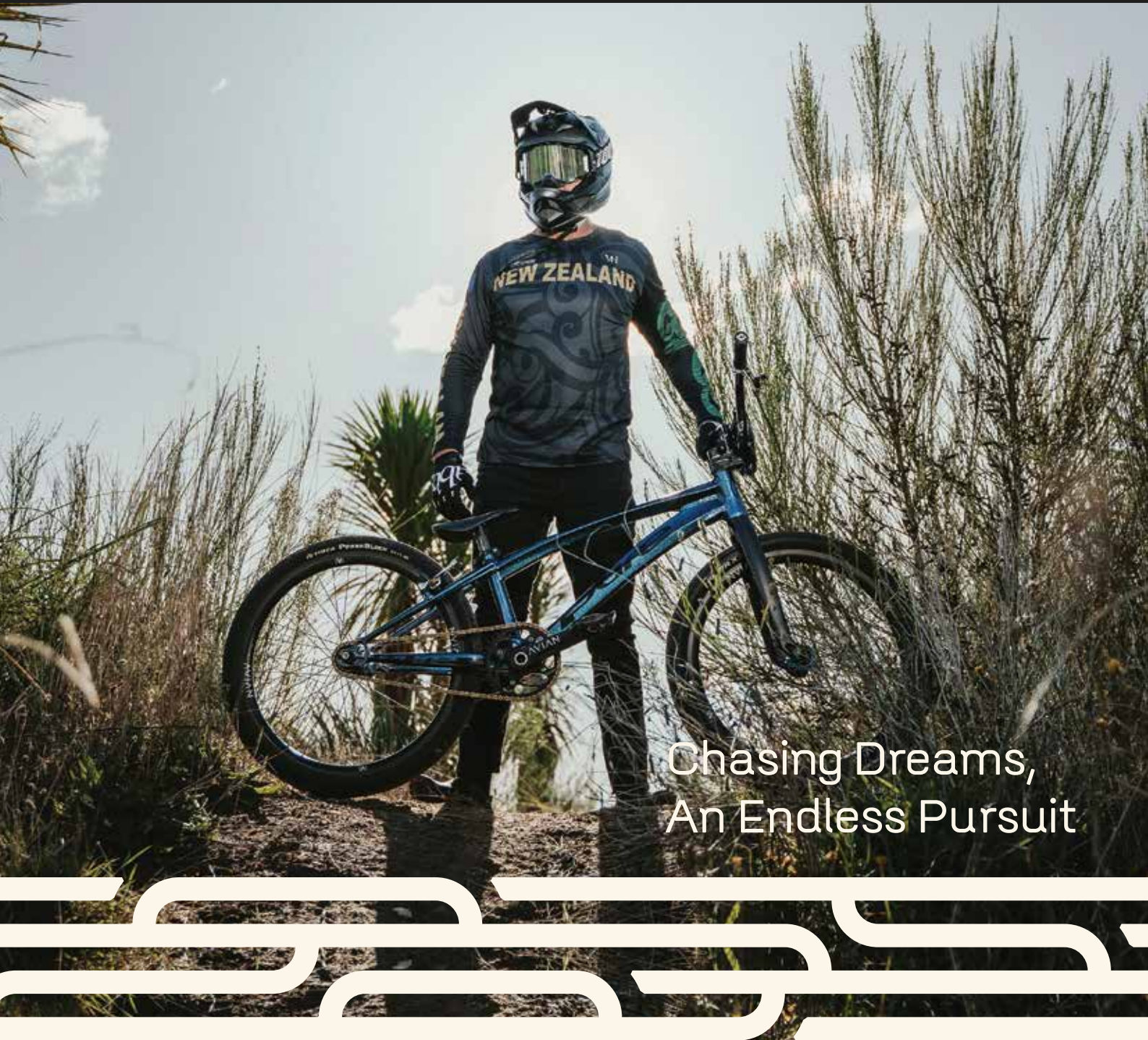


# Te Kakara

Te Tātāwhāinga  
Kaumātua o Raukawa

Te Kura Reo  
o Raukawa

Solar Panels  
at Ngātira Marae



Chasing Dreams,  
An Endless Pursuit



# RST Chair Message

*Welcome to the Winter edition of Te Kakara. I hope everyone is keeping warm and dry as we enter the colder time of the year.*

It has been a busy quarter for our iwi since our last pānui, some of which is covered across the pages of this edition.

Due to timing, what won't be covered in this edition will be our Ministerial Forum with the Crown, which is being held as this pānui is going to print.

