

Te Karere a Hauiti

NGĀTI HAUITI NEWS

Ko Ruahine te pae maunga, ko Rangitikei te awa, ko Tākitimu te waka, ko Ngāti Hauiti te iwi. E ngā whānau, e ngā hapū o Ngāti Hauiti, tēnā koutou, tēnā koutou, tēnā koutou katoa. Ka nui te mihi ki a koutou. E ngā tini aituā, haere ki tua o te ārai. Heoi anō.

Ruahine is the mountain range, Rangitikei is the river, Tākitimu is the canoe and Ngāti Hauiti is the tribe. To the families and sub-tribes of Ngāti Hauiti, greetings and salutations to you all. To our departed ones, go beyond the veil of darkness.

Kia ora tātou.

Ngāti Hauiti as an iwi continues to grow stronger and it is exciting to see the increasing number of initiatives being taken up by the rūnanga. At present six functional sectors are in operation; these sectors, in the long term will benefit the autonomous direction of Ngāti Hauiti.

The rūnanga continues to call for delegates from the following hapū, Ngāti Ruanga, Ngāti Hora and Ngāti Hinetio, to attend quarterly hui. It is important that all hapū of Ngāti Hauiti are represented in important decision making processes, the benefits of, which will filter down to hapū and whānau levels.

Social Well Being Sector

The Social Well Being sector continues to develop and strengthen Ngāti Hauiti's health strategy 'Pūau te Oranga', through the

devolution of health services from neighbouring iwi. Ngāti Hauiti continues to be strongly represented on three Health Boards.

Janie Kingi, our resident social worker is available to talk to whānau regarding any social issues that they may and to direct whānau to various sources of assistance.

Janie is available Monday- Wednesday and her direct phone line is:

☎: Janie on (06) 3228767 or 027 2330200

Cass Stark our Community Health Worker is out and aboutworking with whanau. As part of her Health Promotion programme Cass is holding 'Sit & Be Fit' classes at Rata every second Tuesday of the month at 11a.m. Monthly 'mirimiri' clinics are also being held at Rata. Contact Cass if you wish to participate in these.

☎: Cass on (06) 3228765 or 027 2718070

Cultural Affirmation

Raihana Potaka our Cultural Facilitator continues to work tirelessly on cultural development. Some of the activities she has organised or been involved in the last six months are:

Waka Hoe: This biennial event was held in January on Wellington Anniversary Weekend. A small ropu participated on our awa hikoi that started at Omatane and finished early at Otara due to the onset of bad weather. Whanau members took the opportunity to visit historical sites of interest along the way and strengthened their haititanga whilst on this hikoi. The next Waka Hoe is scheduled for Wellington Anniversary Weekend 2007.

Whānau Dinners: If you are interested in holding a Dinner in your area contact Raihania and she can advise you on how to get the message out to all whānau.

☎: Raihania (06) 3228765

Journal: The compilation of a journal outlining historical Ngāti Hauiti is progressing nicely. The 50 - 60 page journal, mainly photographic compilation, is going to be launched later this year. We are keen to incorporate poems etc which whānau members may have written over the past 10 years. Send them to Te Maru o Ruahine Trust, RD 1, Marton or email to: ngati.hauiti@xtra.co.nz

Urupa Hui: A series of hui were held at Rātā marae to discuss ongoing maintenance strategies for the Pourewa Urupa. The hui were constructive whereby a well outlined plan was put in place. What is now required is for whānau to make themselves available to implement these strategies; if you cannot be available to provide physical labour and resources then you will need to make yourselves available financially or in fundraising efforts. Thanks to those who have already enquired about taking a greater responsibility for this wāhi tapu.

It is hoped that further hui will be held this year to discuss tikanga associated with the urupa. It is important that whānau attend this hui as more and more whānau are wishing to be interred at Pourewa however they are unaware of associated tikanga.


Many thanks to Tama Potaka, Thomas Curtis and the Potaka Whānau Trust who have taken up the responsibility to address this kaupapa which has been ongoing. At present the urupa is beautifully maintained and landscaping is in the developmental stages. However, it is not only the Potaka Whānau who should shoulder this ongoing responsibility.

Treaty Claims: The claims committee has held hui to discuss the processes that they must take to make their claim effective. It is

estimated to take seven years and a cost of \$1.5 million to present their grievance claims on behalf of Ngāti Hauiti. It is envisioned that this will be excellent learning process for us as an iwi. The committee looks forward to the challenges they confront.

