

He Ngakau Hou

March 2018 Issue 69

A NEW HEART

Turning personal recognition into something more: Minnie Ratima

Minnie and mokos: Having her mokos Kaivah Cooper (bottom left), Shakayle Ratima (middle), and Persayus Cooper (right) there to see her receive the Hawke's Bay Today 2017 Person of the Year Award, was her favourite part of the occasion.

Story page 3



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Ngawaka is bound for regionals



REVIVED Maraenui-based kapa haka roopū Ngawaka are headed for the Kahungunu Regionals. The regionals are being hosted this time by Te Wairoa, taking place in Wairoa on Saturday April 21. Entry by koha.

Ngawaka have been in weekend wananga since early January, having only one weekend off since the start of the year. Members are working hard to have everything ready for the April

competition and the time spent together has resulted in great development as a roopū and whānau.

“There is still room for whānau to come along and be a part of this kaupapa,” encourages Ngawaka Pou Ako Sidney Ropitini. “There is always mahi to do to support the kaupapa and we welcome and encourage everyone in Maraenui and Ahuriri to come.”

GREEN PARTY COMES TO PUKEMOKIMOKI

HELD over the weekend, Pukemokimoki Marae played host to the Green Party Summer Policy Conference. These conferences take place each 2-3 years and act as an opportunity for members and candidates to come together to discuss future policy.

Also taking the opportunity were the candidates vying to be the female co-leader of the party, using the conference to further their campaigns.

When the call was put out to the Party, inviting regions to play host local Green Party Policy Co-convenor Julian Lumbreras appealed to Hawke's Bay members to get behind the idea. Pukemokimoki was identified as a fitting venue. “It's homely,



connects us to the earth and aligns well with the kaupapa of our Party,” he explained. “We feel comfortable in a marae environment and being here is representative of our commitment to Te Tiriti o Waitangi.”

Pukemokimoki Marae Trustee Maureen Mua comments, “we are more than happy to host roopū like these. It's nice that they recognise Pukemokimoki as an appropriate venue for such hui.”



Hon Meka Whaitiri MP for Ikaroa-Rāwhiti



Te Matau-a-Māui Office

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Api and Maxine with Associate Minister of Housing, Jenny Salesa, at the opening of the last five transitional houses in Kelvin Place.

From Your Ward Councillors

Ngā mihi mahana koutou kātōa mo te tau hou!

Warmest and sincere greetings to you all for 2018 from Ward Councillors Api and Maxine. The year has already started off at full speed with several national and regional competitions, cycling, waka ama, Art Deco and loads of open air events across the region.

We attended the Waitangi Day activities at Clive this year, starting with a hikoi from the Celestial Compass, Ātea-a-Rangi, a significant configuration of pou, each by master carvers, and placed as markers for the sun, moon and stars as used in ocean navigation. Our Council did contribute to its funding and we strongly recommend those of you who have not enjoyed the pou and the site, make a visit there!

Another significant event we attended was the opening of the last five one-bedroom houses in a group of ten in Kelvin

Place, transitional homes for MSD clients, many of whom have moved there from motels. Several of the first five clients have already been found more permanent HNZN homes, and the wrap-around services provided by Emerge are effective and supportive. We look forward also to seeing the one and two-bedroom homes being built behind existing HNZN homes across the city, which will help alleviate the city's housing crisis.

Our Long Term Plan will be out for consultation in April, with shopping centre sessions in both Marewa and Maraenui, the dates to be announced. Paper copies of the Plan will be put in all letterboxes in late April, and electronic copies, with submission forms, on the Council website earlier. Please let us know what you think!

Warm Wishes from Api and Maxine



Waitangi Day at Clive saw Te Aute College at the powhiri at the end of the hikoi from the Celestial Compass, followed by a paddle by dignitaries and kaihoe in the massive waka taua Nga Tukemata o Kahungunu, escorted by two crews from the Westshore Sea Scouts.

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Maxine:

maxine.boag@napier.govt.nz
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Api:

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Turning personal recognition into something more: Minnie Ratima



Minnie and Meg: Minnie with friend and nominator Meg Rose. "There is no ego with Minnie. She just works to create visible change for people to move towards. She is one of the smartest people I know."

Sally Crown

THEY say that change is often brought about by ordinary people doing extraordinary things and never was there a more apt saying to describe Maraenui's Minnie Ratima, who in December, was named Hawke's Bay Today's 2017 Person of the Year. At her home, surrounded by whānau, friends, community and representatives of organisations she connects with such as Māori Wardens, Napier City Council, Napier Pilot City Trust, NZ Police and local schools, she humbly accepted the award she had been uneasy to be nominated for. There was only one reason why she reconciled herself to the nomination; it might help further the development of Maraenui and on a wider scale, yield change in society and community.

Helping to 'build the type of world that we want our mokos to live in' is a mission shared by nominator and friend Meg Rose. The pair met six years ago and have been catching up for breakfast ever since to share and learn from each other while trying to figure out how they can best facilitate positive change in the community. Minnie and Meg's plans may appear lofty, but they are serious. Both have been involved in numerous collectives where there has been plenty of talking but often, ended there. They are determined to be 'doers.'

Good things take time and for six years they have been patient. But while Minnie holds the award they intend to supercharge their efforts and see what good can be achieved in the next 12 months.

WHY MINNIE?

Standing out in a pool of 30 or so worthy nominations Mark Story, award adjudicator from Hawke's Bay Today wrote, "Regionally, the danger is to view Minnie's actions in isolation. But the truth is there's a huge dividend for the entire community when kids are properly housed, educated and taught to strive for a situation better than what they were handed at birth."

Meg included the following in the nomination application, "She (Minnie) is not a result of business or societal success, but its opposite. She has overcome many of

the hurdles that she encourages others to conquer; she has walked a path few would choose but the pain of her own experiences is without bitterness, used instead to gently remind others that they too are capable of breaking the cycles that threaten to bind them to a predestined future."