The Ministerial Forum is an opportunity for Raukawa, supported by our kaumātua, some of our trustees and our leadership team, and kaimahi. It is a chance to meet with Prime Minister Chris Hipkins and a large delegation of ministers and officials to give voice to the expectations of our iwi, assess the success and progress of actions from previous meetings, and seek out how we are best placed to work together to support our people and communities in the best way possible.

It is important that the Crown understands the expectations of its partner – Raukawa and our people – and is guided by, especially in our takiwā, the wants, and needs of iwi Māori. I will update whānau on these discussions in our next pānui.

One of the main features of this edition of Te Kakara is the launch of our new brand and logo design. This takes a traditional approach, drawing inspiration from the unique Raukawa carving style that adorns many of our whare across the takiwā and beyond, a style of carving made famous by master carver Hūhi Takerei.

It has been many years since we reviewed and updated our brand and tohu. This process has involved significant consultation with our kaumātua, trustees, kaimahi, and a number of others to ensure it best reflects our needs moving into the future. It is also a way to ensure our various entities and brands are better pulled together, acknowledging our strong connection, and allowing each to operate individually to ensure it is achieving the best outcomes for our people.

Also, in this edition is a story on the annual kaumātua games. I was grateful enough to go to this event and catch up with some of the wisdom and knowledge of our elders. It was wonderful to reconnect with so many, including a couple of kuia who are into their 90s. Puti Raharuhi from Whakamārama Marae and Haona Grace form Parawera Marae.

Our kaumātua are our connection to our past, our window to the years that have brought us to where we are today. They are taonga who support and encourage us in our years ahead.

I want to thank all of those involved in the kaumātua games and our kaumātua for the wonderful mahi they do for our marae and iwi.

I also want to tautoko some of the trustees who are profiled in this edition. Our trustees have a very important and increasingly complex role to play in guiding our waka across the many areas it now operates, socially, culturally, economically, and environmentally. Today, we need a range of skills on our board from financial and health to te reo Māori, culture and strategy. It is diverse mahi but incredibly rewarding. I encourage more of our whānau, from across the motu to think of what part they can play to support their iwi. We are making major steps forward, and we need to be constantly growing our pool of the next generation of leaders to take us to the next level.

This is one of our largest pānui to date, and there is much to read and enjoy across its pages. I encourage you to read all of the wonderful stories to get a glimpse into some of the mahi and progress of your iwi.

Kawea atu ēnei karere ki runga i ngā hau mātao o takurua, kia rongo ai te iwi ki te kakara o te hinu Raukawa.

**Nā Kataraina Hodge**

*Raukawa Settlement Trust Chairperson*



# Highlights

Te Tātāwhāinga  
Kaumātua o Raukawa



Ō-Rākau Memorial



Sāmoan Language Week



Te Kura Reo o Raukawa



Te Tātāwhāinga  
Kaumātua o Raukawa



# Te Tohu o Nāianeī, mō Āpōpō, nō Nahi



***Over the past few years we have been undertaking a rebrand process to bring about a new tohu that better reflects who we are and supports the mahi that we do as an iwi organisation.***

In developing our new tohu, we have been working with our kaumātua, kaitiaki rūpū, governors and kaimahi to create a new brand for Raukawa, just in time for release during Matariki, he tau hou, he tohu hou.

Our new design takes a traditional approach, drawing inspiration from the unique Raukawa carving style that adorns many of our whare across the takiwā and beyond, a style of carving made famous by master carver Hūhi Takerei of Ngāti Raukawa, Raukawa and Ngāti Whakarete.

Hūhi trained other well-known kaiwhakairo, Motu Heta and Hokowhitu Makarika. Motu hails from Raukawa ki Wharepūhanga, Ngāti Takihiku, and Hokowhitu from Ngāti Takihiku (ki uta, ki tai). These kaiwhakairo went on to carve many whare:

- Hoturoa at Aotearoa Marae – Hūhi Takerei as primary tohunga
- Te Tikanga a Tāwhiao at Tokorangi Marae – Hūhi Takerei
- Whitikaupeka at Moawhango Marae – Hūhi Takerei
- Takihiku II which once stood at Kōputaroa – Hokowhitu Makarika
- Takihiku III at Rāwhitiroa Marae – Motu Heta
- Pakaketaiari at Mōkai Marae – Motu Heta
- Pākira at Waitahanui Marae – Motu Heta
- Te Poho o Kahungunu at Pōrangahau Marae – Hokowhitu Makarika

These whare are a testament to the 'Aotearoa carving school style' established by Hūhi, and further developed by Motu and Hokowhitu. Poupou with large eyes became a signature of all kaiwhakairo, along with the use of enlarged haehae and pākati lines. Another

feature was the contrast of mā and pango, Hoturoa at Aotearoa Marae being an example of this. Kōrero tuku iho tells us that mā and pango are traditional colours that our tūpuna of Raukawa used. They are symbolic of te pō and te ao mārama, dark and light, balance and duality. This can be seen in our worldview, the roles of wāhine and tāne is but one example of this.