Research & Development

Whakauae Research Services

 'Te Whakauae o Tamatea' is up and operational. The tu whakawheratanga (office dedication) of the Whakauae Research Services offices, 11th February, went well. Gill and Heather are now happily residing and busily researching in their modest office at Ridgeway Street, Whanganui. At present they have secured two research contracts and feel confident that this will lead to bigger things.

He Arorangi Whakamua Tobacco Intervention Research is holding a Whanaungatanga Hui at Rata Marae on 14th May. Bring the whānau along to listen to Amsteer Ready speak about traditional Maori views of children, their special place in society and their need for protection from an Auahi Kore perspective.


Contact: Gill: ☎ (06) 3476772

or Susan: ☎ (06)3228765 if you would like more information about this hui.

Whakauae Research Services is holding a Logo Competition with a prize of \$500 for the winning design. This competition is due to be drawn on 31st May to coincide with 'World Smokefree Day'. Details of the competition are included in this edition of Te Karere a Hauiti or you can contact Gill: ☎ (06) 3476772

We are publishing some of the Smoking Research Interviews in this publication as well.

Environmental Management

 Rangi Hawira continues to administer and manage all environmental matters

pertaining to the iwi. At present Rangi is working with the Department of Conservation identifying general wāhi tapu areas within the rohe. Eventually these areas will be mapped and will provide the public with a general code of reference to historic sites within the Rangitikei region.

Ngā Pae o Rangitikei - A charter has been drawn up and tabled at various hui along the Rangitikei River. This historical charter is an agreement of all hapū and iwi along the Rangitikei River to preserve and enhance the awa and its tributaries. An important hui to mark this occasion of the signing of this charter was held 9th April at Rātā Marae. A large gathering of hapū and iwi from the river along with invited dignitaries, members from the local community, Hauiti whanau and members of the press were in attendance to mark this historic occasion.

Management and Iwi Support

If you can't visit the Resource Centre and need any information pertaining to Ngāti Hauiti contact Susan Kavanagh, 06 3228765 or Te Maru o Ruahine Trust, R D 1, Marton.

Whānau Working Bee - Utiku: Offices are now operational up at Utiku in the old school building. Rangi runs the Environmental Sector from that end. He has made the former school as comfortable as possible however; the building is in dire need of some tender loving care. Therefore we are calling a Whānau Working Bee, which will take place on the 21st May. Remember that this building will serve us well in the future as a hall for whānau hui or wānanga so it is important that we maintain it.

Ngā Kiwaha: Snippets of News

Iwi Logo competition: An extended thanks to all those whānau that entered this competition. Honor Potaka submitted the winning design 'Kā Awatea'.

Kā Awatea signifies the 'dawning of a new era and time of development for Ngāti Hauiti.' Central to the design is a triple twist manaia that represents the merging of the past and present generations and development, from which springs the future, represent by a koru at the base of the manaia.

The Ruahine Ranges in the background are a prominent, constant source of identity for Ngāti Hauiti for the past, present and future.

The sun coming out from behind the ranges is symbolised by seven rays these being the seven hapū of Ngāti Hauiti. 'Kā Awatea' will be utilised in three ways either as a full or part design.

- As a watermark for all stationery pertaining to Ngāti Hauiti.
- As a symbol used on letterhead, stationery and business cards pertaining to Ngāti Hauiti.
- As a monogram for apparel - sports or business clothing.

Rarotonga: A ropu of 20 Hauiti whanau and whanui are taking the opportunity to travel to Rarotonga for a cultural excursion in June. A programme has been devised for our whanau going on this trip to cover the cultural aspect of the hikoi as well as allowing for rest and recreation while over there.

Just a friendly reminder to our whanau travelling to Rarotonga remember to catch the plane home' to Aotearoa.

Hauiti Headliners:

Nga Pae O Rangitikei Hui held 9th April at Rata Marae featured on Te Karere and was screened on television on Monday 11th April.

Heather Gifford is graduating from Massey University with a Doctorate in Philosophy in Māori Health on May 13th 2005.

Ngā mate: It is with sadness that we have recently had to farewell our whānau:

Hilda Heta (formerly Potaka) Late mother of the Potaka whanau. A very large gathering of whanau and whanui turned out to farewell our kuia in Marton.

Margaret Purdue (nee Potaka). Granddaughter of Utiku & Rora Potaka, daughter of Tumihau (Jack) & Raihania Potaka. Margaret was one of the two surviving granddaughters of Utiku & Rora.

