

TE KAKARA

Te Kakara o te Hinu Raukawa - Your Raukawa Iwi Newsletter

NGAHURU EDITION
Pānui 49 | 2022

Capacity Building For Our Whānau



Te Tūāpapa o te Ora

Supporting our Whānau

Reducing our Eco-footprint

RST Chair Message



Welcome to the Autumn edition of Te Kakara, my thoughts and aroha to all our whānau as we continue to navigate the different phases and disruptions of Covid-19 on our lives and communities. The pandemic has led to several changes and the need to adapt for all of us, and this continues to be the case for our Raukawa kaimahi and our trustees.

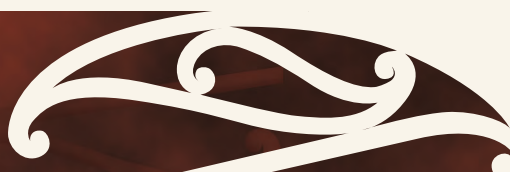
In recent weeks due to vaccination and other initiatives and developments, there has been a sense that the continued need for major restrictions and disruption that have dominated the early stages of the pandemic, are coming to an end, and that a new normal has begun for most of us. This is a development that I think we all welcome as we wish to get back to having some certainty with planning and setting pathways forward for ourselves and our whānau. The pandemic has been an incredible test for the resilience of our people and our iwi, and I am humbled by the way whānau and our kaimahi and trustees have rallied together and adapted to ensure we have been able to continue to support each other and protect our most vulnerable.

There have been some missteps and underestimation of the benefits of working with iwi from the Government and health sector, which has needed to, and has changed because of the mahi and results that have come from working with iwi as partners through the pandemic. I have seen this first hand as the chair of the Iwi Māori Council which represents Ngāti Maniapoto, Waikato-Tainui, Raukawa and Pare Hauraki from Tainui Waka and are joined by Ngāti Tūwharetoa, Whānganui, and Māta Waka (Te Rūnanga o Kirikiriroa). The council is focused on working with the Waikato DHB to improve Māori health by eliminating health inequalities for our people.

There is a lot of necessary change happening across the health sector to turn around the poor outcomes for Māori. It is essential the voice of Raukawa is helping inform these changes informed and supported by the kōrero, results and experience of our kaimahi, trustees and marae. I want to acknowledge the work of our hauora kaimahi led from the front by our Tumu Whakarae Maria Te Kanawa who due to the increased importance and workload of our health team took a greater leadership role on this mahi.

Some of the significant work of our kaimahi is covered off in a range of stories across our pānui, I hope you all take the time to read through the pages and get an update on some of the important mahi of our team for our marae and people.

Nā Kataraina Hodge
Raukawa Settlement Trust Chairperson





New intake of Kai Ora programme at the end of day one.

Reaching Our Whānau Through Kai

Māra kai programme opens the door to mentorship as the new season of Kai Ora kicks off. Twelve students were a part of the new intake of the Kai Ora, Māra Kai programme run under the umbrella of Te Tūāpapa o te Ora service led by our Health and Social Services team. This programme was created as a rippling effect of the original Covid-19 response by Raukawa. It was found that a lot of our whānau in our community did not have access to kai or their own gardens.

The eight-week programme addresses the need to be able to cook and grow your own kai in a time where access and supply is limited. This year our whānau have inherited the challenges of lockdown life and traffic light restrictions and have begun online sessions, cooking alongside our programme co-ordinators Doreen Flavell and Wendy Clair from the comfort of their own homes. Planter boxes, soil and plants have been delivered to each home so that they can begin their journey and watch as their māra kai grows and develops. Every week, kai packs are delivered in preparation for cooking classes as our whānau learn how to cook affordable food on a budget for their families. They are provided with utensil sets, kai cards, budgeting advice, menu planning advice and many other opportunities to assist them on their journey.

This programme is a doorway to the wider network of services offered by our health and social services team and is part of a bigger service called Te Tūāpapa o te Ora. Kai Ora allows people to plan for the future, create goals and identify areas where support is needed in the home. The idea began as a seed, it has been nurtured, cared for and grown over three years and there will be many opportunities for whānau to jump on board and be a part of the programme. Simply keep an eye on our Facebook page for the next intake and you can grow your very own māra kai and become a part of our Kai Ora whānau.