This unique carving style provides a whakapapa that ensures that we are grounded, connected and guided by our tūpuna. Our brand colours of mā, pango and a touch of whero (kōkōwai) are drawn from our traditional pallet, while the pattern of our tohu embodies the takiwā of Raukawa, with our many maunga and awa throughout the tohu itself.

The particular font we developed also takes on the ebb and flow of our tohu, with each letter reflecting the tohu, which in itself embodies our takiwā. We have also developed two new fonts, bespoke to Raukawa which continue the themes of connection and whakapapa.

All of our publications, social media, website, vehicles and offices will be changing out over the next few months, so keep an eye out for our new tohu. We have over 120 kaimahi across four offices, so the brand change will take some time to complete e hoa mā.

Our tohu reflects our whenua, awa and maunga, it links us to our past and encourages us to walk confidently into the future. It represents our values of Tika, Pono and Aroha which guide us every day as we uphold the mana of our tūpuna Raukawa.

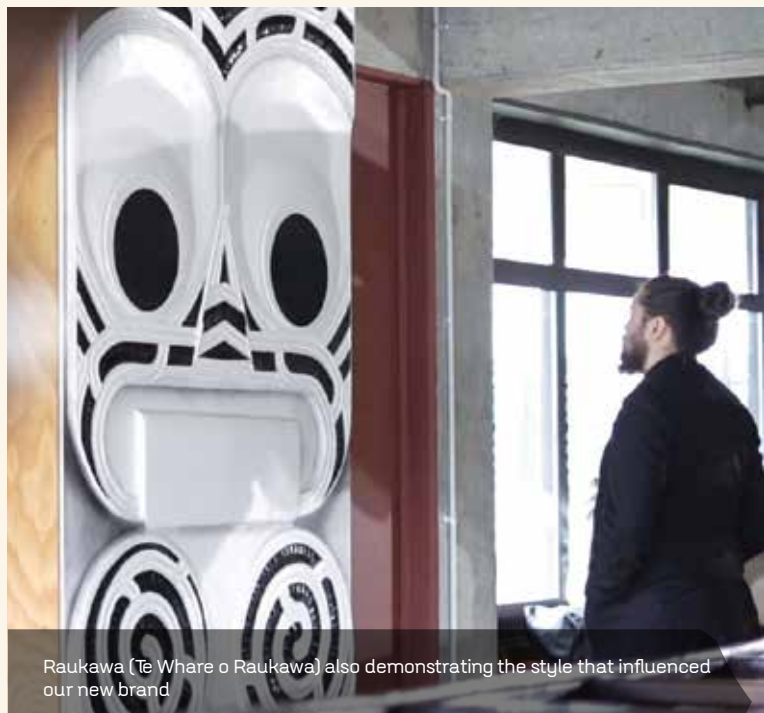
We are excited to adorn our iwi organisation with our new tohu as we continue to mahia te mahi each and every day to serve the collective aspirations of our people.

**Raukawa kia mau, kia ora!**





Hutuoro (Aotearoa Marae) an example of our unique carving style



Raukawa (Te Whare o Raukawa) also demonstrating the style that influenced our new brand

# Chasing Lifelong Dreams, The Inspiring Journey of Dion Newth

*Dion Newth, from Ūkaipō Marae, is the 2022 World BMX Champ for his age group 45-49 years old.*

It is never too late to fulfil your childhood dreams. That's the message from Dion Newth, BMX World champ.

The recently turned 50-year-old from Ūkaipō Marae is a Raukawa sports grant recipient and won gold at the 2022 World BMX Championships in Nantes, France. The event is held yearly at different locations around the world with over 3000 competitors - with 80 riders in Dion's age category 45-49 men.

To be number one entails hours of riding, training, and gym work. The race track itself is around 450 metres long, and they have five qualifying races, with eight people per race. It's gruelling and at the 2019 World Championships in Belgium, Dion crashed in the final. So, he wanted to redeem himself.

*"It felt amazing to win as its been a lifetime goal of mine," he said. "I could have given up in 2019, but instead it fuelled a fire inside of me."*

Like many sports, Covid-19 had a major impact on competition, including cancellation of tournaments. And since the pandemic, the cost of everything has gone up - especially flights, with most of Dion's competitions overseas. So, he is appreciative of the grants he has received from Raukawa over the years.

