



Mike Paku,
Chairman

Tangata Whenua as Environmental Guardians

Tangata Whenua are getting into their stride as environmental guardians under a new initiative that combines science with their skills and cultural knowledge.

As a result of submissions by the Te Manaaki Taiao unit of Te Taiwhenua o Heretaunga (TToH), a condition of the Hastings District Council's resource consent to discharge stormwater into Te Karamu Stream requires monitoring of the stream's health from a Māori cultural perspective.

Hapū have been trained to use scientific measures to do this, using a Cultural Health Index whereby they allocate scores between zero and 100 per cent — with 100 per cent being the highest-quality rating — according to their tests and assessments of the water quality, banks, and eco-systems at various points along Te Karamu.

TToH Te Kaihautu and the head of Te Manaaki Taiao, Marei Apatu, says this work is an important contribution to increasing general awareness of Māori history, values and environmental concepts.

Hapū have associations with Te Karamu dating back hundreds of years. There are many sites of historical and cultural significance, including pa along its banks because the stream once formed parts of the Ngaruro River, which was navigable from Clive to Bridge Pa and allowed boats and waka to carry passengers between these locations until a huge flood in 1867 caused the river to change course.

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Environmental consultant Morry Black takes notes as he assesses Te Karamu Stream.

Te Tirahou Celebrates Anniversary



Children at Te Tirahou Early Childhood Centre at Heretaunga Park tucked into a festive birthday cake on July 23, to celebrate the centre's seventh anniversary. Kordell, 2, and Azrae, 4, wait for Pattreece, 18 months, to blow out the candles.

New Format for Taiwhenua Elections

The next elections for the Te Taiwhenua o Heretaunga (TToH) governing Board of Trustees will be conducted under a new regime whereby all 15 positions on the board will be up for re-election at the same time every three years, instead of a rotational system of elections each year.

This and other changes to the electoral process, as set out in TToH Trust Deed, were agreed upon at a Special General Meeting held at Heretaunga Park on July 11.

Other provisions for change cover eligibility for election to the TToH board, Te Haaro, and Ngati Kahungunu Inc (NKI).

A new category of membership, Mana Whenua, has been introduced to sit alongside Tangata Whenua, and Matā Waka.

The Mana Whenua status provides certain privileges not accorded to Tangata Whenua and nga Matā Waka

Election dates

This year's elections at 13 marae in the Heretaunga rohe will be held between October 27 and November 3.

TToH Te Kaihautu Marei Apatu and current board chairman Mike Paku will visit each marae before the election to discuss the role of a trustee and the commitment required to be a trustee.

representatives. In particular, Mana Whenua representatives from this Taiwhenua are the only members eligible to either fill a vacancy on the Ngati Kahungunu Iwi Inc Board and/or contest for the position of NKII Chair. Te Haaro will decide who it supports to seek these positions.

Mana Whenua and Tangata Whenua representatives are eligible for all positions on TToH.

Matā Waka trustees, who are not direct descendants of Kahungunu ki Heretaunga, cannot progress past the position of deputy chair of TToH. This includes representatives from Flaxmere's urban marae, Te Aranga o Heretaunga.

The marae representatives elected chairperson and deputy-chairperson will immediately vacate their seats as marae representatives, and fresh elections will be held by the hapū / marae for replacement representatives.

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Pēpi-Pods Protect Babies



Injury Prevention Co-ordinator Joanne Harris with one of the pēpi-pods TToH has in stock

TToH has given out nearly 50 pēpi-pods for vulnerable babies who would otherwise not have a safe sleeping space.

A pēpi-pod is a box made into a baby bed with a cover, mattress and bedding. It is not intended as a replacement for a bassinette or wahakura for families that have them, but does provide a protective space for a baby sleeping in or on an adult bed, on a couch, in a makeshift situation, or away from home – when they are at a higher risk of accidental suffocation.

Statistics on sudden infant deaths in Hawke's Bay, presented to TToH staff by Sergeant Greg Macklow of the Hawke's Bay Colonial Investigations Office, show that 100 per cent of the most recent babies to die were Māori, and that 92 per cent were found in unsafe sleeping positions.