Participants enjoy their first Kai Ora workshop.





Kaimahi Honey Kingi supports the Covid-19 testing at Dreghorn Place, Tokoroa.

Supporting our Whānau and Community

Covid-19 still plays a large part in our daily lives, with the virulent spread of Omicron in our community in recent months, providing support to our people and community has been essential.

Once again, local community groups within our takiwā have played a critical role alongside government health providers to bridge the gap where needed. We want to thank our community groups, marae, kaimahi, nurses and volunteers who continue to dig deep and mahi the mahi to protect and support our community. Over this period Raukawa, along with our partners, have focussed on three key areas: testing, vaccinations and manaaki tangata.



Kaimahi Shardey Te Kanawa ready to deliver rapid antigen test kits.





Covid-19 testing at Dreghorn Place, Tokoroa.

Testing

We have been running two community testing centres at Dreghorn Place in Tokoroa and Glenshea Park Putāruru since January this year. Our team of nine kaimanaaki run both PCR swab tests and rapid antigen tests along with operating as a central pick up site for rapid tests for those isolating at home.

Raukawa kaimanaaki BenLacey Hodge, is part of the testing team and hails from Mōkai Marae. BenLacey says that, *“Working amongst our community and representing our rohe has been a privilege and an opportunity to give back.”* She then goes on to say that come rain or shine, the team are out there to support our whānau.

Vaccinations

Raukawa works in collaboration with Te Whare Rongoā Ārimate (community vaccination centre) located in Tokoroa, where we provide kaimanaaki, administrators and security. From mid-February to March, 2,292 people were immunised while 1,644 received their boosters.

In addition to the community centre, a three-day pop-up clinic was held at Mangakaretū Marae in partnership with marae whānau and Waikato DHB. Raukawa and partners also ran a super week of pop up clinics in Putāruru, Tokoroa and Tīrau to help boost vaccinations.



Pop up vaccination clinic at Mangakaretū Marae.



Kaimahi and kaumātua at Glenshea Park, Putāruru.

Manaaki Tangata

Raukawa is partnered with Here to Help U, which aims to support whānau who are at home self-isolating and needing support. Here to Help U works with hundreds of local community providers who deliver wellbeing and social support. Support ranges from baby supplies, medical supplies, mental health support, kai packs and much more. If you are reading this right now and need support, head to www.heretohelpu.nz and fill out a help request or call **0800 568 273**.



Kaimahi undertake manaaki hub training.

Our Raukawa-South Waikato manaaki hub works in collaboration with Here to Help U. Our team has been operating since December last year and has gone from strength to strength providing support to over 2,600 people during this period. The team has delivered 566 food packs, 456 cleaning packs, 368 hygiene packs and 275 medical packs. The team hit the ground running, especially with the recent outbreak, however, early planning and our Covid-19 storage facilities have been invaluable to meet surging needs.



Pirauiti Pā

For the past seven years Raukawa has been involved in proceedings at Wāotū Quarries Limited. In 2014, as part of research surrounding the quarry, our environment team identified the pā site Pirauiti.

Pirauiti Pā is located immediately adjacent to the Wāotū Quarry above the northern quarry wall. Pirauiti is an elevated site with a highly strategic location. The pā holds a dramatic and commanding position within the landscape occupying a rocky outcrop overlooking the Waikato River. The pā is one of seven strategically positioned pā within approximately 8 kilometres of each other, and gives undisturbed views of the Waikato River and surrounding areas. Pirauiti Pā is an excellent expression of Māori strategic vision and understanding of te taiao.

Since the identification of Pirauiti Pā, our environment team alongside the whānau of Ngāti Huri have continually raised concerns with quarry operators J Swap, around the impact of quarrying operations on the pā site and the need for J Swap to ensure the protection of the pā. However, despite raising these concerns, quarrying operations have continued unhindered.