Minnie's involvement in groups and movements is vast. Tū Tangata Maraenui, Community Housing Action Team, Napier Pilot City Trust, Māori Wardens, Koha Shed, drop-in centre for those battling addiction, Restorative Justice Hawke's Bay, Maraenui Rugby & Sports Association, Maraenui Community Council Trust, Te Araroa Offers Hope Trust and Nanny Brigade against synthetics all play to her hope of a more inclusive and fairer community where everyone feels they belong and have something to offer. "It's hard when no-one wants to step outside their comfort zone," she says.

Catching up with Minnie and Meg at Mc Donald's for one of their breakfast meetings Meg further explains, "There is no ego with Minnie. She just works to create visible change for people to move towards. She is one of the smartest people I know."

While Minnie is still not 100% comfortable with the accolade bestowed on her she cherishes the experience and opportunities that she considers come with it. "It was the best day of my life." Having her mokos there to see her receive it was her favourite thing about the occasion and hearing the words of praise delivered on the day and since, often make her emotional. "People have been coming up to me and sharing their stories, how things I've been involved with have made a difference for them."

The award sits on top of her fridge as a daily reminder. It's a touchstone, motivating her to keep going in her work and strive for the betterment of her community, which she feels is the best way for her to honour the mana of the award itself.

"It's changed me and I want to use it to help change things for others."

Developing resilience



THIS piece was first published online, October 9, 2017 in Napier Family Centre's Blog and is written by their CEO Kath Curran. The kaupapa of resilience is

pertinent to the ever-increasing challenges and stresses of our world. How we might build these capabilities in our tamariki and community starts with how we as adults respond and react ourselves. Something for us all to think about.

LOOKING for inspiration for the Family Connect column I re-read a blog by our Bright Futures home-based early childhood education service manager, Andrea Driver, who wrote about growing resilient children for today. Andrea was discussing the role that early childhood educators play in fostering and nurturing the strengths in our preschool children to become competent and confident learners.

One particular paragraph in her article stood out for me, as a parent; "Parents can help build children's resilience by modelling how they manage and get through stress, hardship and trauma. When parents model calmness and an ability to be flexible with everyday stress, they are showing their children how to cope and promote resilience."

It is hard, I find, on a day-to-day level of parenting, to show consistency in how my sons see me respond to stress. Like, for instance, when I was being a passenger in the car with learner drivers, both my sons would give me a report score at the end of the 'lesson' as to how I performed

in terms of the vibe I was giving out. And fair call, they were right as I found that particular job of parenting teenagers really uncomfortable. On some of the bigger stuff, like when hospital trips are involved, I've thankfully had more favourable scorecards.

There's no shortage of things on the list that pushes buttons in a family but how we recover from any fallout not only relies on a solid, loving relationship with our children – a sense of humour absolutely helps too – but our children having self-belief that they can get through hard times intact.

If we measure our resilience on how successfully we manage our lives in terms of the ways we react, respond and adapt when we face challenges, hurt and disappointment then the resilience factor is something to keep nurturing right through our lives. When the seemingly day-to-day dramas can easily unravel us then we are in a very fragile state. The big knocks like grief, loss, separation, ill health and trauma test our self-belief to the core.

It's not a matter of hardening up but quite the opposite. Finding our strengths in the face of adversity means being open to understanding where we draw our strength from and building on those foundations. These foundation blocks build up our resilience and therefore our wisdom and draw from a range of areas that could include friendships, family, work, parents, community connectedness, our knowledge and skills. It also means that if one part of our life is being depleted or knocked about the other areas are still there to hold us up.

When we model healthy responses to stressful situations our children take in and then take on what they observe. In that way we have the opportunity to build on one of their sources of strength as they develop their own resilience.

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Council-based role for familiar face



A familiar face to Maraenui, Theresa O'Brien is now part of the Napier City Council Community Strategies Team pictured here. From left to right; Michelle Grigg (Senior Advisor Policy), Natasha Carswell (Manager Community Strategies). Theresa O'Brien (Community Advisor), AJ MacDonald (Community Projects Assistant), Jess Wilson (Community Advisor) and Belinda Mcleod (Community Funding Advisor).

Sally Crown

SEEING communities flourish is a motivation for Theresa O'Brien in both her personal and work life. The ex-Community Development Scheme Manager, who was based at Roopū a Iwi Trust until 2015, owns, with her husband, The Lab Training Centre in Onekawa. There they provide health and wellbeing opportunities to develop individuals and groups while in her new role as a Community Advisor for Napier City Council (NCC) she's focussed on the wellbeing and development of our local communities.

She's been part of the NCC Community Strategies Team since December 2017 and has found working in the Council environment eye-opening. "Coming in and getting an understanding of the magnitude of what NCC actually does for the city, I find it admirable. I am looking forward to be a part of kaupapa and projects that uplift our communities within Napier," she said.

Theresa has hit the ground running, already well involved in a number of key projects utilising her existing contacts and relationships from a number of years working in the wider community. "Theresa's networks and capabilities around relationship building and collaborations made her

a stand-out for the role when we were looking for the right person," explains Natasha Carswell, NCC Manager Community Strategies. The team work together on a range of programmes and projects across the city as well as developing policies and strategies that help improve community outcomes.

Theresa's work has included evaluation of the Outreach programme aimed to reduce homelessness and rough sleeping in Napier; the upcoming "I am Hope" event and supporting Māori frameworks into the Rangatahi Symposium scheduled for June this year. A highlight for Theresa is the innovative Maraenui Urban Narrative. For this project, NCC has partnered with Waikato University to identify future sustainability opportunities through digital modelling that incorporates community values and needs which are applied to urban planning. Connecting with stakeholders coupled with this already full portfolio is keeping her busy.