*"Every little bit helps."*







Born and raised in Tokoroa, Dion first began riding at 10 years old around the old BMX track by the YMCA. He left home and eventually gave up the sport for 12 years, but in 2015 he decided to move back to be closer to his whānau and found his passion again for BMX riding.

*"I was reflecting on my life and the things that made me happy. This sport was one of them, so I decided to get back into it."*

So, what's next, now that Dion has achieved number one in the world? There is Nationals, Oceania titles and the next World Championship held in Scotland in August that he is looking forward to. He turned 50 earlier this year, which means a new age category and a new set of competition to defend his title.

*"I'm a prime example to not use your age as a limit to chase your dreams."*

The Sports Grant is open to athletes, coaches, managers and officials, such as umpires, referees and judges. It is available as a contribution towards costs of an amateur sportsperson at a local, regional or national representative level.

For more information on the Raukawa Sports Grant, visit [www.raukawa.org.nz](http://www.raukawa.org.nz)

---

*"I'm a prime example to not use your age as a limit to chase your dreams."*

---





# Te Tātāwhāinga Kaumātua o Raukawa 2023

***Our kaumātua were out in full force for the annual Te Tātāwhāinga Kaumātua Games with plenty of laughter and competitiveness between marae teams.***

The annual event was held at the South Waikato Sport and Events Centre on Monday 8 May. Over 250 kaumātua from around the takiwā gathered for a day of whakawhanāungatanga and hauora, through fun activities and challenges.

The games are a wonderful occasion for our kaumātua to come together and connect, a rare opportunity outside of whānau gatherings and iwi kaupapa. This year, we had 15 Raukawa marae enter teams, along with the inclusion of our whanaunga, Maungatautari and Pōhara marae. A 'wild card' team was introduced this year with the inclusion of Ngā Hau e Whā, our local community kaumātua team. In total we had 18 teams take to the floor.

The games kicked off with a march-past, where kaumātua waved their banners on their hīkoi around the pavilion, wearing their colours with absolute pride. The gym was filled with cheers and chants as Poi E blasted on the speakers.

The centre was brightly lit with colourful kākahu from each part of our rohe, from the māwhero of Ūkaipō to the kahurangi of Mangakaretū. Pōhara and Parawera sported green, with Rāwhitiroa in neon orange. The whānau of Tangata Marae wore creative black and white tīpare that matched the colour of their wharetopuna.

Then it was game time, where cheerful smiles shifted to cheeky grins. Competitiveness does not fade with age e hoa mā!

Marae teams faced off in various games that tested skill, mobility and tenacity.

Kaumātua worked on their aim with the poi toss game, noodle hockey, corn hole and a giant game of ten pin bowling. There were also some slower paced games, with a game of memory, tic tac toe and kōnnect four.

There was a fierce battle early on between Mōkai and Parawera at the chopstick relay. Concentration was paramount, with the winner getting the most newspaper balls to the end in a 12-minute round.

The pace started to pick up in the kōnnect four, with Maungatautari and Ūkaipō racing from their seats to place their counters during the last few minutes of the round.







The music of Kenny Dale, Kenny Rogers and Prince Tui Teka on the speakers had the kaumātua singing and having a kanikani throughout the day. Regardless of the result, at the end of the round there were cheers, hi-5s and hongis, then time for a rest before the next game began.

Maggie Winikerei from Ūkaipō Marae was back for a second year with her team, Ūkaipō Breeze. She said the name matched their bold pink tops and was reminiscent of the fresh breeze that comes off the Kaimai Range. Last year, her marae struggled to field a team – this year, the team is stacked.

*"I went back and told whānau and friends just how awesome the day is for kaumātua, and that they must come and see for themselves. Who knows, we might have to put in two teams next year!"*

She enjoyed the kōnnect four game, testing the mind and having to be quick to place your counter.

Raukawa kaimahi Tangiwai Tepana said it was an awesome turnout of kaumātua for this year's games. The smiles on everyone's face, from kaumātua to kaimahi, was a true testament to the fun everyone had throughout the day.

She said her goal is to have our kaumātua involved more with Raukawa and the services that Raukawa offer.

*"This is our biggest event for kaumātua. It would be great to see them come together more. So, it is a great start to developing more projects for and around kaumātua. I look forward to helping them learn more about our services."*

She thanked everybody who attended the Kaumātua Games and who helped to bring this day together for the people we treasure most. Ngā mihi nui kia koutou to the Raukawa kaimahi who stepped away from their day-to-day mahi to help with the event.

