

Te Kakara

o te Hinu Raukawa



RAUMATI Summer
2013



Celebrating a
Great Year!



Environmental Accords

Te Rohe Pōtae



Te Uru Raukawa

A Successful Philosophy

Welcome to the first edition of our pānui for 2013. I hope everyone has had a good start to the New Year. Since the last newsletter there have been a range of events and foci for our business units and our iwi.

In December many from throughout the motu gathered for our Annual General Meeting held in Tokoroa. It was a warm, sunny day which was matched by the tone of the hui. Feedback from those who attended revealed a great sense of pride in the strong results and achievements of our iwi in the 2011/2012 financial year. Highlights of the past year included the settlement of our historic Treaty of Waitangi claim and the 25th anniversary of the formation of the Raukawa Trust Board. Raukawa also reported a healthy profit from our commercial company Raukawa Iwi Development Ltd, part of which will fund marae, education and kaumātua grants. Over time, the amount that the company returns to iwi members will grow, as our economic base and financial position strengthens.

For our iwi, 2012 marked a year of momentous progress. However, that is just the beginning as we enter the post-settlement phase of our development, where our considerable energies and abilities will be channelled towards building a vibrant future.

For those who have not had a chance to read the annual report, a copy can be viewed at www.raukawa.org.nz

In the following pages you will read of work that has started this year, as well as some developments in late 2012. This included meeting Crown

Ministers to sign three further

Ministerial Accords with the Government in Wellington last December.

The Accords were signed with David Carter, the Minister of Primary Industry, and Phil Heatley, the Minister of Energy and Resources and Minister of Housing, and are designed to strengthen the working relationship with Raukawa to collectively advance the needs of our iwi members. The signing ceremony was a chance to challenge the Crown to show real commitment to working in partnership with Raukawa. It was a challenge well received by the Crown.

Last year, as noted above, we marked the 25th anniversary of the formation of the Raukawa Trust Board. There has been much progress since then. Today the philosophy, the tikanga and kawa that ensured the success of the RTB continues, but in a new form. We have improved our governance to reflect the dynamic and diverse iwi that we are today.

We have matured to become an iwi that is a leader in delivering successful business units, social services, major environmental projects and award-winning te reo Māori educational initiatives. Raukawa now employs over 90 staff. We have a commercial company managing investments in excess of \$90 million.

At the recent hui of the RST the process to begin the transfer of Raukawa fisheries assets and to wind up the Raukawa Trust Board as approved by uri in 2009 has begun. In coming months we will consult with iwi on the final stages of winding up the RTB and absorbing its remaining assets into the Raukawa Settlement Trust structure.

This final stage will complete the transition plan that was also agreed to in 2009. The end result will be a streamlining of our structure, while retaining the philosophies that helped us to reach this point.

Further information on these hui will be made available in the coming months.

Finally, I urge you to read the stories in this, your pānui. Be encouraged by the progress being made by you, with you, for you, for Raukawa.

Nā Vanessa Eparaima
Raukawa Settlement Trust Chairperson



Creating Opportunity

“Tukuna kia rere ngā mihi ki te Atua. E kore e mutu ngā mihi ki ngā mate maha mai i ngā tōpito e whā o te motu, otirā nō te ao whānui nui tonu. Moe mai i ngā ringaringa kaha o te Atua.

Kei aku iti, kei aku rahi, koutou katoa o ngā pou e whā o Raukawa, nau mai ki te pānui o te wā.”

Welcome 2013!

I am excited by the opportunities we have before us in the coming year. All our team at Raukawa have had time to pause and share time with whānau before returning refreshed to focus on the next 12 months.

For me the break was a time to reflect on my tenure as chief executive for Raukawa. What started as a short term contract in 2011 grew into a full time role through some of the most exciting developments in the tribe's recent history.

It has been an honour and privilege for me to have played a part in working for Raukawa to achieve the momentous milestones it has achieved in recent years. I will remain committed and passionate about continuing the gains and progress of Raukawa up until the conclusion of my contract in June this year.

However, my wife and whānau (and indeed my iwi in Tai Tokerau) have reminded me that there are matters back home that need attending to. The time has almost come for me to return home.

It is a difficult decision as Raukawa is entering into an exciting phase in its post settlement development. There are some wonderful challenges ahead, and many green field opportunities to be nurtured.

It is this exciting opportunity that gives me confidence that there will be excellent candidates eager to apply for this role, and to step up and continue to drive the gains achieved to date and to grow and improve the operations of Raukawa.

June is a way off whānau, so it will remain business as usual. We have much to do, and as you will note in the pānui, there have already been major achievements made.