The role also sees her working across Council to facilitate consultation and engagement with the community around key projects and developments that are in the pipeline. Theresa adds, "my key focus area is the Eastern Suburbs and particularly Maraenui which I'm really happy about. It's good to be back working in the area."



During 2018 Te Rangihau Gilbert is providing weekly kapa haka and waiata sessions for the children at Montessori 3-6.

Kapa haka adds to musical diversity at 3-6

TE reo Māori has always been an integral part of Montessori 3-6 since it evolved from 'Manaakitanga Montessori', a parent-led Trilingual Puna Kohungahunga back in 2011. Now its founder Vicky Lumsden is seeing her dreams come to fruition with the addition of Te Rangihau Gilbert to the teaching team. Te Rangihau joined the team last year as cover while the Spanish teacher from Peru was on leave. Waiata, playing the guitar and kapa haka are his strengths and he was invited him to become a weekly part of the Montessori 3-6 2018 programme.

"We value fun, friendship at learning and seeing the children having fun with their friends, learning waiata and actions warms my heart," says Vicky. The kapa haka sessions start inside after lunch and then take a 'free range' approach as Te Rangihau wanders inside and out playing the guitar. He adds another

dimension to the teaching team complimenting the others who bring language, literacy and math skills.

The music experience he provides is further enriched by Ana Silvia the Spanish teacher from Peru who incorporates instruments, songs and dances from her culture. Jan the Maths teacher who includes lot of counting songs and Manpreet their teacher from India who teaches tamariki songs for Diwali each year. Parents often comment on the children sharing the songs and skills learned when they are at home too. Every year the families and wider community share their musical talents and bring along instruments and music during the entire month of May when Aotearoa celebrates NZ Music Month.

If you have a musical talent you would like to share with local children please contact Vicky on 0800 20 FREE or vicky@montessori3-6.com.

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Want to get ahead in 2018? EIT Maraenui Learning Centre offers a range of FEE FREE courses and access to Learning Facilitators to support. Tell us what you'd like to be studying, just drop in for a chat.

What do you want to study? TELL US

EIT Maraenui Regional Learning Centre would like to thank our community for the support received in 2017 as well as wish our community well for the coming year.

We have had a change in staffing at EIT Maraenui with Apiata Tapine moving on to concentrate on local government as well as 'Tātou Tātou o Te Wairoa' commitments. This promotes Te Miini Smith to full-time Regional Learning Centre Maraenui Co-ordinator.

EIT Maraenui would like to thank Apiata Tapine for his years of service and support to EIT and our Maraenui community. We wish Api and his whānau well with future endeavours.

Our direction for 2018

We had a full and successful year last year and are looking

forward to seeing those who study with us achieve in 2018. We also want to know what our community want to study – is there a course we can create to meet our community's needs?

At the moment we are able to offer:

- o Community Computing – Non-assessed, fee free course for computing beginners,
- o NZ Certificate Computing Level 2 or Level 3 (FEE FREE)
- o NZ Certificate in Land Based Sustainable Practices (Level 3) (FEE FREE)
- o NZ Certificate in Retail (FEE FREE)

The learning centre is open 9:00am to 4:00pm Monday to Friday. Call in and talk to us - share your ideas!!

Transitional Housing complex – 10 of 150 for Napier and Hastings



The new ten-home transitional housing complex was officially opened on February 1. It was attended by project partners Housing New Zealand, Te Taiwhenua o Heretaunga, Ministry of Social Development and Emerge Aotearoa as well as other community and regional stakeholders and the Associate Housing and Urban Development Minister Jenny Salesa.

Sally Crown

WHEN the ten-home transitional housing complex in Kelvin Place was first announced, a number of people questioned the one-bedroom configuration and why these homes would not be permanent residents for those moving in. However, at the official opening of the final five completed homes on February 1, those involved in the project, including organisations working at the coal-face of the housing shortage, saw that these homes are certainly better than living in motels or more dire situations.

The opening was attended by Associate Housing and Urban Development Minister Jenny Salesa.

"The ten one-bedroom homes in the Kelvin Place development are warm, dry and built to modern building and design standards.

"They will provide a safe place for individuals and couples to live temporarily, while receiving support to find longer term accommodation."

The success and ongoing smooth running of the complex relies on a collaboration between

partners Housing New Zealand, Te Taiwhenua o Heretaunga, Ministry of Social Development and Emerge Aotearoa. Representatives from all parties were present on the day, joined by other key community and regional stakeholders. They spoke positively about the future of the project pointing out that some of the whānau that had moved in prior to Christmas had already been moved onto more permanent accommodation.

Atkins Construction Foreman Sam Jeffares had been working on the project since September. "It's been a real big team effort. These things are built to a 50-year spec. It was great to see the first five moved into, it made their Christmas."

These ten homes are part of the 150 transitional homes that have been contracted across Napier and Hastings since the end of January.

"This Government is committed to increasing the supply of long-term public housing to support the needs of low income families, including Napier and the wider Hawke's Bay region," says Ms Salesa.



MIKE KING I AM HOPE TOUR

Mike King's message is simple - we all have the power to be the hope to help someone who's facing bullying, depression, low self-worth and anxiety.

Join Mike as he shares his own inspirational story of dealing with bullying and mental health issues. He has plenty of practical advice to share.

Thursday 22 March 2018, 6pm

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**RSVP: communityservices@napier.govt.nz
or 027587564 by 20 March 2018.**



NAPIER
CITY COUNCIL
Te Kaunihera o Ahuriri



Pukemokimoki Marae

LOOKING FORWARD



The trustees are currently pulling together a draft strategic plan for the future. Moving on from the first 10 years, we are excited about future developments and want to share these ideas with the community. We will also ask for your input, as soon as we are able.



LOOKING BACK

2017 was another successful year for the marae where we were able to be of valuable service to many.

