



Mara Kai
Hauora

Papakaiinga

Haapori

Whai Mahi

HE PAANUI - HÖNGONGOI

2024

Iti te kupu - nui te aroha

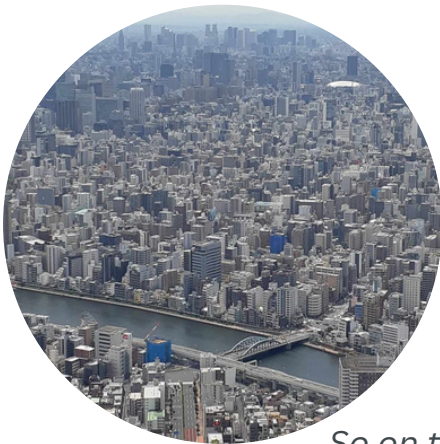
A quick word from abroad.....

Konnichiwa こんにちは from the land of the rising Sun. While Japan is a fascinating place to visit with it's amazing sights, infrastructure, flavours and generally a sensory overload, it's the culture of the people and their ways of living that has captured my attention. As a country whose sovereignty has always remained theirs, Japan has fiercely protected it's mana motuhake to ensure their balance of history and culture go with them as a nation into the future. They are not a wasteful society, their cities and towns are clean, their work ethic un-rivalled and they have a respect for papatuanuku that keeps providing. In fact, they amplify their focus on solutions rather than being stuck in their problems.

Some of our own whānau have whakapapa lineage to this very whenua. They are a big part of our **Taniwharau sports and cultural club**, either attended or currently attend **Te Wharekura o Rakaumangamanga**, and they mahi all over our **Marae**- in our very own "**Golden Triangle**" And so while I'm here, I internalize my gratitude and respect to a significant tūpuna, **Asijiro Noda** who ventured to Aotearoa from Tomioka Japan as a youngster. During his life, he was ambitious, audacious and industrious in his time - much like his descendants and moko moko of today. Hoki wairua atu - hoki wairua mai.

*So on the back of a grand final victory whose success make us all proud to be from **the golden triangle**, let's all re - commit to the "show me - don't tell me" koorero by bringing back the beauty of Raahui Pookeka street by street, whanau by whanau and let's get the mahi done.*

Paimarire.





OUR HAUORA- OUR PLACE- OUR WAY

Teamwork making the dreamwork

RANGATAHI OF THE 8...
Maka
HAIR *workshop*

learn the *how & the basics* for your self

WHEN: WEDNESDAY 17 JULY
 TIME: 10.00am - 2.00pm
 Lunch & resources provided

STYLES *With Rach*
 BRAIDES *With Mar*
 SHAVES *With Tawh*

AWHARUA RUST TUUHONO HAUORA

Scan the QR or use link to join

- SPACES LIMITED -
 TEXT: KEENI TO 027 7726843
 AND WE'LL SEND YOU A REGO LINK

BY RANGATAHI 4 RANGATAHI TUAKANA TEINA TAUTOKO
 TUPU TE TOI, ORA TE TOI, WHANAKE TE TOI

You'd be forgiven if you missed one of our events over the last month. We just went hard and fast to ensure our community had all information and access to our services so our whanau didn't have to unnecessarily get sick during this winter period. But if you did make an event or 2 or all of them - we trust you received the support you needed as well as have a good time. And while we are not the only option in town for your medical needs there are a lot of things that make us unique like our opening hours

Time to screen

National Hazards Coalition

Te Aka Whai Ora | Māori Health Authority

Te Wānanga o Aotearoa

WHAKAMAUA Kia Tina!

RĀHUI POKEKA

It takes a village!

WHANUI

WHA RUKAI

ANTIBIOTICS PREVENTS RHEUMATIC FEVER

Wepa Te Tero

TUUHONO HAUORA

TUUHONO HAUORA

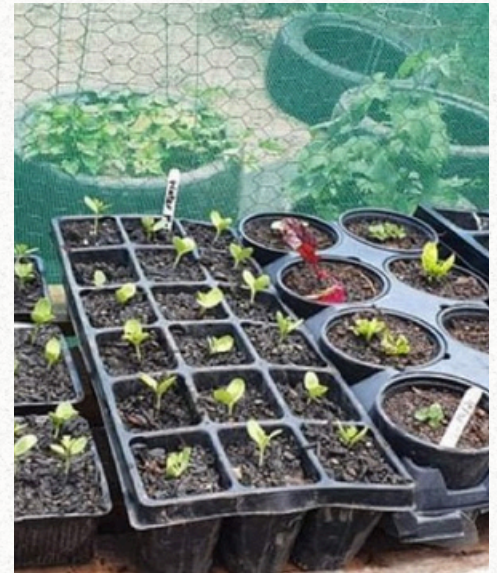
NGAA RAA O TE WIKI NEI
 CALL - TXT - WALK IN

