

September
Mahuru 2010



Nau Mai Haere Mai

Karanga raa ki a Ihoa o ngaa mano

Naana i tuku kia heke tana tamaiti a Ihu Karaiti ki te ao tuuroa nei

Kia taea ai e te tangata te puta atu ki te wheiao ki te ao maarama e

Tihei Mauri Ora!

Spring is just around the corner

However the Winter continues to linger.

We give thanks for the many blessings our Good Lord has bestowed upon us,

And remember those who've passed on.

To us who still remain, God bless...

This Month's Profile

This month's profile is Jason Duff

Jason joined the kaimahi of Te Āwhina Marae in May.

Jason is part of our hauora team

Name: Jason Duff
Position: Alcohol & Other Drug Counsellor
Waka: Tokomaru
Maunga: Parapara
Awa: Pariwhakaoho
Iwi: Te Ātiawa me Ngāti Tama
Marae: Onetahua
Favourite Food: Kaimoana
Favourite Place: Mohua



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**Tangata ako ana i te whare, te
turanga ki te marae, tau ana**

*A person who is taught at home, will
stand collected on the Marae
(meeting house grounds)*


-  **Wednesday 1st**
Brightwater School
-  **Friday 3rd-Sunday 5th**
Kia Tau Te Rangaimarie Kohanga
-  **Monday 6th**
Tai Chi-
-  **Tuesday 7th**
10am Kaumatua Sit & Get Fit-
11.15am Yoga
-  **Wednesday 8th**
Hauora Cultural Training
-  **Monday 13th**
9am Health Services-9.30am Tai
Chi
-  **Tuesday 14th**
10am Kaumatua Sit & Get Fit-
11.15am Yoga
-  **Friday 17th**
Te Ataarangi
-  **Monday 20th**
Tai Chi
-  **Wednesday 22nd**
Networking Hui
-  **Thursday 30th**
Board of Trustees Meeting

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1 	2	3 	4 	5 
6 	7 	8 	9	10	11	12
13 	14 	15	16	17 	18	19
20 	21	22 	23	24	25	26
27	28	29	30 			

All events are up to date and current at time of publishing

Hui Bookings

If you wish to have a hui at Te Āwhina, please contact the office on (03) 528 6061, or email info@tam.org.nz for a booking. This is particularly important as demand for the facilities increases and official bookings are essential to ensure the availability of the Marae.



FREE COMPUTER CLASSES

Flexible learning computer classes are available NOW at our Richmond Campus.

Learn Computer skills on Office 2007 Software:

- Email and Internet
- Desktop publishing
- MYOB
- Word processing
- Databases
- Keyboarding skills
- Spreadsheets

Work at your own pace through structured learning resources. Some class room support is available.

RICHMOND CAMPUS: 390 Queen Street, Richmond
Starts: February to December (Flexible start and end dates)
Times: Tuesday 8.30am - 12.30pm; Wednesday 8.30am - 12.30pm;
 Thursday 8.30am - 12.30pm and Thursday 5.30 - 8.30pm

>> COME AND TALK TO US NOW!
 For further information please phone 03 544 3733 or 546 9075, ext 644

Call us on 0800 422 733 • info@nmit.ac.nz
www.nmit.ac.nz
 Search keyword: 'community computing'


Nelson Marlborough Institute of Technology
 Te Whare Wānanga o Te Tai Pūnaha o Te Wānanga o Māori

DOC's Big Beach Clean-up

The Department of Conservation in conjunction with NELMAC, Nelson City Council and Tasman District Council are planning a beach clean-up for Tasman Bay.



When: Saturday, 20 November 2010
Time: 11 am - 3 pm
Where: Marahau to Cable Bay (approx 50 beaches)



Each year thousands of pieces of rubbish are washed onto our beaches and coastlines from items carelessly discarded on land or at sea. Rubbish washes up on the high tide mark where it looks untidy and poses a danger to wildlife.