We hosted groups ranging from whānau to schools to community and government organisations and politicians. The 10 year celebrations at the end of October drew people with historic connections to the marae, while giving us an opportunity to welcome members of our community, young and old, who were new to the marae and its activities.



NEW WEBSITE / CALENDAR

The marae has a new website, check it out!! Thank you to Sally Crown for her diligence in getting this up and running. The availability of the marae is on the website and you will see that bookings are filling up fast. Feel free to send a message through the website and we will try to accommodate you as best as we can.

Please remember though that tangihanga will always take precedence and if this occurs the marae whānau will endeavour to find you alternative venue.



DO YOU HAVE SPARE TIME?

The marae grounds always look immaculate thanks to our two main men that keep it looking pristine. This is a huge job and if you have a spare hour a week or once a fortnight, we would love your help with weed eating or gardening. If you can help please contact Maureen on 06 843 1590.

ARE YOU A WEAVER?

The harakeke is ready for harvesting. Please come and help yourself so that we can keep the grounds looking tidy.



PUKEMOKIMOKI MARAE: Phone: Marae 06 843 8707 Email: pukemokimoki@gmail.com Web: www.pukemokimoki.co.nz

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VOLUNTEER GARDENERS NEEDED

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CALL 06 843 7280

He Ngakau Hou meaning "A New Heart"

is a free community newspaper delivered to more than 14,000 homes in Napier. With its roots in Maraenui since its first issue in 1999, HNH publicises positive news and views on community happenings in Maraenui. It is supported by a grant from Helen Yensen's estate and revenue from advertising. He Ngakau Hou is currently managed by the Maraenui Community Council Trust (MCCT) who engage journalists and oversee content. However, the opinions in some articles in this publication are not necessarily the opinions of those who produce it. Content is included at editor's discretion. If you have a potential story for us, feel free to email or call us and let us know. He Ngakau Hou is published in March, June, September and December every year.

We welcome feedback and suggestions for Maraenui-focussed success stories.

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Editor Sally Crown & MCCT advisor Maxine Boag

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Marama LIFTS her game to score tourism role

MARAENUIAN Marama Howe (17) wasn't sure what to do after finishing school last year and wasn't confident on how to go about looking for work. Luckily, she came across LIFT Social Enterprise.

The programme that has the vision of 100% youth employment for the Hawke's Bay region, is committed to helping rangatahi move into sustainable and fulfilling employment. In the past year they have worked with 200 young people aged 16-24 helping them develop life and employment skills.

Marama had completed some tourism related credits at school and her dream is to work in a large hotel overseas. She started out doing the LIFT Bounce life skills programme, which included an activity where the group worked together to run a pop-up restaurant at Peak House in Havelock North. This was an awesome experience, especially because her whānau came along and saw her in action.

When she completed Bounce, LIFT worked with Marama to prepare her for applying for roles in hospitality and tourism. LIFT arranged for Marama to meet with Annie Dundas, who heads up Hawke's Bay Tourism, to discuss a possible internship role with that organisation and in key attractions across the region. She's been in the role since February and is loving it.

To find out more about LIFT Social Enterprise check out their Facebook page facebook.com/LIFTyouthemploymentNZ/



Marama and Annie Dundas, General Manager of Hawke's Bay Tourism, where Marama is currently interning.



Marama at work in the pop-up restaurant LIFT Social Enterprise arranged for her and others to gain some work experience.

Te Kura Reo Rua o Maraenui

60 YEARS IN OUR COMMUNITY – OUR BIRTHDAY CELEBRATION

Each year, to celebrate our birthday, we bring our tamariki and whānau together to learn about the history and legacy of our kura. This year we turned 60, so had an extra big celebration at the Onekawa pools. There were lots of smiles and tired babies by the end of the day.

We first opened on the anniversary of the day of the Napier earthquake, February 3, 1958. Our birthday often falls during the first week back at school for the year and this year we prepared for the milestone birthday by designing and making party hats to bring with us to the pools for our big day.

The whole school was bussed to the pools for a day of hydroslinging, splash padding, relays, basketball and even some lengths practice from our seniors. We were joined by more than 20 whānau, who had been sent personal invitations from our tamariki, throughout the day and past staff too. At lunchtime we all came together for a BBQ lunch and the cutting of our six birthday cakes – one for each decade we've been open. These were cut by our two eldest taira Hare Ngapera-Hooper and Baydos Cooper, as well as our youngest pupil, Tiana Te Kahu. The day also marked 25 years of our rumaki (total immersion Māori) unit.

With 60 years under our belt we now have second and third generations of tamariki attending our school, contributing to the special legacy of our kura. Instilling a sense of identity and connection to our Maraenui community and Pukemokimoki Marae is what our birthday is all about – whakapapa and whanaungatanga.



Maraenui Bilingual School

2a Lister Crescent, Maraenui, Napier 4110 Ph: 843 8021 Email: office@maraenui.school.nz www.maraenuibilingual.schoolzone.net.nz

Award-winning programme gets tech overhaul



Richmond School teacher Matariki Brown has brought her father Allan Brown's bilingual, child health and safety programme 'Te Kōtuku Rerenga Tahi' into the 21st century with QR codes and videos to accompany the books and puzzles.

TE Kōtuku Rerenga Tahi is an award-winning, bilingual, risk reduction programme with a focus on health and safety aimed at tamariki. The brain child of Hastings man Allan Brown, Te Kōtuku Rerenga Tahi has a new layer to the programme thanks to the 'know how' of his daughter Matariki Brown, a teacher at local kura, Richmond School.

With a background in the Fire Service, Allan started developing the programme 17 years ago when his youngest daughter Kōtuku was still at Kōhanga Reo. The resources feature the Kōtuku (White Heron) as the

champion helping the other characters to make decisions that lead to safe results. This parallels the Kōtuku's role in enabling Tane-nui-a-Rangi to safely ascend to the twelfth Heaven and receive from Io the supreme God the three sacred baskets of knowledge.