The pēpi-pods are funded and provided by the Hawke's Bay District Health Board for babies who are at most risk of sudden death. Risk factors include mothers who smoke during pregnancy, premature births, and babies with low birth-weight.

Families that receive a pēpi-pod are asked to spread the Safe Sleep message among their whanau and communities – the message being that babies should be put to sleep on their backs with their faces clear, in their own space and in a smokefree environment.

When a family has finished with the pēpi-pod it can be handed back to the DHB or on to other family members with the Safe Sleep message.

The DHB has already provided 300 pēpi-pods, with funding secured for another 800 during the next two years.

Contact: Injury Prevention Co-ordinator, 871 5350, ext 742

Mentors Uncover Rangatahi Potential

The Tiaki Tamariki programme in Rangatahi Services faces some tough challenges in trying to help young people build a solid future for themselves. Some of those who do the programme have very little support from family, no life skills, no direction in life, and no idea of what they can achieve if they want to.

The first thing that Tiaki Tamariki mentors Herman Ah Kiong, Patricia T Ofa and Hape Gil aim for is to get these rangatahi out of bed in the mornings and back to school. That goes a long way to keeping them out of trouble.

From there, the team take it step by step, encouraging rangatahi to set themselves small goals and work toward bigger goals. Each success shows them they can make constructive choices, says Herman.

The team had a particularly rewarding success recently, when a young woman

referred to them chose to go back to school, and generally turned her life around.

The change in her was so impressive that Herman nominated her for one of the Hastings Youth Potential Awards, established to celebrate the success of young people in provider programmes, particularly those from Flaxmere and Camberley.

The young woman did not win an award, but simply being nominated for one lifted her self-esteem even further. She is now back at school full-time and taking part in organised sport, says Herman.

For the Tiaki Tamariki team, that's a big tick on the report card.

Contact: Rangatahi Services, 871 5350.



Tiaki Tamariki mentor Herman Ah Kiong sees a lot of potential among rangitahi.

Strong Families

- Support parents and caregivers.
- Ask for help when they need it.
- Provide a safe, nurturing environment for children.
- Ensure children are not exposed to smoke or the effects of alcohol or drugs.
- Use positive discipline, not physical punishment.

Never Too Early to Start Oral Care



Dental educator Trish Tihema

Trish Tihema likes to sign up pēpi when they're about six weeks old. It makes it so much easier to ensure they get proper oral care when they're little older.

It's a sad fact that toothbrushing is not a high priority in many homes, so children's teeth are neglected until someone steps in and provides the knowledge – and very often TToH provides the toothbrushes and toothpaste, says Trish, a dental educator.

Part of her job involves going into kohanga reo and schools to promote the "Brush In"

programme. Some children do not have a toothbrush at home, and have never used one before, so they are given one to keep at daycare or school and taught how to use it. That way, their teeth are cleaned at least once a day, says Trish.

Getting children on to an oral-care register is a big part of the campaign to ensure children keep healthy teeth. The family can then be followed up and brought in for regular dental checks and dental education.

Prevention of decay is much better than trying to repair neglected teeth, she says.

Contact: Dental Educator, 871 5350, ext 836.



Three-year-olds Israel and Jicada love toothbrushing time.

Never Too Late To Stop Smoking



Julie tests out the carbon monoxide monitor with medical administrator Lisa Taepa.

Smoking-cessation practitioner Julie Ferguson was surprised when a 73-year-old gentleman walked in one day recently and asked for help to stop smoking.

The man, who had had no recent contact with a GP or any other health professional, relies on Rongoa (traditional Māori medicine) for his healthcare.

Having smoked since he was nine, he decided to quit after reading a TToH advertisement.

Julie was only too pleased to set the man on his path to being smokefree, and she referred him to the TToH Kaumātua Service, which hosts those on its register for special events, social activities and a medical check once a month.

More than 800 people have gone through the TToH three-month quit-smoking programme, Aukati Kaipapa, during the past four years. Most who sign up are in the 35-49 age group.

Julie tests the levels of carbon monoxide in a client's breath at each check-up. If the gas is present, even though they have not smoked, it is an indication that someone else is smoking around them. Julie uses that information to help demonstrate how second-hand smoke can affect children and non-smoking whanau.