Let's show we care about our beaches and coastlines by giving them a spring clean. Take pride in our community for visitors and locals. By having a wide representation from our community we can raise public awareness and act positively by example.



How to register: On Monday 12 July 2010 the DOC website, <http://www.doc.govt.nz/getting-involved/events-and-awards/regional-events/nelson-marlborough/big-beach-clean-up> will allow groups to go online and look at the beaches available and register. You will be asked to nominate a team leader who will be sent an information pack with more information about your team's role on the day.



We hope to make this an annual event, so make a day of it, do something positive for the environment, have fun and enjoy a sausage sizzle.



Note: We will establish an email distribution list of participants for further information and in the event that we need to postpone. If we need to postpone due to weather conditions, we will re-schedule for Sunday, 21 November 2010.



NELMAC, Nelson City Council and Tasman District Council will be providing free disposal of collected rubbish at the Beach Road transfer station in Richmond, Mariri transfer station in Motueka and compactors at Tahunanui beach.

If you have any questions please contact:
 Janice Gravett (Project Co-ordinator)
 Ph: (03) 528-1810, Email: monuckiam@doc.govt.nz





Let's give them mana, aroha and hauora, and a great future



On August 2nd, Te Āwhina Marae was proud to host two presentations of "Become a Parent Coach" by Pio Terei and John Cowan. Approximately 200 people attended the fun and informative presentations, and the feedback we received was overwhelmingly positive.

Some of the important messages for us all to remember:

- Fill the emotional tank with words, touch, smiles and attention
- Firm, fair and friendly discipline
- The V of love: Give more freedom—not so quickly that they are in danger, but not so slowly that they get frustrated.
- Remember the love languages
- You are your child's most important teacher



"Was entertaining and easy to understand, Pio is Mean Maori Mean"



"You can do what you want to do **WHEN** you've done what you need to do"

A final word from Pio "Bringing up kids and having fun with them is just the best thing you can do"

Nga mihi nunui ki a:

Te Atiawa Manawhenua ki te Tau Ihu Trust,

Ngati Tama Manawhenua ki te Tau Ihu Trust,

Ngati Rarua Atiawa Iwi Trust, KIMI, Family Works, Ngatahi Horticulture, New World, Take Note, Motueka South School, Te Ora Hou, and Mark Wentworth for their awesome support



Your Future Success

Notices



FOR RENT: 2bedroom Kaumatua unit. All enquiries to the office, 03 5286061

WANTED containers with lids, any shape, any size, any colour. Unwanted containers, unneeded containers, mismatched containers. Ice cream containers, takeaway containers, air-tight containers. The containers can be dropped to the office. All containers greatly appreciated.



FOR SALE second hand Toilet bowls and Hand basins, more information drop in or ring the office

FREE: Computer Screens to go to wanting homes. All enquiries ring the office (03) 528 6061



Āraia
te hōrapatanga o te iroriki rewharewha

Āraia tōu waha me tōu ihu ki te papa muku ina maremare koe, ina tihe rānei

Makaia atu tō papa muku paruparu ki te ipuparu, ki tētahi kopa kirihou rānei

Kia rite te horoi me te whakamaroke i ōu ringa, ina koa i muri o te maremare, o te tihe – horoia me te hopi

Kei whakatata atu ki ētahi atu mehemea e māuiui ana koe

www.moh.govt.nz/pandemicinfluenza

Whakangungua tōu whānau i te iroriki rewharewha

New Staff and Board Members

We would like to welcome Jason Duff as the new Alcohol and Drug Support Worker. We all look forward to working with him and the community to get to know him.

Welcome to Ann Martin who is now the Tumuaki for Te Awhina Marae. Ann has come off our Board of Trustees to hold this position.

We would like to thank the Board Members who have stood down for all the support they have given to the Marae and future support they will offer.