Made up of 12 books, puzzles and CDs, Te Kōtuku Rerenga Tahi covers topics such as crossing the road, water safety, fire safety, life jackets, seat belts, stranger danger, safety helmets and more. Last year it was rolled out in a number of Hawke's Bay schools in partnership with the New Zealand Police. The programme has

been recognised with numerous awards from: Ministry of Health, NZ on Air, ACC, and Ngati Kahungunu Incorporated. It was even recognised internationally last year by the Australian Fire Authorities Council.

TECH OVERHAUL

Bringing the programme up to date for today's learning environment, Matariki, who never thought she'd get involved in Dad's project beyond helping make rourou (baskets) to package resources, had the skills to add a new technologically savvy layer. Using a free app, Book Creator, she added the illustrations, recorded the voice over – reading each book out loud and then uploaded it to YouTube as a video. "It's the exact same process that the tamariki use here at Richmond school," she says.

Generating a QR code to match the video, they were then able to produce stickers to put on the books so that there is a seamless connection between the book and video. All that's required is a smart-phone or tablet and users can watch and hear the content as they read along. Better still, it can be used stand-alone and beamed into classrooms with smart technology simply by searching for it on YouTube.

The books, puzzles and videos cover ages from pre-school through primary school with messages that are designed to help guide their decision making towards safe and healthy outcomes. Te Kōtuku Rerenga Tahi is 'top of the cliff' stuff, trying to prevent harm and teach tamariki about consequences in an interesting and helpful way.

Good decisions lead to success. "I heard an interview where they said that our winning the America's Cup was down to everyone on the boat making good decisions. The programme is designed to increase the probability of good decision making in our children. They could be the next Peter Burling," says Allan.

William Colenso College Student Leaders 2018

Congratulations to the following students who have been selected as our senior leaders for 2018. We are very proud of our team who all exemplify the core values of the school.

They are full of energy and ready to provide a positive influence around the school and to make a difference for other students.

Back Row: Chrystal Wairepo (Academic Leader), Georgia Wairepo (Waikamaka House Captain), Myia Ratima (Tupari House Captain), Skylir Chang (International Leader), Makesha Tutaki (Student Support Leader).

Middle Row: Sheridan Ihaia-Rogers (International Leader), Ramona Collins (Sports Leader), Anton Lolagi (Sports Leader), Kyia Butcher (Academic Leader), Lee Rangitaawa (Remutupo House Captain).

Front Row: Faith Osborne (Cultural Leader), Oceana Powell-Nepia (Deputy Head Leader/ Maropea House Captain), Michelle Kirkpatrick (Head Girl), Brandon Cudby (Head Boy), Akacia Collins (Deputy Head Girl), Cassiopeia Harrison (Cultural Leader).



William Colenso College, Arnold Street, Onekawa, Napier.
Phone 06 831 0180 - www.colenso.school.nz.

President intends to see MRSA 'pump'

THE Maraenui Rugby & Sports Association (MRSA) held its Annual General Meeting on January 14 and this year's committee is sporting a number of long-time members and a shuffle of roles.

Life Member Vicky Julian, who has been a member of the club for 20 years, is back in the President's chair supported by Vice President Alan Walsh, Club Captain Lance Wiparata and committee members James Panapa, Desley Aranui, Ainsley Kara, Maxine Boag, Lennie Waihape, Minnie Ratima and Bar Manager Lorianne Walsh.

They are looking forward to a big year focussing on looking for funding opportunities while backing the full roster of sports under their umbrella. MRSA will be represented in softball, rugby, junior rugby (JRB), pool, netball, rugby league and waka ama. Working with dedicated delegates for each of the codes and supported by key club members, the committee is focussed on bringing family back into the club. "The club is nothing without the people," said Vicky.

There are plans for monthly "Old School" get togethers with the first scheduled for March 3. Vicky points out that these do not require school uniforms! "I see these as a chance to surround yourself with good people and good music in a safe and comfortable environment. If you get all these, you can't go wrong."

She's pleased to see momentum building for the 2018 JRB teams, with the March 18 weigh-ins fast approaching. "We've got people with good drive and intentions. That's what we need to start to get the club to pump."



Photo credit: Maxine Boag

Getting stuck in at the club and helping to prepare for a full year of sports and gatherings are MRSA Vice President Alan Walsh and club members Pete Findlay and Tama Houkamau.



Photo credit: Maxine Boag

New MRSA President Vicky Julian (centre) wants to bring family back to the club. She's supported by committee member Ainsley Kara (left) and Bar Manager Lorianne Walsh (right).

Club membership fees are as follows: Senior - \$60, Social - \$20, Junior \$10. For more information contact Vicky Julian via the MRSA Facebook page.



Maraenui Donations is now kaitiaki of the green-space that is home to the gardens and Koha Shed. Community member Belinda Pukeke is a part of helping bring their plans for the space to fruition

Donations to develop green space

Sally Crown

IN spite of a lack of current available storage, the Maraenui Donations (Donations) movement continues with new plans to further develop the Koha Shed and Mokonui Community Gardens green space.

The land, owned by Housing New Zealand, is central and already visited often by the community, whether it's to grab fresh produce from the maara (garden) or donate or pick up clothing items from the Koha Shed. With Donations now kaitiaki of the space they are on the hunt for another shipping container that can be kept on-site to store furniture for distributing to local whānau as required.

It's a mission that Donations' Adrienne Taputoro is keenly working towards, utilising her contacts with various other groups and organisations, in order to bring it to fruition. Getting more of the

community involved is also key. "Tania Jury is looking after the Koha Shed. We want to do some fencing and partitioning in the space so I've sorted some volunteers for that. Our neighbour Belinda Pukeke is an awesome gardener and will keep an eye on that part," she points out.