Hinemanu Grey (Hakopa)

Ngā pepi hou: Nau mai ki ngā pepi a ngā mihi ki ngā mātua whakahihi.

Jade Kendrick raua ko Jim Doolan, he tama hou.

Zach Makaere Doolan

Hauiti Calendar

Ngati Hauiti whanaungatanga Hui: 14th May at Rata Marae. Powhiri at 10 am. Whanau are encouraged to attend to listen to our guest speaker, Amster Reedy.

Smoking Logo competition is underway and entry forms are available from Gill ☎ 06 3476772. This competition closes 27th May and the winning entry will be selected on 31st May.

Working Bee at Utiku School: 21st May, 2005. Please come along and lend a helping hand.

Rarotonga Trip: 19th June.

Potaka Whānau Trust: 2nd July, 10.30 am at Utiku School.

* P.S. If you have any snippets of kōrero you would like to share, send them to the addresses below. Without your kōrero we do not have Te Karere.

☒ Te Rūnanga o Ngāti Hauiti or Te Maru o Ruahine Trust, R D 1, Marton ☎: (06) 3228765 E-mail: ngati.hauiti@xtra.co.nz

Direct to Rātā Cornell, 108 Main Road South, Levin or ko.rata@ihug.co.nz

He Arorangi Whakamua

Te Maru O Ruahine Trust
Whakamua Research Services

He Arorangi Whakamua
Logo
Competition

PRIZE: \$500 cash

Winner Draw
31.05.05
World Smokefree Day

COMPETITION CLOSING
27/05/05

Entries are to be received no later than 4 p.m. on 27th May 2005 at the Whakamua Research Office, Community House, 23A Ridgeway Street, Whanganui, PO Box 102, Whanganui
Contact Person:
Gill Pirikahu
Research Officer
06 347 6772 / 027 472206

Entry Form
Name: _____
Address: _____
Contact Phone: _____ Age: _____
Hapu Name or Association with Hauiti
I agree to take part in the competition according to the rules
Signed: _____

Whanau Insights

Written by Nikki Haami-Jones

Nikki works as a Hapu Worker for He Arorangi Whakamua, Ngati Hauiti's tobacco intervention program.

Our own, Dr Heather Gifford has set up a wonderful project called He Arorangi Whakamua - The Way Forward. The purpose of the project is to stop our tamariki and rangatahi taking up smoking. Part of the project is to visit our Ngati Hauiti whanau and ask them their ideas on tobacco smoking and discuss what we can do about it as an Iwi.

On my latest assignment I had the opportunity to interview a few of our Ngati Hauiti kaumatua and leaders, who have smoked tobacco in the past but today, are now proudly smoke free.

Aunty Erena Metekingi-Anson, Cass Stark, Aunty Bo Rangi and Uncle Paddy (Bucko) Potaka, answered a few of my many questions as they gave me an insight into their personal experiences on been a smoker and what changed their perspective on smoking in order to be smoke free today. Like many young Maori, our leaders were too, once mischief (some still are) and started smoking cigarettes between the ages of 13 and 20 for different reasons.

"I guess it was like an escape from all the work. There was more work out here. I was doing farm work and the children were going to school. I had to milk the cows and then get home to do the lunches. It may have been that sort of thing why I started smoking, I don't know, I never realized it at the time. I just smoked and didn't give it a second thought." (Aunty Bo)

I was 14 when I started. Although I do admit that I did flirt with the idea of smoking at an even younger age. Mainly because I thought I looked like a movie star when I flawlessly blew the smoke through my puckered up lips and delicately flicked the end of my ciggy with my thumb to get rid of the ash. It didn't matter that I faked inhaling it by holding the smoke in my mouth for ten seconds before releasing it. However my movie star moments came to a sudden halt once Aunty Tina (Cleary) told mum that I had stole her packet of minty flavored smokes! (Ouch! Yes I paid for that dearly!).

Regardless of the sore red backside that mum had given me all those years before for stealing ciggy's off the whanau, I still did not learn my lesson

(Been a teenager and all I knew everything) and started smoking anyway.

One day I consciously decided to start smoking. My mates did, so I did too.

Little did I realize that it would be the beginnings of an intense, eight-year love hate relationship. (My longest commitment, to anything, to date!) Our teenage years are a very impressionable time of our lives and many people contribute to not only molding our personality but also influencing our decisions. Including our friends.

It's usually our friends and whanau that give us that first taste of tobacco as they innocently hand over one of their cigarettes, egging us on to take one.