These include the completion of our Raukawa Fisheries Plan by our Environment Group, as well as Hearing Clinics that strive to improve the quality of life for our whānau and community.

Our business this year remains the same, to provide you with excellent service and leadership in the areas that you have mandated us to do so. At the micro level, Health, Education, Environment, Youth, and the provision of Social Services are all key ingredients that we are focussing on throughout the year. Coupled with our planned restructure for our Governance team, improved gains at a macro level are expected to take effect by mid-August. I am confident in saying that we can all look forward to enjoying the benefits of better thinking, efficient structures, and a workflow that is underpinned by tika, pono, and aroha.

The future is bright for the Trust and Raukawa whānui. It does require, however, strong and competent leadership at the governance and management levels, a strategic direction that will magnify the quality of life for our Raukawa uri through the provision of a wide range of excellent services.

Nā Grant Berghan
CEO



Election Results

Meet our Trustees

MARAE REPRESENTATIVES

Marae	Representative	Marae	Representative
Aotearoa	Connie Hui	Ruapeka	Wiremu Winika
Parawera	Gaylene Roberts	Tangata	Waimatao Smith
Owairaka	John Edmonds	Tāpapa	Jennifer Hughes
Whakamārama	Kataraina Hodge	Ūkaipō	Lynn Mott
Mōkai	Vanessa Eparaima	Whakaaratamaiti	Elthea Pakaru
Ongaroto	Miriata Te Hiko	Pikitū	Deb Davies
Paparaamu	Laurence Moeke	Mangakaretu	Rina Lawson
Ngātira	Wilfred O'Brien	Rengarenga	Dawn Glen

HAPŪ REPRESENTATIVES

Wāhi	Representative
Wharepūhunga	Jon Stokes Vicki Harrison
Te Pae-o-Raukawa	Malvina McKenzie
Te Kaokaoroa-o-Pātetere	Harko Brown Cheryl Pakuru Basil Pakaru Chris McKenzie

BE IN TO WIN!

Update your tribal register details and you'll go into the draw to win \$100 CASH! Check your mail box for the forms or call our free phone number for more details.

Optimising our Governance

Special Resolution Vote

In our last pānui, we talked about some of the measures that we are seeking to introduce to help refine and optimise our Governance structure. The Raukawa Settlement Trust is keen to ensure that we have the most efficient structure in place so that we are able to deliver you with the best possible outcomes. Whether it's growing assets, protecting our environment or providing scholarships for our rangatahi, a dynamic governance structure is key. To this end, the Board engaged Ernst & Young last year to provide professional legal advice on the best structure to move forward, and from this the Board agreed in principle to move from the current structure of 26 trustees (16 marae and 10 hapū representatives) to a smaller structure comprised of 16 marae representatives. In order for this to happen, amendments need to be made to the Raukawa Settlement Trust Deed and a special resolution has to be voted on and approved by 75% of eligible Raukawa uri who cast a vote on the proposition. The amendments are to be discussed at the next Board meeting (February 27th 2013) and if approved, voting ballots and accompanying information about the special resolution will be sent out to uri for ratification via post.

For more information about the special resolution, check out our website www.raukawa.org.nz or talk with Tōmai on 0800 Raukawa.



Trustee Profile Deb Davies: Pikitū Marae Representative

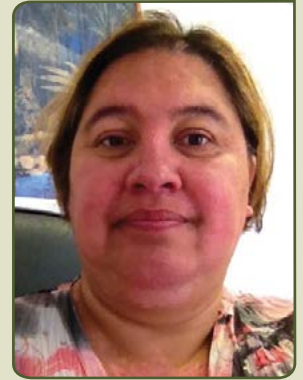
Deb hails from Ngāti Huri in Te Waotū in the South Waikato. Her marae, Pikitū, carries the honour of being one of the three marae that form the spiritual pou of Raukawa. The whare tupuna is called Huri after their eponymous ancestor, and the whare is understood to have been built in the 1870's.

This is Deb's first term as a trustee of the Raukawa Settlement Trust, and one of her main goals is to ensure a good flow of communication between her marae, the Trust, and the wider rohe of Raukawa. Deb, or Debbie Jean as she is more commonly called at the marae, brings a wide range of skills to the Trust table. She has a strong background in accounting, tax, and business services, and she is also the Managing Director of Deez Ltd in Taupō.

A proud mother of two beautiful tamariki, Timoti and Jazmin, Deb pays special tribute to her parents, Sarah and Eru Simmonds, for instilling in her lifetime values as they tirelessly dedicated themselves to their whānau and marae. These values persist, and can be seen not only in her three brothers, but also in the next generation of tamariki.