They were also fortunate to receive funding from Napier City Council, which they used some of to buy a mower to keep the area looking good. They also received another mower by koha and are looking to make their resources do double duty. "We plan to give our young people the opportunity to use the mowers to earn some money by mowing other lawns. They will give Donations a portion of what they earn and keep the rest for themselves."

If you would like to donate furniture or food OR volunteer your time, please message the He Ngakau Hou Facebook Page with details.

MARAENUI JUNIOR RUGBY WEIGH-INS

Maraenui Clubrooms

11 am - 12:30 pm
Sunday March 18

FREE SAUSAGE SIZZLE!

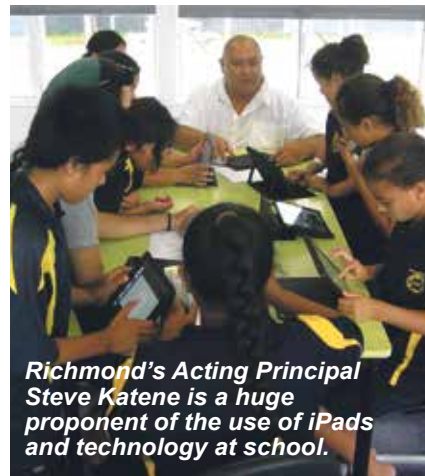
All tamariki wanting to sign up, Nau Mai Haere Mai!

All players signing-up must bring birth certificates please. We will also be having two of our local Magpie players running some fun drills for our tamariki.

For more information, contact Madeene on 0220945028.

RICHMOND SCHOOL
Rich in Skills - Rich in belief

Steve steps up to acting principal



Richmond's Acting Principal Steve Katene is a huge proponent of the use of iPads and technology at school.

We farewelled Mr Rehu prior to school starting back for 2018 and have had Mr Steve Katene, who was our Deputy Principal, step up as Acting Principal while the process for a full-time replacement is completed. It's great having someone who already knows the Richmond way!

Originally from Wairoa, Mr Katene began his career in baking and is a qualified

cake and pastry chef. When he started his family, he found his job didn't allow for him to see his tamariki enough so retrained as a teacher through Ruawhara Massey University.

Teaching at a number of Napier schools he arrived at Richmond four years ago with a real dedication for 'Discovery Learning' and the philosophy behind it, however knowing nothing about iPads. It wasn't long until he saw how our commitment to using the latest technological tools supported the discovery philosophy he loves. "When technology is used to its potential it hooks kids. They are able to express themselves in any way they can imagine."

Mr Katene's leadership was crucial during a recent fire we had on site. Although there was damage to one of our buildings and he himself suffered injury, his quick actions meant it was 'kura as usual' the following day. "We had literally held a fire-drill practice the week before. I just reacted the way I did to try and keep everyone safe. Their safety was top of mind."

Richmond School Community of Learners

RICHMOND SCHOOL BARNARD AVE, MARAENUI, NAPIER
P. 06 8437828 F. 06 8434836 E. office@richmondnapier.school.nz
www.richmondnapier.school.nz



WOW (Waka on Whaea) Golden Master's team joined with Horouta to win bronze in the Women's W12s.



Competing under the Maraenui banner the Golden Master's Men's team won bronze with a combination of kai hoe from Maraenui and Heretaunga Ararau.

Bringing home the bronze – Maraenui Waka Ama

MARAENUI Golden Masters' teams shone during the January Waka Ama Sprint Nationals at Lake Karapiro with both the Women's and Men's W12s bringing home bronze medals.

Traveling under the Maraenui banner the teams were a combination of three local clubs, Heretaunga Ararau, Te Rau Oranga and Maraenui. Forming their teams prior to the competition gave them the opportunity to train together before they competed, sharing and alternating waka during their sessions at Pandora Pond and West Quay. The women's team WOW (Waka on Whaea) joined with six paddlers from Gisborne-

based Horouta Club to compete in the W12's. Rules allow for teams from the same region to match up and compete under the umbrella of their region; ours being Te Urunga o te Ra.

The Masters' grade is open to paddlers 60 plus, while those turning 60 in the competition year are also eligible. Golden Masters Men's coach, John Tangaere explains, "This year we went into a straight final (no heats) but numbers are increasing as people graduate out of the Seniors grade and into Masters." He has already seen a rise in the number of participants as keen kaihoe move through age-based grades, all

part of the sport's continued development and succession planning. The men's team had an age range of 60-65 years while our wāhine were aged 60-68 years. The women's team included two first-time paddlers, showing it's never too late to get involved. The oldest competitor at the competition was 74.

The teams are committed to continuing together and with sprint season now, have their sights firmly set on the October Waka Ama Long Distance Championships, being hosted for the second year in a row here in Hawke's Bay.

While bringing home bronze was a great

achievement, Women's Golden Masters' Coach and Maraenui Club Delegate Yvonne Aranui shares her highlight. "There were nine teams in our grade and of those six are going to Worlds (World Championships) in Tahiti this July. Knowing there are ladies our age being active and living such healthy lives - that's the best thing about it to me."

Maraenui Rugby & Sports Association invites anyone interested in participating in waka ama to contact Yvonne for more information about getting involved. 027 207 8796.



Top: Kyle and Zion: Bringing the trophy home to Napier's Bay Skate, where Zion trains daily with support from manager Kyle Hamilton.

Right: Maraenui's Zion Kiripatea shows off the style and skill that saw him place first in the 14-and-under division at the National Scooter Champs, held in Christchurch this January.

Scooter king Zion zooms to the top

Sally Crown

THIS January Maraenui's Zion Kiripatea (13) experienced a number of firsts. First time on a plane, first time to the South Island and first place in the NZ National Scooter Champs in the largest contested category the 14-and-under division which automatically sees him earn a spot in the 2018 Australian Scooter Championship. It was a big step up from his last outing at a national competition back in 2016 where he placed sixth in a younger division. It's testament to his commitment to the sport and support of whānau and Bay Skate manager Kyle Hamilton.