Raahina ki te Raapare
 Monday to Thursday
 10.00am - 6.00pm

Raamere-Friday
 9.00am - 5.00pm

Raahoroi-Saturday
 9.00am - 1.00pm

'NAU TE ROUROU
 NAAKU TE ROUROU
 KA ORA AI TE IWI'



MĀRA KAI NEWS : SUSTAINABLE IS KEY

- At least 20 Fruit and Vege packs go into community every week
- Kaahui Tuuwa is completely Zero Waste - Adopted a Parakore system
- Free fresh vegetables available weekly from our kai cart at Whare Oranga
- Ongoing service projects and planting according to our Maramataka
- Open Monday-Friday - volunteers and garden enthusiasts welcome
- Continue to support whanau, marae and community kaupapa.



RECYCLE



Replenish.



Re-plant





MĀRA KAI - FEED OUR MINDS, WE'LL FEED OUR PEOPLE

Come hail, come shine, Te Kauri Marae trustee Jason Berryman brought together a collective of local marae Maara leaders to explore ways of working together for the greater good of our people and community. The day kicked off at Te Kauri Maara where Jason introduced us to some heavy weights from the horticulture and agriculture industry. Their enthusiasm to help and support made way for us to adopt them into the whanau for our future projects. A total of 5 local gardens were visited. Matawhaanui's Kaahui Tuuwa Māra Kai was our second stop. Here Matawhaanui's Pam and Joe got to highlight the benefits of a parakore system that has been recently introduced and adopted into practice. Some helpful tips and knowledge were also imparted at each stop. A big thanks to Jason for having us on board this awesome event. We look forward to the next one.

Dan Sutton
 RESEARCH, DEVELOPMENT AND EXTENSION MANAGER AT VEGETABLES NZ

MONDAY 15 JULY
 Come meet Dan. Dan will share knowledge around his research. PGG Wrightsons gardening team will also be present. This will be a great time to ask any questions you might have about growing your maara.

12:30PM
 We start at Te Kauri maara and a quick visit to Cuppas rongoa garden.

1:00PM
 Next we move on to Matawhanui community maara.

1:20PM
 Next, Huntly community garden and pataka ka

1:50PM
 Last stop. Huhu gardens

Sharing local knowledge



PAPAKAINGA

ADVOCACY, ACTION, AROHA

IMPLEMENT AWHI - OUR WAY

Malika Kanawa, one of our housing champions is on a mission to make homes in Raahui Pookeka more warm and comfortable for whanau, especially now during Winter season. Through the AWHI program, whanau can access support by having an assessment done to identify needs. The process is simple and user friendly. Currently Malika is doing this mahi on her own, however 23 homes in Raahui Pookeka are now better off and enjoying warmth and comfort better than before.

If you're interested in a more healthy home, please contact Malika via email. papakainga@mwt.co.nz



CONTACT US:

Papakainga office at Te Whare Oranga
159 Harris Street, Raahui Pookeka, Huntly

Phone: 027 335 1571

Email: papakainga@mwt.co.nz

Website: www.matawhaanuitrust.co.nz



OUR COLLABORATORS



Te Puna Ora

A place of healing

Our activities in June / July included planning future Waananga sessions. However, we also held two events: a two-hour Share & Display Kaupapa with Waahi Whaanui, and Matariki Day at Te Kauri Marae.

What's goin on?

During Matariki, Te Puna Ora showcased a range of activities and events focused on our Rongoā, Parakore, and Sustainable. Living progress. The month was filled with engaging displays, hands-on workshops, and educational sessions designed to promote well-being and sustainable practices within our community.

Mirimiri - Bowen Therapy - Rongoā - Counselling.