"Thankful" is the keyword that Deb describes when she thinks of the being given the opportunity to represent her whānau at the Raukawa Board room, and when asked about her passion and drive, Deb says,

"I believe my role as the Pikitū representative is to ensure Raukawa increase their asset base. This to me will ensure that our mokopuna; kaumātua, kuia and all whānau are taken care of for the future! My passion is to see our own people managing their assets competently and developing a strategic plan for the future. I believe I am one of many within my whānau who can make a difference to the future of Raukawa!"



If you would like to contact Deb, then e-mail her at debdavies@rauakawa.org.nz

Nā Tōmai Smith
Communications Manager: Corporate Services

Sustainable Dreams bring a Bright Future

Recipient Profile: Tertiary Education Grants



Jessica Samuels and colleagues working to restore tuna in the Waikato River.

Jessica Samuels connects with Ngātira and Hinerangi Tawhaki marae in Te Kaokaoroa-o-Pātetere, and she is currently in her third and final year of studying a Bachelor of Environmental Management & Planning at Lincoln University in Christchurch. The Raukawa Charitable Trust offers tertiary education grants to support our rangatahi to pursue their dreams, and has distributed over \$55,000 in education grants in the last two years alone.

Jess's degree looks at the environmental, economic and social factors that make up the world that we live in, and how we can ensure that our resources and taonga are used in a sustainable way for generations to come. Despite spending a lot of time in the South Island studying, Jess continues to make the trek back north to support her rohe. Jess has worked twice for the Environment Team as an intern, where she works with Niwa scientists' on an eel restoration project along the Waikato River. The project is funded by the Raukawa-Mighty River Power partnership.

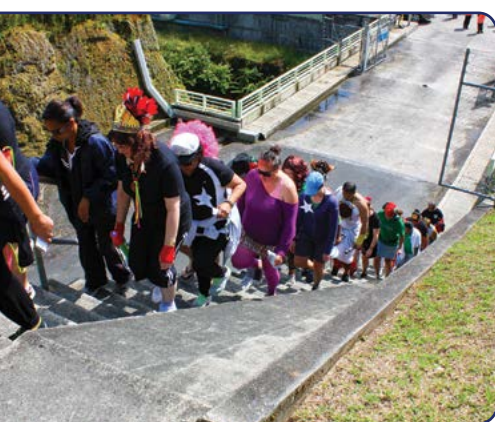
Through gaining her degree, Jess hopes to ensure a healthy, clean, green environment for all to enjoy. Living so far from home has also meant high costs and personal sacrifice to pursue her goals.

"Raukawa's support has enabled me to stress less about my living costs and I am hugely grateful for the Trust's continued support in my efforts towards gaining tertiary education."
Jess Samuels.



Fun at Whakamaru

Raukawa Charitable Trust Staff Retreat



Just before the Raukawa Charitable Trust shut down its offices for the Christmas break, staff were treated to a fun-filled day at Whakamaru. Following a karakia to carry us safely on our journey, staff dressed in colourful and creative costumes, piled onto the bus in Tokoroa and ventured out for the staff retreat day.

First up on the itinerary was a visit to the Whakamaru Dam where we were given a grand tour of the powerstation and an amazing insight into power generation on the Waikato River. We'd like to extend a big thank you to Mighty River Power and their team of enthusiastic guides for their hospitality on the day.

Next up was a stroll along the Waikato River Trails – what a beautiful way to get up close and personal with the awa! After a 3km hike along the banks of the Waikato River, we had a well-deserved rest at the Whakamaru Reserve. This gave opportunity for Raukawa Historian Nigel Te Hiko to tell us about some of the fascinating Raukawa histories regarding the Whakamaru area. Thank you Nigel for giving us a glimpse of the Raukawa of old.



From here we piled back onto the bus and made our way to the final destination in the Whakamaru Christian Camp. A few months before the retreat, staff were split into 5 'AROHA' teams to compete in on the day – each team had to come up with a name and theme starting with one of the letters in the word 'AROHA' and as you may be able to guess from the photos we had Academy Awards, Referees, Officers of the Law, Hulkawa, and Aztec Atua! At the fortnightly staff meetings leading up to the retreat day all the teams participated in various (hilarious) challenges, but the final competitions were saved for the big day. As expected, the competition was rife with cheating and bribery and our judges had a hard time divvying up points. Big ups to the Academy Awards who took out the competition! Thank you also to Raukawa Charitable Trust Chairperson Kataraina Hodge for coming along and being our judge on the day.