What started out as 'a couple of times a week' activity for the Napier Boys' High School student is now an everyday past-time, heading to Bay Skate daily to perfect his craft. It wasn't until December that he and Kyle decided that nationals were in his reach. Fundraising proceeds from sausage sizzles, ice-block sales, raffles and a generous koha from Tū Tangata Maraenui Trust helped to get him to Christchurch.

Zion flew with nine other Napier riders a couple of days before the January 20 start of the competition held at Washington Way Skatepark, Christchurch. Those days prior were spent on the park, understanding the architecture, devising and perfecting how he would complete his two 45-second trick-filled runs that included his signature move a 'flip drop.' "He definitely made a name for himself," says Kyle.

Judged on consistency, diversity, difficulty and style by the three adjudicators, Zion's top-place score at the end of his two runs was an impressive 267 out of a maximum 300.

Zion is pretty low-key about his achievement but noticeably buzzed when he talks about how he learns tricks. "Practice over and over on the flat before taking it to the ramp," and overcoming mental blocks, "I get scared. But if I fall I just get up and keep trying. You've got to prove yourself," he adds.

"Some people have a head start but not Zion. He proves himself by just going and doing it. Other kids spend most of their time talking about riding but he makes no excuses and lets his riding do the talking," says Kyle.

A Give a Little page has been set-up to help Zion get to Australia for the 2018 Scooter Championship. Please visit givealittle.co.nz and search for Zion Kiripatea to make a donation.

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Te Kupenga Hauora - Ahuriri

Healthy, strong, well-educated and informed communities



Te Kupenga Hauora - Ahuriri Stop Smoking Practitioners with just two of the 200 people they've helped become smokefree in the last year.

Make it YOUR day! World Smokefree Day 2018

WE all know smoking is bad for our health but the addiction to nicotine is so difficult to overcome that for many whānau it almost feels impossible.

The Smokefree team at Te Kupenga Hauora - Ahuriri know what you're thinking and have heard how you're feeling many times before. They know it's real and know how to support you so that you have the best chance of success, with around 200 people just like you or your loved ones now smokefree as a result of their support in 2017.

This year is your year. World Smokefree Day 2018 is May 31st, wouldn't it be amazing to see it on the calendar and be smokefree?

You can start the journey now with their help.

The TKHA Smokefree Facebook page is an easy way to get in touch with the full team, who can arrange a time to meet up. They have a range of tools and strategies to help you on your journey. From nicotine replacement therapies such as gum or lozenges, carbon monoxide monitoring so you can track your progress and advice on how to identify triggers and avoid finding yourself reaching for a cigarette.

Find your motivation to quit and take the first step. Every great journey starts with one. Make World Smokefree Day your day this year and take back control.

Charlotte succeeds with Janet's support

CHARLOTTE Boyce (18) is mum to Mason (2.5) and says her Youth Navigator, Te Kupenga Hauora - Ahuriri's Janet Groube is, "a bit like a Mum." Janet and Charlotte have been working together since she was 16. The ex-Taradale High School and Teen Parent Unit student is looking forward to a bright future in the health sector as she starts her studies at EIT this year.

Having Mason when she was 15, Charlotte has had to deal with many tasks and decisions. As well as good family support she credits Janet and the Te Kupenga Hauora - Ahuriri Youth Services team with helping her achieve her goals so far.

Goal setting, achieving NCEA levels 1-3, understanding and working with WINZ, working through her driver's licences, sourcing work experience and volunteering opportunities, getting a First Aid Certificate and dealing with Studylink; Janet has been there to support Charlotte all the way along as she builds the life she wants for her and her son.

"I don't think I'd handle not having her (Janet) anymore. We're comfortable with each other and she knows Mason. It's personal," says Charlotte. Janet agrees, "It's not like just



Charlotte Boyce and son Mason are supported by Te Kupenga Hauora - Ahuriri Youth Navigator Janet Groube. Charlotte is achieving her goals and building a great life for her and her son starting her studies at EIT this year.

having a client, we get to know our youth and their babies. We get to be with them when they experience unusual or hard times. Charlotte is pretty onto it. She's achieved everything that she has aspired to so far." Mason will be going into home-based day care this year at his Nana's and if Charlotte continues her education, Janet can continue to be her Youth Navigator until she turns 21.

"Our service is flexible. We can help youth focus on what is required at the time," says Janet.

The Youth Services team work with young parents as well as other youth that aren't currently in education or employment. If you or someone you know could do with their help call 06 835 1840 and ask for Youth Services.

Free Kia Ora courses improve quality of life

OVER the past four years Te Kupenga Hauora - Ahuriri have supported more than 200 people with chronic long-term conditions to better manage their health through the Stanford Programme. This year they are looking forward to assisting more under the Kia Ora Programme, splitting the Stanford Programme into three unique courses so whānau can get the specific help and information they need.

Living life with pain, living life with diabetes and living life with a long-term condition are all FREE 7-week courses that Te Kupenga Hauora - Ahuriri's six trained facilitators will be taking whānau through this year. Kia Ora Programme facilitator Faryn Ngawaka explains, "these courses help whānau to gain better understanding of their conditions as well as help them to communicate with both their health professionals and families so that they are getting the best outcomes when managing their condition."

During the weekly two-and-a-half hour sessions, participants meet those with similar experiences sharing and learning the tools they need to control symptoms, emotions and increase their knowledge; all working towards a better quality of life. Feedback from attendees has been positive with the course being described as



Kia Ora Programme facilitator Faryn Ngawaka is passionate about helping whānau to better understand their health conditions so that they can live life to the full. The new courses mean whānau can get the specific help and information they need.

"inspirational" and "professional."