In July 2021, we were alerted to a landslip near the pā site. Since the slip occurred the environment team and Ngāti Huri have been holding fortnightly hui with relevant authorities to ensure accountability and compliance at the quarry. In December 2021, South Waikato District Council issued an abatement notice to J Swap requiring all works to stop within a designated area. Environment Court led mediation took place on 29 April 2022. In addition, Heritage New Zealand also served J Swap with prosecution papers for damage to Pirauiti Pā. The first court date hearing was on 26 April 2022.

Both of these legal issues require time and resourcing and Raukawa is committed to working alongside Ngāti Huri and relevant authorities to ensure the ongoing protection of Pirauiti Pā.

Raukawa Grants & Key Dates

Education Grants

Depending on your studies, registered iwi members are able to apply for up to \$2000 in education related support.

Study type	Payment date	Study period that this grant covers	Applications open	Applications close	Applications considered by RCT
Short course*, certificate, diploma	Paid after completion of study	01 Jan 2022 – 30 Jun 2022	04 Jan 2022	31 Jul 2022	Aug 2022
Short course*, certificate, diploma	Paid after completion of study	01 Jul 2022 – 31 Dec 2022	01 Jul 2022	31 Jan 2023	Feb 2023
Undergraduate, postgraduate, masters	Paid before completion of study	2023 academic year	30 Nov 2022	28 Feb 2023	Apr 2023
PhD, doctoral	Paid before completion of study	2023 academic year	30 Nov 2022	28 Feb 2023	Apr 2023

* Short courses include Te Kura Reo o Raukawa and Te Uru Raukawa programmes offered by the Raukawa Charitable Trust

Sports Grants

Registered iwi members can apply for a contribution towards costs incurred while competing as an amateur sportsperson at a local, regional or national representative level. It is open to amateur competitors such as athletes, coaches, managers and officials (umpire, referee, judge).

Type	Payment date	Competition period that this grant covers	Applications open	Applications close	Applications considered by RCT
Sports grants	Payment will depend on application	01 Jun 2022 – 30 Nov 2022	01 Jun 2022	15 Dec 2022	Jan 2023
Sports grants	Payment will depend on application	01 Dec 2022 – 31 May 2023	01 Dec 2022	15 Jun 2023	Jul 2023

Kuia and Koroua Wellbeing Grants

* Our team are reviewing the way in which we provide this support to our kaumātua, in a way which empowers them and removes some of the existing barriers. This will be confirmed by 30 June 2022, so matakitaki mai (watch this space).

Type	Payment date	Applications open	Applications close	Applications considered by RCT
Wellbeing grants	Payment will depend on application	01 Jun 2022	31 May 2023	Jul 2023

Fill out an application form on our website www.raukawa.org.nz or contact us to have a form sent to you, **0800 RAUKAWA** or info@raukawa.org.nz



Mercury summer internship recipient
Tyra Begbie from Pikitū Marae.

Capacity Building for our Iwi

As part of capacity building for our Raukawa whānau, our environment team has been partnered with a number of organisations to provide internship opportunities. The aim is to introduce whānau to some of the exciting mahi that we are involved in and to experience how we work with external agencies. It also provides opportunities for interns to learn more about mātauranga Raukawa and connecting back to their whenua. This was the busiest year to date, with eight Raukawa interns offered this year.

Nikorima Nuttall is studying a conjoint Bachelor of Arts and Bachelor of Law at the University of Waikato. He was part of the Te Ārohirohi o Raukawa internship programme which developed our Raukawa environmental monitoring framework. Nikorima also completed the Ministry for the Environment summer internship based in Wellington. Nikorima says, *“Although my background has been in law, this internship has pushed me towards the environmental space where I have since realised my passion for our taiao.”* A key learning for Nikorima is that *“decisions must be made with the environment, not for the environment”*.

Bachelor of Environmental Planning student, Tyra Begbie was awarded the Mercury summer internship. Tyra worked with Mercury and our environment team creating a funding application for the Waipapa boat ramp project which focused on cultural reconnection to the area. She states, *“Protecting the mana and mauri of our taiao is important, I’ve gained a deeper understanding of operating in both te ao Māori and te ao Pākehā to achieve this.”*



Raukawa interns take in kōrero from kaimahi Martin Miles.