We have new Board of Trustees, they are: Margaret Koopu, Barney Thomas and Donna McLeod.

We look forward to the support and work the new board members will bring.



AWHINA WAHINE YOUNG MUMS' SUPPORT GROUP

Empowerment for young Mums through group support, shared knowledge and aroha.

Giving young Mums a voice in their own direction.

Encompassing Maori Health concepts such as “Te Whare Tapa Wha”
Nurturing the Wairua, Hinengaro, Tinana and strengthen Whanau

Every Thursday 10am-12pm at Te Āwhina Marae
for six weeks

Available to Young Mothers/young pregnant wahine in the
Tasman Area

Call the Whanau Ora Kaimahi to register your interest

Madhu O'Brien Or Nellie Bell

On 03 5286061 or Text 02102908547

OR

Email: Lea Overend Support Worker
Post Natal Depression Network

**Dreaming of what is possible, and building
futures based on possibilities**



Completion of Ablution Block

The renovations are now completed . We would like to thank the builders, plumbers, electricians, and painters for the wonderful job they have done on the new and refurbished ablution block in the Wharekai.



Tane Wharepaku

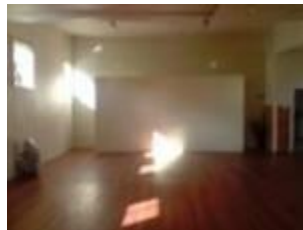


Wahine Wharepaku

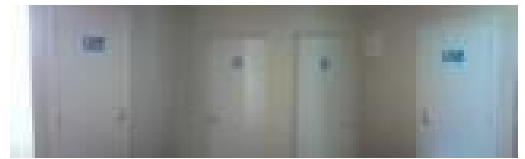


Disability Toilets

View from dining area



View before entering the wharepaku



Stop the spread of germs that can make you and others sick

Wash and dry your hands often

Wash your hands for at least 20 seconds and dry them for 20 seconds, or use an alcohol-based hand rub.

Wash your hands before preparing food and eating or smoking and after coughing, sneezing, wiping children's noses, visiting the toilet or changing nappies.



Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze and put the used tissue in a lined bin. (If you don't have a tissue, cough or sneeze into your upper sleeve – not your hands.) Remember to wash your hands afterwards.



If you're sick, don't get close to others

If you become unwell, stay away from other people.

If you have an influenza-like illness, you should stay at home or in other accommodation until you are well.



You shouldn't go out in public. If you have to go out for any reason, stay at least 1 metre away from other people. Always cover your coughs and sneezes with a tissue, and avoid any physical contact with other people (eg, hand shaking, kissing, hugging).

Symptoms of influenza

Symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may also experience diarrhoea and vomiting. In more severe cases, or in people with underlying medical conditions, complications such as pneumonia may develop.

Caring for someone who is sick

For someone who is usually healthy, the main concerns with influenza are dehydration and fever. Keep drinking fluids – up to 2 litres a day. Cold drinks are best, especially drinks that contain a little sugar. Paracetamol and Ibuprofen are good for bringing down a fever and reducing aches and pains. If the sick person has other medical problems, please seek medical advice sooner rather than later.

When to seek medical advice

If symptoms worsen seek medical advice by calling **Healthline 0800 611 116** or calling a doctor. If the unwell person becomes disoriented or has difficulty breathing, you should seek immediate medical advice. In an emergency, dial 111 for an ambulance.

Healthline 0800 611 116

It's free to call, 24 hours a day, seven days a week

Healthline
0800 611 116

For latest updates on influenza A (H1N1) go to:
www.moh.govt.nz

MINISTRY OF HEALTH
HP 4804
16 10 98 2009

Stop the spread of **flu germs**

- Cover your mouth and nose with a tissue when you cough or sneeze
- Put your used tissue in a lined rubbish bin or in a plastic bag
- Wash and dry your hands often, especially after coughing or sneezing – use soap or hand gel
- Stay away from others if you're sick

www.moh.govt.nz/pandemic/fluenza

Protect your family/whānau from influenza

Ministry of Health
New Zealand Government

Tane Ora / Men's Health

On Monday 31 May 'Te Hauora o Ngāti Rārua' held a Tane Ora/Men's Health Hui here on Te Āwhina Marae which was hosted by Kelly Ratapu. The hui began at 5:30pm and despite the cold weather there was a good turn-out of over 20 people.