For more info contact

+64 21 144 1912

tepunaora.hauora@gmail.com

Welcome onboard, Brooke



We extend a warm welcome to Brooke Sheard Petero who joins Te Puna ora as a Rongoa Kaimahi Intern. Under the tutorship of Caprice Turner, Brooke tells us she is amazed at the matauranga rongoa that our tupuna have left that drives her passion to grow and become a full practioner of rongoa.



Matariki Day 28th June 2024





Agenda

- Introduction
- Plant Identification
- Plant Preservation
- Food Preservation
- Para Kore
- Summary

WHAT OUR PEOPLE ARE SAID

Bruce “I had a tickle in my throat and i tried some Fire Cider and it helped me so I took the bottle”

Trevania “Caprice shows first hand how a whaanau can live a sustainable eco friendly life relying on the whenua

Tamati - A great understanding of Rongoa Māori and the different uses of natural medicines provided our whanau with some healthy home remedies.

Upcoming Events

Started- 10 Week Waananga starts 4th July- 12 September 2024 (Ongoing)

This is a 10 week by 2-hour session that teaches all aspects of Plant benefits, preservation, fermentations, Parakore, foraging & living a healthier lifestyle. Going back to the basics

National Rongoa Practitioner Waananga - 26-28 July 2024 (3-Day Event) (Completed)

This Roopu has been created to bring all Natural Therapists together nationwide. Creating a national directory for all whaanau from around the motu to be able to access the different modalities.



Pou Taumata Kaumātua Kōrero



Incorporating whakapakari tinana for our Kaumatua wellness is highly important to us. Our 70-80yrs+ kaumatua know that when they are well, they can be their best selves for their many mokopuna and kaupapa they uphold. This pic above shows their willingness and dedication to looking after their own Whare tapa wha and if they can do it, so can we. Our monthly meetings continue to be open for all Kaumatua living in Raahui Pookeka or even just visiting. There is always reka kai provided and some healthy discussions to participate in. On occasion, we will be joined by experts across different matters ranging from Health, Law, community matters, Iwi and marae kumara vine and the like.



ON THE GO @ WHARE O

He tāngata, he tāngata, he tāngata



Come join a class

Whare Oranga or Whare O as we call it is more than just a gym to us. It is a vital connection point for all walks of life in our community. Here at Whare O , not only are our rangatahi engaged in a positive place but they also work out alongside our Marae Kaumatua where they can share koorero about Kura, Club, and marae or anything for that matter. Our services can be one on one training, group or try one of our classes on Mondays and Wednesdays at 5.30 pm . Nau mai haere mai - **Tai Maipi - Whare Oranga Manager**

Pookeka
Raahui
XTREME
HIP-HOP WITH TAI

Come and join the fun and get fit at the same time:

TE WHARE ORANGA GYM
EVERY MONDAY EVENING:
6PM-7PM

TE WHARE WAI ORA- 63 ROTOWARO RD
EVERY WEDNESDAY 12PM-1PM &
FRIDAY 11:30AM-12:30PM

Nau Mai, Haere Mai

Every Saturday for the month of July:
First Place Fitness Gym Hamilton:
9:15am-10:15am



Hours of Operation

Monday-Friday : 6.30am-12pm
3pm-7pm
Saturday : 8am-12pm

LOOKING FORWARD - HE ANGA WHAKAMUA

MORE THAN JUST A GYM

Our Hauora Hub has
Begun



Civil works and construction have commenced in Te Whare Oranga carpark. This project in partnership with Whatu Ora and Te Wharekura o Rakaumangamanga demonstrates how working together to improve access to health services and specialists will greatly reduce a number of challenges our people face, especially in this changing climate of Health care. Just as we've created and developed Tuuhono Hauora, standing idle was not an option for us at the compromise of our loved ones.. More to come on this in the next Paanui.



The Taniwha cart that
serves

It's been almost a year since we started a small business of serving up coffee, shakes and adding some great treats that revolves around Ram's famous baking skills in Raahui Pookeka. It has been a great way to support our goal to enterprise ourselves and allow the opportunity for those seeking casual work to learn what's involved in running a small business just like the bro Alo in the pic above. It's not as easy as it sounds to make a good brew, but we like to think we've created a small business that is by us for us. The Taniwha cafe is on wheels too so it can mobilise and go where it needs to go should a local event require our support. And why would you go East side when west-side has got you for that fix in the morning?

Open Mon - Fri from 8am