Contact: Aukati Kaipapa, 871 5350, ext 833

Healthy Families

- Choose to breastfeed their babies.
- Immunise their children.
- Eat vegetables, fruit, bread or cereal, lean meat and fish each day.
- Avoid fatty, salty and sugary foods.
- Drink plenty of water and low-fat milk.
- Get plenty of physical exercise.

Happy Families

- Work together.
- Play together.
- Laugh together.
- Look out for each other.

Te Taiwhenua o Heretaunga – Who We Are

The governing body for Te Taiwhenua o Heretaunga is the Te Haaro Board of Trustees, which is mandated by the 17 marae and affiliated hapū within Hastings District/Heretaunga Rohe, represented by a cluster of 15 marae representatives.

The board sets the vision and strategic leadership for Heretaunga, reflecting the needs and aspirations of marae, hapū, whanau and communities. It also has the job of ensuring TToH is high-performing, compliant, and fulfilling the vision and kaupapa in accordance with the Trust Deed and tikanga.

Most of TToH's employs predominately māori staff, who adhere to the kaupapa Māori role of TToH. Tikanga is central to every practice within the organisation, from community to governance and operations.

There is a wide representation of Māori community leadership within TToH, including marae committee members and trustees, kaikōrero, kaikaranga, Pou Tikanga, Haahi, Māori wardens, Māori Women's Welfare League, kohanga, kura kaupapa, Māori sports clubs, Māori business networks and government committees.

On an annual basis, the board will:-

- Review TToH's goals.
- Review the strategies and operating plans.

- Approve the annual budget.
- Approve reports to stakeholders and public announcements.
- Approve the Annual Report.
- Review the performance and remuneration of the Chief Executive and Te Kaihautu.
- Review risk assessment policies and controls.
- Settle the following year's work plan for the board.

Tell Us About Yourself — insights from some board members



Mike Paku,
Chairman

Occupation: Fruit Technician, aka apple picker.
How long have you been a trustee? Eight years.
How have you contributed to the board's work? Using leadership skills to build consensus around the table.
What has given you most satisfaction? The Matariki Living Taonga Awards.
What skills and abilities do you think Te Haaro needs among its members? They must be able to work constructively as a group.



Taranaki Stuart Renata Apatu
Marae: Omaha

Occupation: Labourer.
How long have you been a trustee? Two years.
How have you contributed to the board's work? Supporting the kaupapa of Te Taiwhenua o Heretaunga.
What has given you most satisfaction? To see the help that goes to our people.
What skills and abilities do you think Te Haaro needs among its members? Vision for the future of our people.



Waa Harris
Marae: Houngarea

Occupation: Community worker.
How long have you been a trustee? 12 years.
How have you contributed to the board's work? The runanga health committee and interview panels.
What has given you most satisfaction? Helping whanau to attain their goals.
What skills and abilities do you think Te Haaro needs among its members? Those with vision and communications skills.



Lisa Tuhi
Marae: Te Awhina

Occupation: Machine operator, quality assurance researcher and consultant, and a mama.
How long have you been a trustee? Eight years.
How have you contributed to the board's work? I have provided advocacy, consultation, negotiation, network/workshopping, funded whanau/hapū initiatives, and intrinsic knowledge.
What has given you most satisfaction? Growing the capacity of our whanau, hapū o nga marae katoa o Heretaunga.
What skills and abilities do you think Te Haaro needs among its members? To be hardworking, selfless, committed, and at least conversant in te reo.



Cordry Tawa Huata
Marae: Mangaroa

Occupation: Teaching principal at Te Kura Kaupapa Māori o Ngāti Kahungunu ki Heretaunga.
How long have you been a trustee? Nearly 12 years.
How have you contributed to the board's work? As a member of the matauranga sub-committee and the remuneration and scholarship committees. I recently helped develop the TToH Trustee Handbook.
What has given you most satisfaction? The growth of our organisation and the services that it provides.
What skills and abilities do you think Te Haaro needs among its members? To be clear about one's responsibility as a trustee, to have a passion for iwi/hapū and whānau wellbeing.