Our other interns were Zoe Thomas (Waikato Regional Council intern), Nyah Kaponga and Arahia Moke (Te Ārohirohi interns), Kyea Watene-Hakaria (Te Ārohirohi and University of Waikato intern) and Jessica Webber (GIS intern). If you or a whānau member are interested in one of the internships, keep an eye out on our Facebook page for upcoming opportunities.

Te Mauri o Waihou

It is no secret how significant our waterways are to us. Our awa are an integral part of our identity and connect us together as a people. *Wai hōpuapua ka mimiti, he manawa ā whenua e kore e mimiti.*

This kōrero speaks to the eternal flow of a healthy waterway while reminding us of the devastating potential of mistreating our awa. This notion becomes extremely relevant when we observe the Waihou River, one of many awa in our rohe, which has suffered due to overuse and mistreatment. Thankfully our environment team has introduced a project that aims to reverse the effects on our awa and protect the Waihou River.



Waihou River, Putāruru.

Te Mauri o Waihou is a three-year project that is being implemented by Mihiwaatara Hohepa as the project manager and will be operated by a team of kaitiaki rangers. Mihiwaatara and one of our kaitiaki, Charlie Tiare share a little about how important this kaupapa is.



Kaitiaki Ranger Charlie Tiare, proud to protect the Waihou River.

Ko tā Tiare, he ngākau mahaki ki tōna whānau, ki tōna whenua hoki, *“kia noho ko te hinangaro, ko te tinana, ko te whānau, ko ngā āhutatanga katoa i roto i te whakaaro nei o te hauora.”* E manako nei ia kia whakahoki ki te iwi, ki ngā hapū me te hapori hoki, engari ko te whenua kei te taumata o te whakaaro.

“Kei te hia ako ahau i ngā āhutatanga maha o te awa o Waihou me te rohe whānui o Raukawa. Kia whakaatungia e au taku aroha ki taku mahi, te ako hoki i ngā momo mahi ā te kaitiaki.” Ko tāna hiahia kia para i te huarahi mō tōna whānau i a ia e mahi ana.

Charlie is an advocate for hauora and te taiao and is eager to give back to his whānau, community, hapū and iwi in his role as he navigates the kaitiaki space at Raukawa.

Mihiwaatara also stresses the importance of treating the Waihou River and all of our waterways as taonga and understanding the impact we have on them, she says that *“We need to protect these taonga and be aware of our footprint.”* Covid-19 has dramatically lowered visitor numbers, but eventually numbers will increase again as we slowly return to normal.

It becomes even more important that we all uphold the mana as kaitiaki of the Waihou River and all of our waterways and act with a similar pride and compassion. This will not only contribute to the preservation of our awa but will elevate its mauri, its mana and ensure that it flows and feeds the whenua and our uri for generations to come.

Our environment team have recently brought on another kaitiaki to join this team in the amazing mahi they do. We welcome Mark Ruka as a kaitiaki, a ranger. He purutanga mauri mō ō tātou taonga tuku iho.



Project Manager Mihiwaatara Hohepa, Waihou Walkway.



Facilitators and keynote speakers presenting at Te Ūkaipō.

Te Ūkaipō

Raukawa uri were given the opportunity to reconnect and reclaim traditional birthing and parenting practices at Te Ūkaipō. This was an online wānanga inspired by the tales of Tūrongo and Māhinaarangi and in particular, the birth of Raukawa. 'Te Ūkaipō' commemorates the first time that Raukawa te tupuna was breast-fed soon after his birth in the Kaimai area and is reflected in the naming of Ūkaipō Marae. The wānanga aims to remind us of the familial responsibilities of whānau, hapū and iwi. The stories of Tūrongo and Māhinaarangi demonstrate that providing a healthy and good start to life requires a collective and supportive approach as parents.

These stories help guide mothers and fathers on matters of birthing, nurturing and raising tamariki. These kōrero tuku iho highlight the central role that pēpi and tamariki have in our whānau, hapū and iwi.

"I wish I had this knowledge when I was giving birth."

"This baby is my 6th baby, so I thought I had a clear idea of what I was doing. I learnt so much, I couldn't believe it. It left me feeling very empowered and grateful."