The idea to hold the hui here on Te Āwhina Marae was to showcase the different health services in the community men can access. This has been driven by the mere fact that Maori men have the highest rates in diseases such as diabetes, heart disease, smoking and alcohol abuse.

Before the speeches commenced, a three-course dinner was served up. *He tino mihi ki a koe e Irene me tō ake whānau.*

Tahi gave an update of what has been happening within the Tane Ora National Coalition which is looking at hosting another National Conference next year. Tamaki Makaurau have apparently put in the tonono for the hui to be held, however this hasn't been decided upon yet.

Barney Thomas gave an insightful speech on what he has been doing with regards to his personal health and how his lifestyle has changed since the Tane Ora hui held in Blenheim last year.

Ann Hampton delivered a kōrero regarding Te Amo Health and her personal journey on how she began her career in health and where it has led her today.

Luke Katu gave a rousing speech on the role of tane within the whānau and his journey through hauora. Luke also spoke on the different benefits that tane can access through the PHO.

The floor was opened to questions throughout the night, some of the whānau raised issues on the lack of whenua for growing kai and the availability of kai within the Motueka region.

Molly Luke wrapped up the hui with the emphasis on the continuation of these forums where tane can gather and offer support to each other.

Heoi nei anō, ki a koutou i hui tahi nei ki runga i te kaupapa o te Tane Ora, ngā mihi maioha ki a koutou. E Kelly, nāu anō te tira i whakaranga mai nei i runga i te whakaaro kotahi kia puta atu ai ki te wheiao ki te ao mārama, e mihi kau ana ki a koutou o "Te Hauora o Ngāti Rārua". Otirā, ki a koutou e rau rangatira mā tae noa atu ki ngā rangatahi i tae atu ki tēra hui tino whaka hirahira, noho ora mai i ngā manaakitanga o te Runga Rawa.

Whakatu Marae is proud to present
Te ao-mārama ō nāu te whatu Māori,
a Tuakana/Teina, tāne specific programme that will take you on a
journey of rediscovery reconnecting you with traditional
Māori tikanga and leaving you empowered to pursue
a healthy, bright future for you and your whānau.

Using workshops, waka ama, whakapakari tinana, rongoā, taiaha and other marae based activities you will gain knowledge and understanding through tikanga Māori which you will then be able to apply to everyday life experiences.

Te ao-mārama ō nāu te whatu Māori will take place over three wānanga throughout August - September - October.
The 1st wānanga will be centered around the whenua and will take place over the 27th, 28th and 29th of August.
The 2nd will be centered around the moana and the 3rd will be centered around the maunga. Dates for these are to be confirmed.
Each wānanga will commence on a Friday and finish on a Sunday.
Prices are \$10.00 per person, per Wānanga.

If you are interested in attending either one or all three of these wānanga and would like more information,
please phone Patariki on 03 5469097 ext 208 or Matt on ext 218.



WE NEED YOU

What:

Breaking the Guinness World Record for largest haka, currently set at 3,264.

When:

Saturday 11 September 2010, 3pm for haka, but get there by 1pm for practice and to line up on the beach.

Who:

All the communities of Te Tau Ihu (Top of the South) - anyone who wants to join in. Both male and female versions will be performed simultaneously on the day.

Where:

Tahunanui Beach.

Schedule on the day

12.00pm - 1.00pm

Arrive and be counted - ARRIVE EARLY!