"They [friends] gave me smokes and I thought I would have one. I was pretty cool and then I got to the stage when I felt I needed to buy them myself." (Uncle Paddy)

Even in the beginning, that neat tightly wrapped cigarette seems so difficult to deny. Our friends make it look so attractive as they chat away while puffing up a cloud of smoke. Before you know it, you get caught up in that scene as it allures you to become apart of it.

"At the time everybody around me was smoking. I was working a corporate life in Wellington and a lot of my friends would smoke.

We would go for lunches and everyone would pull out a fag. Next thing I knew I was smoking too.

It wasn't a conscious decision, just one day I picked up a cigarette and started smoking." (Cass)

Regardless that our body is screaming out, "Don't do it" and your mind is replaying the consequences over and over in your head like a broken record, to the point where your so sure that you can hear your mothers voice saying, "you dare and I'll kick your BEEP BEEP till its BEEP BEEP" or you can already feel that burning hot sensation on the back of your ear, after your dad has clipped you one, you still take that cigarette anyway and decide to face the repercussions of your actions when the time comes!

For some of us that time can be over 40 years later. It can take us over four decades to realize the error of our ways and that can be a serious amount of time for some of us who haven't got that

long to wake up and smell the bacon, or in this case tobacco.

"I started smoking at 13. I smoked till I was about 55. I am now 63. So I have been smoke free for a while, on and off." (Aunty Erena)

Our slow learning tactics are doing us no favors as we still continue to stand by and smoke our lives away, telling ourselves that its ok, it won't happen to me or I'll quit next week but next week never seems to come. Instead we continue to fall victim to the urge of smoking and pay a small fortune for our habit. And all for what? To commit a slow suicide? To be more sociable in a circle that is now becoming more anti social?

Before we know it, death is knocking at our doorstep and we are forced to take a hard look at the lives we lead and cut out our daily nicotine hit or we'll die. It's as simple as that.

"The Doctor told me to quit. I had had a heart attack and the Doctor said, 'give up or you will be dead'. That was enough for me to become motivated to give it a go. (Uncle Paddy on quitting smoking).

Many reasons can cause us to seriously reevaluate our smoking addiction. These reasons can come to us at a high price and in many ways such as, a heart attack, unwanted wrinkles, a hard word in your ear from the doctor, the birth of a child or like Aunty Bo, the *"thought that I didn't want my children to be left without a parent scared me. The thought of another woman raising my children devastated me."* These are just some of the reasons that can make you quit smoking.

Whatever reason it takes you to stop smoking is a good reason to win the fight against tobacco. If you can't do it for yourself, do it for your children or your mokopuna.

Having a belief in something can give you the drive and motivation to help you become a non-smoker and kick the habit for good.

"I don't want them [Ngati Hauiti smokers] to die. I would prefer them to be smoke free, especially our kids." (Aunty Erena)

There are many support networks out there that can assist you in making the transition. All you have to do is ask.

When you decide to quit smoking you may encounter many obstacles that are thrown at you from all directions. If you're lucky, some of those obstacles maybe positive but most will be negative. There are the cravings to face, returning to social situations as a non-smoker while every body else continues to smoke or having a partner that still chooses to keep smoking around you. That is where the true challenge lies is to be able to overcome those obstacles regardless of the temptations put in front of us.

"I knew it [quitting] was the right thing to do but I still craved to have a smoke. I even dreamt about it and I often dreamt about getting caught. I would then wake up feeling guilty. That went on for three or four years." (Uncle Paddy)

The process of smoking is an expedition all on its own but it's the quitting smoking that makes it a real journey - hopefully one, you will live to tell. "There was a lot of lead up and build up to that [quitting] and part of my accepting this [moko]... I had to give up one of my addictions and I just couldn't bare the thought of myself with a moko kauwai and having a fag hanging out my mouth." (Cass)

I hope that by reading about the whakaro and korero that has come from some of our Ngati Hauiti ex- smokers, inspires those of you who are still smoking to make the change.

Ngati Hauiti carried out research in 1999 that told us that about 70% of Hauiti rangatahi we interviewed were smoking tobacco. If this pattern continues it will greatly reduce the number of kuia and kaumatua that Hauiti will have as a resource for iwi development in the future.

"Make a conscious effort to give it up." (Cass)

"Until you decide in your mind that you want to quit, nothing is going to happen.

I do give other smokers a bit of a hard time however I do understand the predicament they have, so I try not to go over the top but I do like to give them a bit of a hurry up!" (Uncle Paddy)

Kia Kaha. Maurioral .