After the fierce competition was over, kaumātua sat together for a celebratory kai with musical entertainment from Te Kura Kaupapa Māori o Te Hīringa and the Raukawa kaimahi band. The Raukawa band consisted of 12 members, ranging from singers, to kaimahi on the saxophone, drums, keyboard, guitar and percussions. They had been practising for a couple of months, playing covers that the kaumātua could sing along to and kanikani. We were told they were even getting booking requests for 70th birthdays and celebrations.

The final scores were tallied, and the winners were announced. Congratulations to Aotearoa Marae, the 2023 Kaumātua Games champions.



Scan the code or visit [bit.ly/tetatawhaing23](https://bit.ly/tetatawhaing23)



# Nurturing Whānau

*Introducing our new Well Child Tamariki Ora Clinician, Carla Puke*

After 19 years on the ambulance frontline for Hato Hone, St John, Carla Puke decided it was time for a change. A change that would still allow her to serve in the health sector, but focus on whānau, pēpi and tamariki in the Raukawa rohe.

As the new Well Child Tamariki Ora Clinician, her plan is simple: to provide aroha, education, and support to whānau. She is joined by our new kaiāwhina, Tyler Draper.

*"I want our whānau, including pēpi and tamariki of today to be healthy and to thrive in life," she said. "We want to nurture these whānau who may be new to parenthood or juggling babies."*

Carla's career on the frontline ambulance began in Tauranga, then Melbourne, Australia, before moving to Tokoroa. She had only planned to stay in the area for two years and move back to the bay – but she fell in love with the community and has called it home ever since.

She has many stories over her time as an ambulance officer, between the stretched 12-14 hour shifts, day and night. Some stories are heart breaking, some are truly miracles. She has witnessed loss of life, while also welcoming new life.

One story she shared was being called to help a hapū māmā with delivery. There was no time to transport, and it was all happening fast, so Carla had to assist in the birth of pēpi.

*"My heart was pounding when I walked in with all of our equipment," she said. "But the experience was amazing."*

Carla added, it was beautiful seeing the support and aroha that the māmā was receiving from her whānau. There was a calmness in the whare and to be able to assist and feel that aroha around this new pēpi was simply special.

*"I asked the pāpā if he would like to cut the umbilical cord. He went pale for a few seconds, and after some reassurance, he agreed," she said, laughing.*





Carla's own children are grown up now, aged 22 and 19. She is immensely proud of them both – her daughter works for South Waikato Pacific Islands Community Services (SWPICS) doing health research and her son is currently doing an electrical apprenticeship.

Now it is time for a new challenge, with her mahi as our Well Child Tamariki Ora Clinician. She has been connecting with people across our takiwā helping māmā, parents and whānau on their journey raising a pēpi.

*"It is important that māmā and pēpi are well-supported throughout this journey. We can also support pāpā, siblings and the whānau wellbeing and needs, by providing education around the growth and development of pēpi."*

*"It is a beautiful, new, and exciting time for all the whānau when a baby is born. It is my job to make sure they have the right tools and knowledge to connect and feel supported."*

She is happy to have a "normal" routine now, where she can spend more time with her supportive partner Hone, and her children, between their busy schedules.

The Raukawa Well Child Tamariki Ora Programme is open and accepting referrals. Our clinician will be implementing the health checks for children from around 6 weeks up to 5 years of age.

For more info about our service and how to make a referral, **call 0800 RAUKAWA (0800 7285292).**

---

***"It is important that māmā and pēpi are well-supported throughout this journey. We can also support pāpā, siblings and the whānau wellbeing and needs, by providing education around the growth and development of pēpi."***

---



# Our Raukawa Trustees



**Kataraina Hodge**  
Whakamārama Marae



**Deb Davies**  
Pikitū Marae



**Paraone Gloyne**  
Ōwairaka (Rāwhitiroa) Marae



**Marina Hireme**  
Tāpapa Marae



**Nachele Griffiths**  
Ōngāroto Marae



**Rina Lawson**  
Mangakaretū Marae



**Phillipa Tapu**  
Parawera Marae



**Grant Thompson**  
Paparaamu Marae



*Our iwi organisation is made up of many moving parts that have different functions and roles, as a whole we collectively form the Raukawa Group.*

*The Raukawa group is led by our elected governors, the Raukawa Settlement Trust, which represents our 16 Raukawa marae and provides the overall direction for the group. Our Board is made up of 16 elected trustees who are elected by our iwi members for a three-year term. Congratulations to James Whetu who recently joined the Board. If you want to learn more about our Board or when the next election cycle is for your marae representative, contact 0800 RAUKAWA or [info@rauakawa.org.nz](mailto:info@rauakawa.org.nz)*