The Kia Ora Programme is offered at various locations however whānau that attend at Te Kupenga Hauora - Ahuriri have the added benefit of the other services they offer. "We're able to bring in our registered nurse, Smokefree team and any others that might fit what they need. It's easy as we're all here on site," says Faryn.

The next course starts in April. Contact Te Kupenga Hauora - Ahuriri on 06 835 1840 to book your place or for more information.

PREVENT Rheumatic Fever and PROTECT tamariki

"RHEUMATIC Fever is a serious but preventable disease," assures Te Kupenga Hauora - Ahuriri's School Based Nurse Te Rina Murphy. Working in five local schools, Rheumatic Fever is one of the illnesses she routinely monitors for in tamariki.

Caused by a virus that sits at the back of the throat (strep throat) Māori and Pacific children aged 4-19 are most susceptible to the illness, whose first sign is a sore throat. "You can't just let a sore throat go, it needs to be checked by a doctor," says Te Rina, "if it goes untreated and they get Rheumatic Fever it can lead to extreme tiredness, sore joints, breathlessness and fever as well as heart damage."

If she checks a child and finds reason for concern Te Rina also works with their whānau to make sure they get treatment and helps them to identify how they can avoid others getting sick. Visits to the home often highlight how living environment and life style is making it easy to spread illnesses. A warm home with separate living and sleeping areas can go a long way to staying healthy and preventing sickness. Te Rina can refer whānau to the Healthy Homes initiative if this is an issue.

Simple good hygiene can also help



School Based Nurse Te Rina Murphy checks Tamihana Shepherd's (7) throat while Layla-May Flavell (9) waits for her turn. Sore throats need to be checked to prevent Rheumatic Fever.

stop the spread of the virus. Regular hand washing, coughing into your elbow, blowing your nose on tissues and then throwing them away are all effective ways to reduce passing on bugs to others. This is the type of education Te Rina provides in classrooms for tamariki and teachers. "Last year we had one school in particular notice less absenteeism after I'd completed this education. The little ones pick it up so quickly."

Never ignore a sore throat. If your child has one, make an appointment at your doctor or call Te Kupenga Hauora - Ahuriri on 06 835 1840.



Healthy, strong, well-educated and informed communities

All our Services are MOBILE and FREE. Call us on (06) 835 1840

All stories featured and additional information about our services can be found at www.tkh.org.nz

Turning “cash up in smoke” into a car – Linda’s Quit Story

“I don’t want to die gasping for breath”. At a pack a day, Linda was spending \$167 each week on cigarettes. But after joining the Tame Your Taniwha Stop Smoking Challenge late last year to kick-start her stop smoking mission she’s taken just over half that money each week and bought herself a new car to enjoy. “It’s a smoke free car,” she says smiling, “I’m feeling so much better AND I have coin left over.”

Linda first took up smoking in her teens and had tried to quit numerous times in the past. This time though, she’s convinced she’s finally kicked the habit. “It just feels different.” Coached by Te Kupenga Hauora - Ahuriri’s Stop Smoking Practitioner Kylee Stok, Linda found the thought of letting her Tame Your Taniwha teammates down real motivation and worked with Kylee to find the best type of nicotine replacement therapy to help her ease cravings. She also set a goal of achieving a zero CO reading which she tracked through weekly measurements.

“Linda was really determined. She made changes to her everyday routine and identified her triggers,” says Kylee. Linda agrees, “small changes and small steps make the difference.” The end of the year was particularly stressful and having a lozenge or avoiding smoking environments helped her to stay on track and resist the urge to have a cigarette.

Linda is enjoying the financial freedom as well as the health benefits. She’s busy planting the seed in others with her husband cutting down his smoking and being a good example for her children and mokos. Physically she’s noticed improvement in her skin as it became more oxygenated and less anxiety, as she’s not always counting down to her next smoke. This year, with Kylee’s help, she’s looking forward to getting more active and focussing on fitness.

“You have to want to do it,” says Linda but having Kylee’s support and all her colleagues at Te Kupenga Hauora - Ahuriri



Linda Te Nahu has kicked the habit, thanks to support from Stop Smoking Practitioner Kylee Stok. She’s now spending about half of what she used to spend on cigarettes and paying off a lovely new car instead.

backing her has really helped make it easier.

You can self refer for stop smoking support. Search for TKHA Smokefree on Facebook and send them a message.

They can even come to you. They currently have 4-week challenges where you can earn Pak ‘n’ Save vouchers for completing. Or you can call for help - 06 835 1840 and ask for our Stop Smoking Service.

UPCOMING EVENTS

MARCH

Saturday 10 - Relay for Life.

Wednesday 21 - Kahui Pakeke (10am-2pm).

APRIL

Tuesday 17 - Kia Ora 7 week Programme (formerly Stanford Programme).

Wednesday 18 - Kahui Pakeke (10am-2pm).

MAY

Wednesday 16 - Kahui Pakeke (10am-2pm).

ONCE A MONTH

EAR, NOSE & THROAT (ENT) CLINIC:

First Thursday of each month. Appointment required. Ring Ruth Wheatley on 835-1840 extension 716.

RESPIRATORY CLINIC: Third Thursday of each month.

Appointment required. Ring Ruth Wheatley on 835-1840 extension 716.

Our Services:

How we can help YOU and YOUR whānau

We offer a range of health and social services for the betterment of our community. We are mobile and can come to you if needed and don't forget that these services are **FREE**. Contact us on (06) 835 1840 or visit www.tkh.org.nz for more information. As well as our usual services, we can offer you specialist care at our Ear, Nose and Throat Clinic.

- Breast & Cervical Screening (Support to Services)
- Family Start
- Health Services
- Kia Ora Programme (My Health Begins with Me)
- Kia Piki Te Ora (Suicide Awareness/Prevention)
- Own It, Live It, Be the Leader of Your Life
- School-Based Nursing
- Social Worker in Schools
- Stop Smoking Service
- Whānau Ora
- Youth Services