital's hot pool attendant and physiotherapy assistant. We have six children, four mokopuna, two dogs, four horses and a goat named Abu (the tallest goat anybody's ever seen).

In 2007, (after 3 years in Laos) Gae and I returned to New Zealand to live in Te Puia Springs where I spent a year fixing up our old house. During this time I was invited by Georgina Paerata to apply for the role of Hospital Services Manager on her retirement in June 2008.

This led to a brief but meaningful relationship with Dr Paratene Ngata who put me in touch with the General Practice Educational Programme of the Royal New Zealand College of General Practitioners to gain Fellowship in the college and giving me the ability to provide GP leadership, teaching and supervision on the Coast. If all goes well I hope to apply for Fellowship with the College in April 2010, in continuation of this shared vision.

We had left NZ in 2004 to work with the World Health Organization (WHO) in Laos PDR. Laos is one of the poorest but ethnically diverse countries in the world and is located next to China, Myanmar, Vietnam, Cambodia, and Thailand. Except for Myanmar, these countries belong to the Western Pacific Region of WHO and New Zealand is also a member. Dr Don Mathieson the Hauora's first CE is currently working with WHO.

Prior to working in Laos we lived in Gisborne where I was a Public Health Physician and Medical Officer of Health since moving to NZ in 2000.

I am originally from Los Altos (meaning "the tall ones"), near San Francisco, California where I studied and worked as a public health physician and general practitioner for 23 years both in the 'City' (University of California, San Francisco School of Medicine, and the San Francisco Public Health Department) and in rural areas of the region and abroad. One of the major challenges facing remote rural Ngati Porou communities is a shortage of skilled medical and nursing staff and I believe that creating an educational base will go a long way in improving professional retention and quality in healthcare. Also, that creating a local post graduate educational environment will have an impact on local youth realizing Dr Pat's dream of 'growing our own.'

The Coast is a very desirable teaching location. The Coast benefits by attracting more highly qualified long-term medical staff including primarily nurses, doctors, paramedics, a physiotherapist, clinical psychologist, and further ancillary services making up a robust multi-disciplinary team.



Dr Craig Wilson enjoys the Coast beaches

In addition,* "Reliance on locums must end" a recent top-level inquiry panel has told district health boards*.

The Coast benefits because people living on the Coast naturally desire and deserve continuity of care both from primary care providers and between levels in the health system overall. The professional trainees benefit by a rich clinical and cultural experience, unique in New Zealand health education.

And yes, we're staying!

Staff Representative to the Board

It is with regret that Ngati Porou Hauora Board received C Pewhairangi-Lawton's resignation and would like to acknowledge her commitment and active participation on the Board for which she will be missed and wish her all the best for her future.

As the next highest polling candidate and in line with NPH constitution, Emere Hohapata, has accepted the role for the remainder of the Staff Representative term ending October 2010. The Board look forward to working alongside Emere toward driving Ngati Porou Hauora forward.

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Te Whare Wānanga o Ōtago

Ngati and Healthy



**After School Leaders (ASL)
Proudly Presents**

2009 Father's Day East Coast Triathlon

Celebrating Our Men!

Swim 150m (6 lengths) – Ngata Pool
Cycle 6 km – Walkers Road Loop
Run/Walk 4.2 km – Ice cream cone

When: Sunday 6th September

Where: Ngata Memorial College – Ruatoria

Start Time: 10.00 am

Registrations: Early bird before 28th August
Cost: \$15.00 – Individual
\$30.00 - Team (max 3 members)

Late/Day Registrations: \$40.00 – Individual or Team
(day registrations 9-.00 - 9.15am)

Restrictions: Minimum age 16 years
Male competitors only

“FREE SAUSAGE SIZZLE FOR ALL COMPETITORS”

(\$5.00 of every entry fee will go to Kids Can Charitable Trust and another \$5.00 will go to the New Zealand Asthma Foundation and the remaining fee will go towards the Ngati and Healthy ASL kids programme).
Registration Forms at all Ngati Porou Hauora Community Health Clinics or contact Simone Poi 06-8648316 or email simone.poi@nph.org.nz

SMOKEFREE, ALCOHOL FREE AND DRUG FREE EVENT

Hinemaurea and Healthy Wananga in Matakaoa



Roger White, Ngati and Healthy (right) at Hinemaurea and Healthy Wananga

Ngati and Healthy Wananga / Workshops

The Ngati and Healthy Team have been busy participating in Wananga at Hinemaurea Marae and a men's Wananga in the Waiapu rohe which included the sharing of expertise and knowledge relating to growing, gathering and preservation of food.



Tamariki 'hands on' preserving – yum

Three Wananga which focussed on preserving kai (dehydrating, bottling, juicing), food gathering (fishing), gardening/planting fruit trees, healthy recipe workshops and much more were held at Hinemaurea Marae, Matakaoa.

The aims of the wananga were to provide 'hands on' workshops for Whanau to gain practical skills that implement healthy lifestyle choices and changes and to have fun.

Over sixty children and around thirty parents attended the last Wananga which included a holiday programme.

"The Wananga were a huge success and already we are seeing the healthy lifestyle changes filtering through our community. A few examples are mums and children baking healthy slices for lunchboxes, Whanau reviving their vegetable gardens, community gathering up wasting (over-ripe) food to make marmalade and juice, tamariki playing-up in the shop for green veges and carrots and lots of requests for the recipes we used during the Wananga," said Erina Torrey, kaiawhina NPH.

The highlights were a Fear Factor Night delivered by Erina and kite flying with Roger White of Ngati and Healthy which participants thoroughly enjoyed. Thanks to 'Feeding our Future' tamariki were given kites to fly and take home. NPH's Oral Health Educator Ruiru Morice demonstrated how to clean and care for niho (teeth). Also, Marina Ngatai, Te Runanga o Ngati Porou helped to facilitate workshops.

A big kia ora to all the people that helped us out and for all the Whanau who attended. For more information about these Wananga contact Linda Hovell or Erina Torrey at the Matakaoa Community Health Centre.

Ngati and Healthy will keep you updated about future 'Whanau at the Pa' Wananga which are being planned for the Matakaoa, Waiapu and Ruatorea areas.



Tamariki learn skills for baking healthy food

RNP OB's of Rugby

If you can't make it to the Ngati Porou East Coast rugby games this season don't worry because you will be able to tune into the live broadcasts of the games on RNP.

Enterprise Cars in Gisborne continues to support East Coast initiatives and this year is no exception. They will once again sponsor the live broadcasts bringing you full coverage of the games both home and away. This season looks to be promising for the team with the announcement of new coaching staff headed by former NPEC player Horace Lewis. Though the team would much rather have you there in person to cheer them on it is for those unable to make it that we provide this service. The NPEC season is as follows;

29-Aug 2.30pm NPEC v Wanganui Wanganui

5-Sep 2.30pm NPEC v Buller Away

12-Sep 2.30pm NPEC v Wairarapa Bush Ruatoria

19 Sep 2.30pm NPEC v West Coast Away

26 Sep 2.30pm NPEC v Horowhenua Kapiti Ruatoria

Tune it on;

98.1FM East Coast

93.3FM Gisborne

90.1FM Tolaga Bay

89.3FM Waiapu Valley

585AM Coast wide



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