**Huia Te Kanawa**  
Aotearoa Marae



**Jordene Sydney**  
Tangata Marae



**Steven Oxenham**  
Rengarenga Marae



**Taihako Maui**  
Mōkai (Pakaketairi) Marae



**Juanita Temarama**  
Whakaaratamaiti Marae



**Donna Parker**  
Ūkaipō Marae



**James Whetu**  
Ruapeka Marae



**Position to be determined**  
Ngātira Marae

# Solar Panels at Ngātira Marae

***He korowai o te ao hōu ki Ngātira is a project that originated from Ngātira Marae itself. Our marae had the vision and determination to work towards becoming a self-sustainable pā and applied for funding from Hīkina Whakatutuki (Ministry of Business, Innovation and Employment). This application was for renewable energy projects, enabling Ngātira to install solar panels in their papakāinga.***

The funding for this project was entrusted to Raukawa as we have the structural capacity to hold funds as per the project requirements. Our Tumu Whakarae, Maria Te Kanawa, stated, *"Our role is about ensuring that we provide the guidance and support necessary for our marae to establish their own rangatiratanga and thrive in their own unique way within the changing environment."* The role of Raukawa was mainly supportive, while Ngātira undertook the work to bring this valuable resource to the pā. Maria emphasizes the importance of raising awareness among our marae regarding responsibility and accountability so they can achieve their aspirations in a manner that safeguards them from risks. *"It's about educating our whānau."*

In addition to acknowledging Hīkina Whakatutuki, we would like to express our gratitude to the contractors Harrisons Solar from Te Awamutu, who installed the solar panels and provided this resource for our uri. Our vision is to create pathways for our marae to apply for funding, become self-sustainable, and realize their dreams. Scan the QR code below to watch our video and gain insight into what self-sustainability means for our whānau at Ngātira Marae.



Scan the code or visit [bit.ly/ngatiramarae](https://bit.ly/ngatiramarae)





# Ō-Rākau Commemoration

*In April we held our annual commemoration day of the battle of Ō-Rākau where we honoured our tūpuna and brought together our iwi and whanaunga from Raukawa, Maniapoto, and Waikato-Tainui. This year we shared our mamae but we also shared our excitement as we listened to kōrero and learned about the amazing kaupapa that are on the horizon.*

The day began with kōrero by Robert Joseph, who shared the government's plan to officially acknowledge our tūpuna associated with the historic battle of Ō-Rākau. This recognition is a significant milestone in our journey towards reclaiming our history and ensuring that our ancestors are properly honoured.

We were also inspired by Piripi Curtis, who unveiled exciting news about his upcoming film, *Ka Whawhai Tonu* dedicated to capturing the essence of the Ō-Rākau battle. With a great sense of pride, Piripi stated, "I want to show our tamariki how amazing our tūpuna were, and this is significant because we have control of our narrative." The film promises to be a testament to the bravery and strength displayed by our ancestors, a story that will inspire generations to come.

Throughout the day, we felt a deep sense of unity and purpose as we honoured our tūpuna. Kaimahi and event co-ordinator Phyllis Tahere, summed it up, saying, "Honouring our tūpuna is not just about remembering the past; it is about acknowledging their sacrifices and continuing their legacy into the future." These words resonated deeply, reminding us of the responsibility we bear to carry their teachings forward and uphold their mana.

The Ō-Rākau commemoration day was a testament to our collective strength and resilience as a people. It allowed us to come together, to share our stories, and to embrace our history. As we move forward, let us continue to nurture the legacy of our tūpuna and weave it into the fabric of our whānau and community.



Ō-Rākau Battle Site, Kihikihi





# Te Kura Reo o Raukawa, Whakareia!

**Parawera nuitia te reo ki runga ki ngā punenga puananī o tō tātou iwi, kia tupu, kia puawai ai he uru taumatua mō ngā pīkoko. Nō te marama o Apireira tū ai Te Kura Reo o Raukawa ki Te Taumata, ki Parawera. I hīkina atu i te paepae o Te Matapihi o te Rangi ka tau ai ki Tāne i Rangi Kapua kia whāinumia ai ngā taurira ki ngā puna mātauranga o tō tātou iwi. Ko te taumata whakaako ko Paraone, ko Ngāringi, ko Hemi, ko Ngahuia, ko Pakake, ko Tangiwai, ko Taihako, ko Kyle. Ko ngā taurira i rūpeke mai i ngā kokonga katoa o te motu e noho nei ō tātou uri.**

I mūia te papa ki te hunga hīkaka, ki te hunga ngākau nui. I wānanga, i ako, i kōrero, i waiata, i noho i roto i te tūrangahākoa. Ko te kakara o te hinu Raukawa i āta panipania ki ngā tini kaupapa ako, kia kite, kia rongō ai tātou i te Raukawatanga i roto i ngā tini kaupapa mai i te mahi karakia, tae noa ki te waihanga pao, ki te tito waiata me ngā kaupapa katoa o te wiki.