Following a lovely lunch, staff dispersed with full bellies and took part in the various activities available at the camp – archery, slug guns, kayaking and volleyball to name only a few. Then the real fun began in the water top town challenge... and it was here that things got really ugly! What began as an innocent team activity ended in a full blown water fight and by the end there wasn't a dry piece of clothing in sight! We all commend Grant Berghan for being such a good sport and coming out smiling despite all of the times he got soaked!

Things wrapped up as we journeyed home to Tokoroa after what was a great day for all. Thank you to all staff who participated and made the day a success – we look forward to the 2013 staff retreat!

Nā te Staff Retreat Planning Team





How the River creates Partnerships

Ministerial Accords

Our wonderful Member of Parliament for Taupō, Louise Upston, created bemusement at the most recent Ministerial Accords signing in Wellington by choosing to attend the pōwhiri at Te Puni Kōkiri offices with our Raukawa rōpū! Her fellow parliamentary colleagues watched with smiles as we entered the large room where we were greeted with a warm welcome from the significant Crown team.

Both the acknowledgement of support from our local MP, and the signing of a further three Ministerial Accords was a time for reflection on how far Raukawa relationships have developed with the Crown. As mentioned in previous pānui, the Ministerial Accords provide a clear and enduring framework within which we as Raukawa and the Crown Ministers (and consequently their Departments) commit towards working together on the restoration and protection of the Waikato River.

On December 13th 2012 it was the turn of the new super Ministries to sign their respective Accords: the Minister of Primary Industries and the Minister of Energy and Resources, as well as the Local Government section of the Department of Internal Affairs. Interestingly, all Ministers have subsequently changed in these portfolios after the New Year's Cabinet reshuffle. The new Ministers are Hon Nathan Guy, Hon Simon Bridges, and Hon Chris Tremain.

Given our extensive interests in agribusiness, fisheries, forestry and in the general primary sector we look forward to working with the Ministry of Primary Industries. We know that Energy and Resources continue to be a hot topic and of great importance to us and we look to build an enduring relationship with the Minister and the



Department. Working with Local Government is our bread and butter; however, some greater direction and strategy from Central Government around key local government matters will also be a priority.

Where to from here? Well we have only two Accords left to sign, these are with the Commissioner of Crown Land and the Minister of Land Information NZ, which we hope to sign early in this New Year.

We will be getting on with the action of developing implementation plans for the 8 Accords we now have – a fabulous reflection of the hard work and commitment of our team of Trustees, Staff and CEO. Many thanks to Grant Kettle – Manager, Strategy and Projects, for leading the Raukawa negotiations and to Tamara Mutu who provided great support and skills as we co-negotiated these Accords with TARIT. We would like to also thank Lucy Te Moana and her team at Te Puni Kōkiri for their on-going support and commitment.

Well done team! A great result for our treasured awa!

Nā Steph O'Sullivan
Environment Group Manager



Rangatahi - Excelling and Excited about Education

Youth Development Team

Our children from an early age, more often than not, love to learn; but somewhere along the track they get disillusioned with school and the appeal of learning and somehow the desire to be in the classroom diminishes. We must look at why this happens and look to re-engage our tamariki so that the connection to learning is a constant lifelong endeavour. This statement was birthed from a conversation I had with my uncle Takarihi Temarama (Kaiako for Te Kaokaoroa o Patetere) when talking about raising the bar for our Raukawa rangatahi and tamariki. Admittedly, there are several components that attribute to good educational attendance and excelling academically. It helps that education is valued in the home, it helps that teachers are passionate about teaching and deliver the curriculum in a creative and culturally responsive manner, it helps that the school willingly seeks to engage with the community and it helps that our rangatahi are personally inspired to learn and achieve. Our catch cry for one of our truancy campaigns to encourage rangatahi and whānau around schooling is, "It's not okay to miss a day". If any of our kids are absent for one day every week their attendance would be sitting on 80%, but the very minimum for all schools in our rohe is 90% attendance.



Our Youth Development Team

So what is Raukawa doing about engaging our rangatahi in education?

Here are 3 quick facts:

TAHI: Raukawa (under the Social Sector Youth Trials) is one of only 6 contract managers in the country who is responsible for the locally delivered new Integrated Attendance Service. This service combines DTS (District Truancy Service) and NETS (Non-Enrolled Truancy Service) and will operate to a collaborative/community responsive model to support 20 schools, whānau and our students.

RUA: Raukawa will continue to invest in CLUBS. Clubs is our after-school mentoring programme. Every Tuesday night about 60 local rangatahi and 20+ mentors, junior leaders and community volunteers get together for a fun activity and some intensive mentoring. This programme provides opportunities to convey critical messages, touch base with rangatahi around any issues they might be having at school or at home and of course this opens up the doors to numeracy and literacy tutoring, health services and whānau support - all of which contributes to the holistic well-being of our rangatahi, helping them towards their goals in life and academically.