Take Derek Whanaupani Mulligan
Marae: Matahiwi

Occupation: Tanner.
How long have you been a trustee? 5 years.
How have you contributed to the board's work? I am still learning, and enjoying the chance and opportunity provided by my fellow board members to improve.
What has given you most satisfaction? Satisfaction that the board and myself get when we have in some way helped our whanau.
What skills and abilities do you think Te Haaro needs among its members? I believe each member has their own charisma, aroha and personality. Which as a group strengthens any decisions decided for the future of the iwi.



Kararaina Kire
Marae: Te Aranga, Waipatu

Occupation: Supervisor Social Worker.
How long have you been a trustee? Three years.
How have you contributed to the board's work? Promotion of the mahi that the taiwhenua provides and its services.
What has given you most satisfaction? The skills, knowledge that each member offers, the training that has been available, and information from the CE and Te Kaihautu.
What skills and abilities do you think Te Haaro needs among its members? To have good networks, korero Te Reo Māori, mānaakitanga nga tikanga mo te paenga mo nga whanau, hapū, iwi.

Meetings and Workload

Normally, the board will hold 10 meetings a year, with more scheduled if necessary. A typical meeting will deal with an operational report from the Chief executive; a finance report; reports from individual divisions; proposals for capital expenditure and acquisitions; and major issues and opportunities for TToH.

Teambuilding with a Cultural Twist



Te Taiwhenua o Heretaunga staff come together outside the Whare Tipuna at Omaha Marae.

Māori games, harakeke weaving and a water-quality assessment project were just three of the exercises TToH staff enjoyed during a two-day teambuilding programme at Omaha Marae earlier this month.

Each year, TToH staff leave behind their offices in Heretaunga Park to attend Marae Noho, a programme of cultural, educational and social events at one of the marae in Heretaunga.

One of the highlights of Noho was a concert (Pō Whakangahau) for which each TToH department had to create and present an item.

The competition was intense this year, with costumes and performances setting new benchmarks. The winners of the Matariki Noho Challenge were Community Hauora, clear favourites on the

night with their creative costuming and sharp choreography set to a smooth medley of Motown songs.

Another highlight was spending half a day visiting four streams to study and assess their surroundings and the quality of their water.

For some of TToH's staff, Marae Noho is their first experience of marae life, so it is an important step in becoming familiar with the tikanga embedded in TToH's work.

TToH Pou Tikanga JB Smith says that for a kaupapa Māori organisation, the annual Marae Noho serves as a reminder.

"As Māori, it reminds us that we're part of a bigger picture, and that the core values we carry within this organisation were bequeathed to us from tikanga that built the foundations of our marae.

"For all Te Taiwhenua o Heretaunga staff members, it is an opportunity to see the connection between their workplace and their relationship with the local marae and hapū of Heretaunga, but more importantly to experience tikanga Māori within a true Māori context "Marae Noho".

"We have a responsibility to ensure that what our tipuna left behind is kept vibrant and well. The taiwhenua plays a huge part in this," he says.



Virginia MacEwan, general manager of Oranga Hinengaro (Mental Health Services) and Pearl Kennedy, a Family Start Kaimahi, on their field trip.



Te Taiwhenua o Heretaunga trustees, from left, front: Hemi Panapa, Kellie Jessup, Waa Harris, Mike Paku (chairman), Tatiana Cowan-Greening (deputy chair), Kararaina Kire, Lisa Tuhi. Rear: Warren Hamlin, Stuart Apatu, Lil Smith, Cordry Huata, Barney Tihema.



From left, front: Corporate Services manager Jodie Fels; Hinengaro GM Virginia MacEwan; Chief Executive Alayna Watene. Rear: Te Kaihautu Marei Apatu; Education and Social Services GM Nathan Harrington; Hauora GM Patrick le Geyt.

Kaumātua Whare

construction to start soon



Construction of a multi-million-dollar house for Kaumātua in Flaxmere is expected to begin next month.

Tenders for the Kaumātua Whare are being assessed by a project manager.

The house, which should be finished by February, will provide a communal-style home for up to 10 Kaumātua, based on the highly-successful Abbeyfield model adopted in countries around the globe.

The residents who move into the \$2 million house in Bristol Crescent, on the edge of Flaxmere Park, early next year will retain independence and privacy while enjoying the security of house companions and a live-in housekeeper to provide them with two meals a day. Residents will take a full role in the running of their home, along with a roster of volunteers.