Mō te wiki katoa i rumakitia te marae ki te reo, he āhuatanga whakamatakū i te timatanga, heoi, ka haere he rā, ka tā te manawa, ka wāea ngā taurira ki te reo, ka rere māori te reo i ngā waha o tērā, o tērā. "Ko te painga o te kura nei, ka kimi hoa haere koe he rite tonu nei tōna wehi, tōna whakamā, tōna mōhio, kore mōhio rānei." Tā Temaia McKenzie, taurira, kaikauwhau i te pō tuatahi. "He pikinga mauri tēnei kura."

E mihi nui ana ki ngā ringaringa i hāpai ai i te kaupapa nei kia angitū tō tātou iwi. Mai i ngā kaiāwhina, ki ngā kaitautoko, ngā pūtea tautoko, ngā kaiako i whāngaihia mātou ki ngā kai o Tāne Te Wānanga, te hāpai-ō i whāngaihia mātou ki ngā kai o Tāne Tahuaroa. Mō tērā tau hui tahi anō ai tātou ki runga i te taumata o Raukawa, whakareia ai tōna kakara ki te ao.



Te Kura Reo o Raukawa ki Parawera Marae



Whāia te hononga ki te mātaki i te rīpene o te Kura Reo i tēnei tau [bit.ly/kurareo2023](https://bit.ly/kurareo2023)







# Sāmoan Language Week Celebrations

*Tālofa lava!*

*This year Raukawa celebrated Sāmoan Language Week, with daily celebrations, new knowledge, and learning of the Sāmoan culture*



The theme for 2023 was 'Mitamita i lau gagana, maua'a lou fa'asinomaga' which means 'Be proud of your language and grounded in your identity.'

When you are proud of your language and speak it, you will also be more grounded in your identity as a Sāmoan.

The week began with Ava o le feiloa'iga, a traditional welcoming ceremony, where kaimahi were able to try kava and experience Sāmoan customs. We enjoyed hot cups of koko and learned a Sāmoan karakia and pese and admired Sāmoan measina that were on display in the foyer.

Kaimahi played entertaining games throughout the week, including our minute to win it challenge of who can peel green bananas the fastest and tidiest. We were given a quick demo, and then the teams hit the challenge. Let's just say, there was a lot of mangled bananas at the end, but waste not want not, they all ended up in our kaitahi.

We were also blessed with a special performance by tamariki from the Sāmoan Taumafai A'oga Amata. The week ended with a Sāmoan feast, shared with kaimahi, tasting different delicacies like sapaui, raw fish, green bananas, taro and much more.

Manuia fa'afetai to the Raukawa team, led by kaimahi Azriel Fonoti, who organised the week's events. Mālo lava for everyone who participated and had some fun!



Scan the code or visit  
[bit.ly/samoanlanguageweek23](https://bit.ly/samoanlanguageweek23)



# Ngā Rerekētanga

Our tamariki space features Raukawa and Waitete at Aotearoa Marae.  
Can you spot the five differences in the pictures below?



# The Role of Music Therapy in Supporting Whānau and Tamariki

*Music is a vital tool to connect. It is a powerful link through waiata, instruments, artists, lyrics and beats. We spoke to Child and Family Therapist Nolan Hodgson from our service, Te Kei o Te Waka, and learned more about his life, his music therapy mahi and how beneficial it is to whānau and tamariki.*

Nolan Hodgson has always had a love for music, stemming from his māmā who sings, plays the piano and more recently, the ukelele. He grew up in Pukeatua, with a strong connection to the ngahere up at Maungatautari. He learned how to play the piano and the guitar and attended kura in Te Awamutu.

He says music therapy is using any kind of musical activity – anything related to music – for somebody’s health and wellbeing or their emotional and social goals. Whether it is singing, improvising with instruments or just having a kōrero about the value of music, there are many ways musical activities can be designed to help you meet those therapeutic goals.

Nolan is a Child and Family Therapist with the Te Kei o te Waka team at Raukawa, working with whānau, tamariki and caregivers. Te Kei o Te Waka is a kaupapa Māori service made up of social workers and therapists who work in partnership with and get their referrals through Oranga Tamariki. As a team they focus on the strengths of whānau they are working with to support them in keeping their tamariki safe from harm. They spend up to nine months with each whānau and often see them twice a week or more.