TORU: The Raukawa Youth Development Team designed, developed and deliver on the brand new 23-week BMT Training Course (Broadcasting, Media and Music Technology). Using technology, media, music production and the radio as a means to attract and connect with our rangatahi has proven to be very successful. In our first ever course we had 12 students previously not engaged in ETE (education, training or employment) come onto the course and all 12 students have now graduated and have been successfully transitioned onto further training or employment. One student came from a school where he only had a 24% attendance record and he graduated with a 99% attendance rate. This is hugely significant! It shows that our rangatahi can excel and that they can once again be excited about education.

Nā Jade Hohaia
Youth Development Manager

Te Uru Raukawa Whakareia te Kakara o te Hinu Raukawa

Ko Te Uru Raukawa he wānanga i whakatūria ai e Tiare Tepana rāua ko Paraone Gloyne, hei whakatinana i ngā whāinga matua o te rautaki reo 'Whakareia te Kakara o te Hinu Raukawa' 2006. Kua whakatinanahia te wawata kia tū ai tēnei wānanga, ko ōna whāinga kia paiheretia nei ngā rākau Raukawa ki a ia anō ka tahi, kia rangatira ngā whakaaro, te reo me ngā āhuatanga katoa o te tauira ka rua, kia āiopipi ai te noho a te tauira ki te karamatamata o te rākau, ki reira rangona anō ai tōna ihi, tōna wehi, ā, kia pāraweranui ai ko te tapu o ngā tikanga i runga i ō tātou marae puta noa i te rohe nei.

Ko te Rāhoroi 19 o Hanuere te rangi i whakarewa anō ai te kaupapa nei, arā ko Te Uru Raukawa. I tīmata mai te kaupapa i te ata pongipongi, ka kotahi atu ai ki Te Pou o Te Ihingārangi i Karapiro. I reira hoki ai ngā mahara ki ngā whatu tongarere a nunui mā, a roroa mā, ngā



Te Pou o Te Ihingārangi i Karapiro

Raukawa Present at the Rohe Pōtae Inquiry

Treaty Team

In the last pānui, we concentrated upon providing an update on water rights. In this issue, we will be delving into the Rohe Pōtae Inquiry and the involvement of Raukawa within that inquiry.

Standing in front of a room full of strangers can be difficult at the best of times. Standing in front of a tribunal eager to hear what you have to say, a cavalcade of Crown lawyers and officials intent on catching you out on a stumbled word or phrase and lawyers spying what you have to say with suspicion can be downright daunting. This was the scene faced by Raukawa witnesses who attended the recent Rohe Pōtae hearing.

Hearings within the Rohe Pōtae Inquiry began in earnest in November/December 2012 with the holding of a hearing into the establishment of the Ohaakī Tapu - Rohe Pōtae Compact. Raukawa kaumātua Toiamoko Manaia and the Treaty team's resident historian/ Treaty co-negotiator, Nigel Te Hiko, presented evidence to the tribunal on behalf of the iwi. Nigel says "This is an unusual situation for the Tribunal as settled iwi like Raukawa generally cease participation in the tribunal." However, he said Raukawa played an integral role in the establishment of the Rohe Pōtae, it was therefore important for Raukawa to continue within the tribunal to provide a Raukawa view of their experiences.

Vanessa Eparaima, Raukawa Settlement Trust Chair states

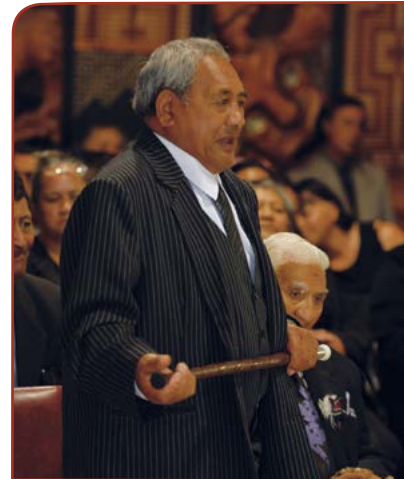
"One of the most glaring problems that Raukawa has faced during its Treaty settlement negotiations has been the argument that we were not recorded as attending Native Land Court hearings. In effect, to some parties who rely upon these types of records, we become invisibilised within our own lands. This inquiry allows us to address this issue by placing our histories, our voice, on this official record."

According to Nigel "After considerable consultation with the claimants within the Rohe Pōtae, a thematic approach was adopted by the tribunal that would inquire into specific themes of which the first of these was the Ohaakī Tapu".