The wānanga was facilitated by Kelly Spriggs, a renowned Māori child birth educator with the support of Rawinia Hohua who have delivered hapū wānanga nationally for more than 20 years. The keynote speakers included our very own Naomi Simmonds and Paraone Gloyne. Together, they empowered our whānau to make informed culturally informed decisions around their birthing and parenting practices.

Te Ūkaipō canvassed the development of babies, from conception right through to childbirth. A wide range of kaupapa was covered during the wānanga, from the benefits of raising a baby collectively, naming processes and the responsibility of naming pēpi after tūpuna, tikanga around the pito and returning the whenua to our ūkaipō. All of these practices are significant in strengthening our Raukawa identity, reo, tikanga and mātauranga. Oriori was also discussed and how they were traditional methods to directly teach our babies. The wānanga also covered the reclamation of traditional pre-natal healing practices extracted from the stories of tūpuna such as Tāwhaki. Our participants were gifted wahakura to complement safe sleep practices. These wahakura were woven by four Raukawa weavers and encouraged our young families to indigenise their spaces, places, minds and practices.

A follow on from Te Ūkaipō is the tohi ceremony, this is an opportunity for Raukawa uri to celebrate new born pēpi and to extract the lessons in our stories. Here are what some of our participants had to say about Te Ūkaipō.

"I have really enjoyed this wānanga. Honestly, I am so sad I didn't know about these things until now after I've had my 5 tamariki, on the same hand I am so very privileged to know now so I can support my tamariki when they are older but also the whānau I work with."

"Better understanding the birthing process puts me in a position of strength to empower my māmā and ensure my baby's safety and best interests are being served."

"The experience being involved in this kaupapa gave both my wife and I a better view of what to expect. And now that pēpi has arrived all the learning that we had gained over the two-day wānanga made it that much more special for us both."

"I know that this was only the start of Te Ūkaipō and I know that it will benefit more uri and iwi in the future."

Journey to Wellness



Staff on Te Timatatanga Waka, Waikato River.

Working across our five offices, we now have over 100 kaimahi roles at Raukawa who mahi the mahi each day to drive our iwi aspirations – Raukawa kia mau, kia ora! From providing reo wānanga, health and social services, education and environment, our team hits the grind each day to deliver the best for our iwi and wider community.

With so much happening, we like to ensure that the wellbeing of our kaimahi is at the forefront, so manaaki kaimahi forms an important part of our workplace tikanga.

To make good on our commitment, we partnered with WorkWell in 2018 to really help us refine our existing approach. WorkWell, a programme developed by Toi Te Ora, supports workplaces by providing a framework to develop and implement an effective and sustainable workplace wellbeing programme. In short, the programme guides workplaces through a step-by-step process and their accreditation process provides quality assurance and recognises key achievements.



Since joining WorkWell, we have made steady gains, shifting from bronze to silver accreditation, our next step is to hit almighty gold. Raukawa kaimahi Jared Kennedy, who sits on our wellness committee, says “*Raukawa has always valued the wellbeing of its kaimahi since I have been here (nearly 8 years), we partnered with WorkWell after hearing lots of positive feedback from other community groups and since partnering our team has delivered a lot of activities that we can be proud of.*”

Jared then refers to “Movember”, a favourite kaupapa of his, which highlights men’s health. Each year our kaimahi tāne partake in this kaupapa as they attempt to grow a wide range of stylish moustaches that sometimes garner wide-eyed looks as they take shape over the month of November. Jared says that the last two years have raised over \$2000 for the Movember cause. This is paired with a host of other activities like Pink Ribbon Street Appeal, staff day out, walking and cycling challenges, workshops, whare challenges, wellness warrior and much more. To cap the final feather, we hold our biennial Ngā Tohu Kaimahi o Raukawa – Raukawa Staff Awards, which is a night that celebrates the hard work and success of our kaimahi. These are just some of the many workshops, programmes and activities that our wellness committee has proudly implemented over the last few years.

Jared says that partnering with WorkWell has been an awesome journey for Raukawa, it supports us to run activities that have improved or kick-started the physical and mental wellbeing journey for many of our staff members.