Top priority for places in the Kaumātua Whare, as yet unnamed, will go to the elderly whose only income is national superannuation.

Studies show elderly Māori living alone are five times more likely than non-Māori to suffer from poor nutrition and frailty that eventually leads to hospital admission.

Nearby, the Hastings District Council is building a new playground and splash pad, a performance platform and walking and cycling paths in the park, to encourage more residents to use it as a recreation area.

Taikura – Kapa Haka for Kaumātua



TToH is contracted to the Ministry of Health to fund a programme called Taikura, an hour-long kapa haka programme designed for the over-50s, and run every Tuesday by Tama Huata at Te Whare Tapere o Takitimu in Albert St, Hastings.

Getting older is no longer just about kicking back and reflecting on life. In fact, it's about getting on your feet to stay fit and healthy, and what better way to do that than having fun with a group of others your age.

Taikura is a solid hour of workout, with a good range of movement, co-ordination, concentration, singing with a cultural dimension, and the enjoyment of fellowship.

The oldest attendees are in their 90s. Some

arrive in wheelchairs, and some have even turned up attached to drips, says Tama, who describes Taikura as "a youth programme in reverse", especially for some who do not get out of their homes very often.

"Our greatest supporters are their children and grandchildren."

The purpose of Taikura is to get the left and right sides of the brain working, and to improve motor skills and stamina.

"Kaumātua kapa haka" requires them to sing for extended periods, hold a harmony, and go through repetitive routines.

"When they first start, they have to sit down quite a bit, but now they can last the distance," says Tama.

It requires a lot of concentration, and Tama sometimes gets younger performers to join in as "support crew".

Every so often they have a fellowship evening with a big dinner, singing and dancing.

Once a year, Tama calls together all the Taikura groups from across the Kahungunu rohe and they head off to Wellington to perform at Te Papa. On such occasions it is not unusual to have 100 Kaumātua from Hastings on the bus.

This year was no exception, and the performance of the combined groups drew audiences that broke Te Papa's attendance records for an event, says Tama.

He's already working on the next trip.

Tangata Whenua as Environmental Guardians – Continued from Page 1



Morry Black

Over the years Te Karamu Stream has been highly modified for flood and drainage works. It has also been degraded by the effects of sediment, chemical run-off from

intensive horticulture, and discharges of urban stormwater carrying heavy metals and poly-aromatic hydrocarbons (a by-product of fuel combustion).

On June 1, a team of Tangata Whenua including Kaumātua did assessments of the upper, middle and lower reaches of the stream. It was a revealing exercise, as individual sites scored between 20 and 90 per cent for their environmental health.

Mr Apatu and environmental consultant Morry Black have since co-authored a report entitled *Ka Ora Te Wai, Ka Ora Te Hapū*, which collates the results of the cultural monitoring initiative for Te Karamu, set in the context of its Māori history.

They have worked with Peter Paku, of

Ruahapia marae, who has battled for decades to have the Karamu Stream cleaned up and re-planted.

Te Manaaki Taiao has also researched and produced a report about a proposed development on another important Hawke's Bay waterway, the Tukituki River, entitled *Cultural Values and Uses of the Tukituki Catchment*.

This research sets out some of the historical background of Māori connection to the river, explaining why hapū should be involved in general decision-making about it, in particular, the proposed dam in Central Hawke's Bay.

The dam project is being managed and supported by the Hawke's Bay Regional Council, but has caused concern among

some environmentalists who fear that water-collection in the dam might be given priority at the expense of river flows needed to sustain eco-systems and the health of the river.

Mr Apatu says that from a Tangata Whenua point of view, there are concerns not only about historical sites but ongoing modifications to the river's flow, which have already caused the loss of food-gathering sources, livelihoods, traditional practices and recreation, not only for hapū but for the wider community.

"Hapū wish to be involved at all levels of the process to ensure that the Māori world view is represented, that they fulfil their obligation as kaitiaki, and that they are not marginalised or excluded from prosperity" he says in the report.

Coming Up: November 16: Te Taiwhenua o Heretaunga AGM at Heretaunga Community and Conference Centre, 821 Orchard Road, Hastings. Phone 871 5350.