The Ohaakī Tapu – Rohe Pōtae Compact theme examines the political engagements between the Crown and iwi and the agreements made between both parties since its inception. Toiamoko states that from a Raukawa perspective the Ohaakī Tapu finds its genesis not in a singular agreement that occurred in the late 1800s, but instead can be traced through a number of arrangements reached between each of the iwi over the span of generations. His evidence highlighted the whakapapa connections between each of the Rohe Pōtae iwi groups of which he attributes those connections to making the Ohaakī Tapu possible. This was a theme taken up by Nigel in his evidence as he explained "...that the Ohaakī Tapu negotiations and the Native Land Court hearings into Taupō-nui-a-Tia and the Rohe Pōtae block are all interconnected."

The Tribunal has now completed hearing the Ohaakī Tapu theme and will move onto the next in March. The Treaty team is currently preparing for Raukawa to provide further evidence within the Tribunal. The hearing will be held at Otawhao Marae, Te Awamutu on the 8th-12th April 2013. The theme for this hearing will be 'War and Confiscation'.

Nā Patricia Cowley
Project Manager: Treaty Team



*Raukawa Kaumātua
Toiamoko Manaia*

pakanga a te kauae runga ki te kauae raro, ka mutu, ko ētehi kōrero mō te tupuna, mō Te Ihingārangi. Mutu ana ērā kōrero te taki haere nei i tahuri noa ake te whānau, ki uta rawa, ki Te Pou o Mōtai.

Arā noa atu ngā kōrero e hāngai pū ana ki te wāhi e tū ana te pou tupua kua kōrerotia ake nei. Ko te ingoa o nehe o te whenua rā, ko Te Whāiti. Koirā te wāhi i tū ai tētehi whare wānanga o mua, ko Te Kuranui tōna ingoa. Hei tā Paraone Gloyne ko tā te pou mahi o mua he toko ake, he rangiwhāwhā ake hoki i te whakaponu o Horopāpera, arā o Te Ua Haumēne i horapa haere ai i te nuku o te whenua i ōna wā.

Ko te awa o Waihou te wāhi tapu whakamutunga i whātoro atu ai Te Uru Raukawa. Inā te ātaahua o te awa rā. Heoi, nā mātou te whiwhi i te mea he mōhio nō ngā kaimahi o te rōpū Environment o te poari nei ki ngā kōrero o ngā tuna, o te awa tonu.

Ko Ngātira te marae i mutu pai ai te haerenga o te rā. He māringanui nō mātou i te mea i reira a Raukawa, a Hautere, a Hauora me tō rātou reo rāhiri ki a mātou e whakaeke mai ana ki te Marae raka. Nā Koro Hōri i whakamārama mai ngā pānga o ērā taonga e toru ki a mātou ki ngā uri o Raukawa. Waihoki, nāna nei Te Uru Raukawa i akiaki kia whakamahi i aua taonga rā kei noho noa hei kai mā te puehu. Ko te mahi o te pō, he ako mōteatea, he whakakōrero i te whakaminenga, he tuku karakia anō hoki. Tata wehe rua pō te nuinga, hoki atu ai ki te moe. Tākiri mai te ata, kōrihi te manu, ko te parakuihi me te whakatikatika i te marae te mahi e toe ana. Nō reira, tēnā rā tātou i roto i ngā mihi o te wā.

Nā Louis Armstrong
Cultural Project Co-ordinator: Cultural Unit

Raukawa Health Care & Social Services

Delivering Great Services

In review, 2012 was a time of significant changes within the Raukawa Health and Social Services Team. We are pleased to say that the team has worked very hard in delivering dynamic services across a range of fields. Raukawa continue to provide our whānau and the wider community with quality health care and social services. We have 18 services that all focus on encouraging healthier lifestyles and greater well-being delivered through a range of programmes and partnerships. Our staff of over 40 are supportive and friendly, and are based in Tokoroa, Te Awamutu, Matamata, and Putaruru. In this edition, we have highlighted some of the care initiatives that centre on supporting our Koroua and Kuia.

In addition to the 18 contracts that we currently hold, we have successfully gained two Whānau Ora contracts which have fostered stronger relationships with various stakeholders within the Raukawa Rohe and the Raukawa Maniapoto Alliance. Integrated and holistic health care is a core tenet within our team.

I would like to take this opportunity to warmly welcome Sandra Monga as our Health Administrator. Sandra is a vibrant, knowledgeable young lady who brings great value to the Team. Welcome also to Tokerau Putai and Wyllie Charlie in their new position of Tamariki Rangatahi High Needs Co-ordinators.



Our Raukawa Health and Social Services Team.