*“Music therapy is led by the people you’re working with,” he said. “We use it to build that whanaungatanga with people, especially tamariki or rangatahi.”*

*“Sometimes it could be using music to talk about issues around mental health. Looking at the lyrics of a waiata that explores bullying, grief or jealousy. Music goes in to all those different places,” he said.*

*“Other times, it’s jammin’ on the drums and letting it all out as a way of communicating emotion. A safe way to express that, like writing in a journal. Something safer than punching the wall.”*

He said music is a great tool in exercising mindfulness – being present and aware, or “living in the moment.”

*“When you’re participating in a musical activity, you have to play close attention to what is going on,” Nolan said.*

For example, Nolan says with kapa haka, you have to sing your waiata, in time and in beat with your group, there are actions and emotions connected to your performance. Then there is the wairua element, your connection to your whakapapa.





*"There are lots of studies on how beneficial music is, using all the parts of your brain. It is the most global cognitive activity you can do."*

A "gap year" in the UK first gave Nolan an insight into music therapy. He was working at a kura for students with disabilities and saw music for the first time used as a form of therapy for rangatahi.

When he returned to Aotearoa, he studied in Tāmaki Makaurau, volunteering at the Raukatauri Music Therapy Centre. After graduating, he then moved to Pōneke where he studied for his masters in music therapy.

While studying in Pōneke, he began taking night classes learning te reo Māori through Te Ataarangi. And his love for music and te reo Māori now go hand in hand.

He is passionate about his mahi and is grateful for Raukawa and being able to work in a kaupapa Māori world every day.

*"We don't have to fight for it or explain it. We understand how important te ao Māori is. If we have to take our whānau down to the Waihou for a therapy session, we just do it."*

But the world needs more music therapists, with only three registered in the Waikato, Nolan is a rare find indeed. Nolan encourages talented rangatahi Māori to consider becoming music therapists as a viable career path, not only is the profession growing, but the mahi is deeply rewarding.

---

***"Sometimes it could be using music to talk about issues around mental health. Looking at the lyrics of a waiata that explores bullying, grief or jealousy. Music goes in to all those different places."***

---



# Raukawa Grants and Key Dates

Sport's Grant Recipient's Te Atawhai-Marama and Ariana Katipa



## 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 <b>after</b> completion of study	01 Jan 2023 – 30 Jun 2023	04 Jan 2023	31 Jul 2023	Aug 2023
Short course Certificate, diploma	Paid <b>after</b> completion of study	01 Jul 2023 – 31 Dec 2023	01 Jul 2023	31 Jan 2024	28 Feb 2024
Bachelors and Masters	Paid <b>before</b> completion of study	2024 academic year	30 Nov 2023	31 Jan 2024	28 Feb 2024
Doctoral	Paid <b>before</b> completion of study	2023 academic year	30 Nov 2023	31 Jan 2024	28 Feb 2024

\* 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 <b>depend</b> on application	01 Dec 2022 – 31 May 2023	01 Dec 2022	15 Jun 2023	Jul 2023
Sports grants	Payment will <b>depend</b> on application	01 Jun 2023 – 30 Nov 2023	01 Jun 2023	30 Nov 2023	30 Dec 2023

## Kuia and Koroua Wellbeing Grants

Type	Payment Date	Competition period that this grant covers	Applications Open	Applications Close	Applications considered by RCT
Kuia, Koroua Wellbeing grants	Payment will <b>depend</b> on application	01 Jun 2023 – 31 May 2024	01 Jun 2023	31 May 2024	30 Jun 2024



Education Grant Recipient Minor-Major Stratford Nichols

# Governance Notices

## Election Result

The Raukawa Settlement Trust (RST) would like to thank the nominees for agreeing to stand in the recent election process for the following marae. The election process was overseen by an external Returning Officer. Below is the confirmed result

Marae	Voting papers received (Inclusive of Special Votes)	Valid Votes	Invalid Votes (Including returned mail/wrong addresses)
Ruapeka	102	102	0

Marae	Nominees	Votes Received	Successful Nominee
Ruapeka	James Whetu	61	James Whetu
	Joanne Kelly	41	

The term for this trustee starts 1 June 2023 to 10 December 2025.

Copyright: © Raukawa Settlement Trust, 1-11 Raukawa Way, Tokoroa, July 2023, all rights reserved.

Authors: Te Ahua Manu and Teonui McKenzie

Photography: Shashank Jangra

Graphic Design and Layout: Savannah Whiteman

Production: Bluestar, Petone, Wellington



Raukawa