1.00pm - 1.20pm

Haka practice on the beach

1.40pm - 2.00pm

Haka practice on the beach

2.00pm - 3.00pm

Lining up on the beach in pre-set grids, and live entertainment

Learn the words to Ka mate

Ka Mate Ka Mate (leader)
Ka Ora Ka Ora

Ka Mate Ka Mate (leader)
Ka Ora Ka Ora

Tenei Te Tangata, Huru Huru
Nana nei Tiki Mai whaka whiti Te Ra

Upane Kapane
Aue Upane Kapane
Whiti Te Ra
Hi!

Large group practice

5 September, Neale Park,
10am - 12pm

For everyone who has taken part in training, let's get together to practice and get as rowdy and loud as we can with our haka before the big day.

It's important everyone is counted on the day for the world record - visit one of the check in stations to be tagged with a wrist band.

Thank you in advance for being on time and getting your wrist band EARLY!

Bring gold coins on the day

Women's Refuge and other organisations are helping to organise this haka for the community. They will be fundraising on the day - please be generous and bring along some gold coins to show your appreciation.

Want to practice?

A clip is posted on YouTube and you can get to it from the Facebook page or follow this link: <http://www.youtube.com/watch?v=6N07NiwiUw8>



Public training sessions

Date	Place	Where	Time
21 August	NELSON	Waimea College	5 - 6pm, 6 - 7pm
22 August	NELSON	Wakatu Marae	11am - 12pm, 12 - 1pm
29 August	MOTUEKA	Motueka Recreation Centre	10am - 11am, 11am - 12pm
29 August	NELSON	Victory Community Centre	10am - 11am, 11am - 12pm
29 August	BLLENHEIM	Omaka Marae	11.30am - 12.30pm, 12.30 - 1.30pm
5 Sept	NELSON	Neale Park - for EVERYONE	10am - 12pm

Need haka training - can't make it to a public session? Go to the website to learn how to schedule a private lesson. To help with your tutor's costs, please bring a gold coin donation for your training.



Te Āwhina Marae

TE ĀWHINA MARAE O MOTUEKA

133 Pah Street
Motueka 7120

Phone: 03 528 6061
Fax: 03 528 8995
E-mail: info@tam.org.nz

*He aha te mea nui o te ao?
He tangata! He tangata! He Tangata!*



Motueka Mentoring Project

WANTED: Mentors from all nationalities

Motueka Mentoring service is desperately in need of Mentors, are you interested, or do you know of anyone who might be interested & is suitable for the role?

For more information to becoming a Mentor contact:

Pamela Hedlund
Motueka Mentoring Project Coordinator
(03) 528 6969
027 298 9646



Quiz How good is your Knowledge of Te Reo?

Answers will be in next months issue

1. What is Maori for Tattoo?
Tato
Moko
Ti Moko
Ta Moko
2. Who is the Sky Father?
Ranginui
Rangi
Kikorangi
Kahurangi
3. What is the Maori Performing Arts?
Karahaka
Kapa
Haka
Kapa Haka
4. What is Maori for Family Tree, or Geneology?
Whakapapa
Rakau Whanau
Whanau Rakau
Whanau
5. What plant are piupiu made from?
Pingao
Harakeke
Ti Kouka
Kiekie
6. Which weapon has indents on the sides which are for catching weapons?
Kotiate
Taiaha
Tewhatewha
Patu
7. What is Maori for Auckland?
Tamaki Makau Rau
Akarana
Akoranga
Tamaki
8. What is Maori for the South Island?
Te Waka a Kupe
Te Waka a Maui
Motu Tonga
9. What is the name of the trap that is like a trough filled with water for catching birds?
Hinaki
Waka Waituki
Waka Waituhi
Kiore
10. Which trees are the leaves, when prepared properly, good for reducing bruising, cleansing the skin, and when taken internally can help with lung complaints?
Kawakawa
Pohutukawa
Rimu
Puriri