Tokerau comes with a wealth of knowledge and experience as he previously worked with the Waka Taua Wellness Program. Wyllie has moved back to Tokoroa after working as a Youth Tutor in Horowhenua Learning Centre, Levin. His background includes working with rangatahi to re-engage them back in to education and assisting them to develop a pathway plan to further education and employment opportunities. Tokerau and Wyllie will, without a doubt, enhance our service and bring a new perspective in delivery approach.

As we move into 2013, I would like to acknowledge the support from our whānau, Kaumātua and all staff. The Health and Social Services Team look forward to providing you quality health care and services.

Nā Lulu Williams
Health and Social Services Manager

Living a Healthy Life

Integrated Team Management & Community Outreach Services

Our Integrated Team Management & Community Outreach Services both focus on providing up-to-date information and education to enable our kaumātua to make wise choices that support their health and wellbeing. Statistics show that over half the population between 60 & 70 years old suffer from some form of hearing loss. With such high numbers, hearing loss can have a significant impact on living a healthy, sociable, and independent life.

When Koro Jimmy Claire realised that a hearing device could help improve his ability to better engage with others, he called in to see us. Koro Jimmy was diagnosed with having severe-profound loss after having a free screen hearing test. The free clinic is offered in collaboration with Life Unlimited Hearing Clinic from Hamilton where Cherry McWha, Hearing Therapist, visits our Tokoroa and Putaruru offices each month.

Cherry is a dedicated health professional who will evaluate a person's hearing by conducting a screen test followed by a discussion about any hearing difficulties that prop up. She provides independent information, and will talk to you about assistive devices and other ways to improve communication. Cherry suggested an Audioport hearing device to help Koro Jimmy, and with the assistance of a Raukawa Kaumātua Medical Grant, Koro Jimmy was fitted with a new device in no time and is back to chatting with whānau and friends. Along with our Hearing Clinic, we also hold a monthly Diabetes Clinic with Sandra Rice and a Heart Failure Clinic with Eileen

Gibbons. Both specialists are from Health Waikato and are based at Tokoroa Hospital. Their role is to support, mentor and empower our nurse to advance clinical assessment skills and to facilitate a better understanding of client care requirements.

If you feel that hearing loss is adversely affecting you, or would like to know more about our Diabetes and Heart Clinics, then talk with Donna on 0800 RAUKAWA. For more information about our Raukawa Kaumātua Medical Grants then talk with Ashley on our free phone number.



Kuia Lorna Pope also pops in for a free screen hearing test with husband Koroua Ross Pope. The free test is conducted by Mrs Cherry McWha.

Nā Donna Deane
Māori Lifestyle Co-ordinator:
Health & Social Services

Getting Active!

Koroua and Kuia Support Services



Getting upright and active is a key component towards a healthier lifestyle. We support our Koroua and Kuia with health and awareness education, as well as fun physical activities that help the body and mind stay sharp. So if you're 50 years and over and reside in the Tokoroa and Putaruru area, register with us today to enjoy great activities like Upright & Active and Water Woggles.

The Water Woggles classes are run in collaboration with the South Waikato District Council, and are a fun way to exercise in the pool every Wednesday at 9:30am at the South Waikato Indoor Pools. Exercise at your own pace during the 1 hour sessions with aquatic workouts that range from low to high intensity. Each class is run by qualified pool instructors and is an awesome way to start off the day. Exercising in a pool is a good first step towards improving fitness and one really good thing about woggling is that it is low to nil impact on joints; so it is really good for our bodies, as opposed to the hard jarring when running.

If you prefer to keep your feet dry, then keep in shape with Upright & Active. Enjoy great music with a Pacific Island flavour, fantastic instructors, and low to moderate workouts with the team at the South Waikato Pacific Islands Community Services (SWPICS). Classes run for 1 hour at the SWPIC Centre on Maraetai Rd, and the sessions have a small break in between. Charlie Stowers and Jeanie Te Rore will have you moving to the groove in no time. Our Upright & Active sessions have started so join up today and get active.

If you would like to know more about our services, or about our health provider partners, then talk with Hone on 0800 RAUKAWA.

We would like to acknowledge Akarere Henry - Manager of SWPICS for her support with this kaupapa.

Nā John Hemara-Wahanui, Koroua Kuia Co-ordinator: Health & Social Services



Left: Hone, Jeanie and Charlie. Raukawa and SWPIC whānau after an energetic workout at the SWPIC centre. Left: Ake Petero and Teetu Teao.

Self-Help tips for Arthritis Sufferers

Kaumātua Mirimiri Services

More than half a million New Zealanders will be affected by arthritis at some time in their life. In fact, there are over 1000 children and young people under the age of 20 years old affected by arthritis in New Zealand at any one time. So if you are feeling the aches and pains of this māiuiui, then here are some simple techniques that you can follow from Katrina Middlemiss-Vano, our qualified Mirimiri therapist. Katrina offers mirimiri services to kaumātua at the Tokoroa Hospital, such as Reiki, Myofascial release, and Muscle Energy technique. Before using these tips, always seek independent medical advice.



Mirimiri Therapist: Katrina Middlemiss-Vano

1. On waking, lie on your back and slowly/gently flex and relax your fingers and toes several times to help alleviate small joint pain.
2. Next, rotate, flex, and relax your ankles and wrists. Repeat several times, and also in the opposite way.
3. Then, bend and straighten your knees and elbows several times by drawing one knee towards your chest. Keep your hips flush.
4. For the shoulder, hold your arm up to the ceiling and lift your shoulder joint off the bed. Repeat this motion several times.
5. Finally, slowly flex the head and neck area by turning the head slowly side to side. Then point your chin to your chest and then chin to ceiling, then ear to shoulder. Repeat this three step sequence several times.

Nā Sandra Monga
Health Administrator:
Health & Social Services



Reconnecting with the Environment

Raukawa Environmental Management Plan

The development of the Raukawa Environmental Management Plan is well underway and we have had an AMAZING response from Raukawa whānau into this project. Stage 1 of the plan development is complete; we had a great turn out at our workshops.

At the workshops we asked whānau to step back into the shoes of their tūpuna and take a walk somewhere in the rohe and describe what they saw, felt, heard, smelt, and tasted. Abundance was the word that came up a lot in the stories shared. Workshop participants discussed the abundance of kai, strength of wairua, ready access to the ngahere, freshwater, harakeke and other material, always lots of people, laughter, singing, karakia, fresh and clean environments and thriving and healthy whānau. We then took the same walk in our own shoes today and things were very different – restricted access, paru waters, scarce native bush, disconnection from marae and whānau, rubbish, pollution – these were the things that whānau talked more about on their hīkoi in the present. As you may have guessed, we then took the same walk with whānau in the future – in the shoes of our mokopuna – this was a much brighter picture indeed and one filled with hope. One of the young men at the workshops reflected on this and said that success would be able to say to our mokopuna “we did this for you!” and be proud of that statement. The Environment Group is humbled and grateful for all the kōrero shared as part of the workshops so far.



Workshop participants work out how long each item takes to decay

We are in the middle of our Stage 2 workshops now and in these we are starting to get into a bit more detail and some challenging discussions about the current environmental issues we face within the rohe.

In mid-January we also went on a hīkoi to some important sites of significance within the rohe. With 52 people attending, the hīkoi was a huge success! We were fortunate to hear kōrero about a number of landmarks within the rohe such as Te Pou o Te Ihingārangi, Te Pou o Motai and Te Waihou Spring. It was an excellent day had by all.

Nā Naomi Simmonds
Advisor Policy and Planning: Environment Group

New Team Members

In addition to another productive year work wise, we also welcomed two new members to our team late in 2012. We are delighted to welcome Phil Wihongi (Ngāti Hine/Ngāpuhi) and Johlene Kelly. Both Phil and Johlene come with significant areas of expertise and experience. Phil has a background in environmental and cultural design and planning while Johlene has a science background with a focus on freshwater ecology and ecosystems with additional skills in policy and plan development, and community environmental projects. Phil will be working in the Strategy and Projects team, with a focus on our Sites of Significance project, the Waikato River Authority funded wetland restoration projects and assisting with the development of the Joint Management Agreements with local councils. Johlene is well underway in the Policy and Planning team, with her focus on the development of the Raukawa Environmental Management Plan, the Upper River Integrated Management Plan and support with other key Raukawa environmental projects where her skills come in handy!!

Nā Steph O’Sullivan
Environment Group Manager

Key Updates

- The team were delighted to finish 2012 with a completed Raukawa Fisheries Plan and significant progress on the Upper Waikato River Fisheries regulations... a huge effort by Jenni Fitzgerald, her team and the Raukawa Fisheries Reference Group – tau kē!
- Our Waikato River Authority funded projects are all progressing well, with the Raukawa Environmental Plan, the Fisheries work, our Sustainable Agriculture project all well underway and with Phil Wihongi joining our team we can now progress our Wetland Restoration projects
- Jess Samuels, our Raukawa intern who is featured on page 5, had another great year at Lincoln University. We were able to secure summer holiday work with NIWA for Jess, so that she could continue her great work on the eel research project that was initiated last summer. Well done to Jess and thanks to Mighty River Power for their support!

Nā Leleina Tolovae
Team Co-ordinator: Environment Group