

# He Waka Kotahi

Newsletter No. 27

October - December 2008

## Kua hingaia te Tōtara Whakaruruhau

Hare Wakakaraka Puke  
3 July 1925 – 15 November 2008.



He Poroporoāki!

Whakarongo mai ki te tangi ā te manu nei.  
He tangi hotuhotu, te tangi ā te manu.  
He tangi mokemoke, te tangi ā te manu nei.  
Kua tapatapahia, kua hingaia tōna tōtara whakaruruhau  
e te toki koi rawa ō Aitua.  
Kre kau he taumata teitei mōna inaianei.  
Kre kau he marumarua whina māna  
inaianei.  
Kre kau he kohanga whakamañanahana mōna inaianei.  
Aue! Taukiri eee! Taukiri eee! Taukiri eee!  
Takoto mai, e Koro! Moe mai, moe mai, moe mai!

This tauparapara encapsulates the feeling of loss and desolation the iwi nui tonu, in fact, the whole of the wider community, experienced, upon hearing that Uncle Hare had passed away. He was a true mokai/servant of the wider Waikato community and he maintained this position right up until he drew his last breath.

Most of the community were aware that he had been ill, for quite some time, yet he was still steadfast in fulfilling the roles he had been appointed to. A case in point is his attendance at Waikato Hospital functions and the bimonthly Kaumafua Kaunihera hui, where he role modelled those tremendous attributes, that only kaumafua of his calibre are capable of displaying - unquestioned wisdom, born of experience; a pragmatic approach to problem solving; unflinching courtesy towards both friend and “foe” alike; a keen sense of humour and virtually all his behaviour reflected a humility that was both a revelation and inspiration.

A classic example, regarding his humility, was when the University of Waikato conferred an Honorary Doctorate upon him, in 2004, on Hukanui Marae. For those on the manuwhiri side, during the pōwhiri, there was an expectation that Uncle Hare would be sitting somewhere up front, but he was nowhere to be seen, until he was spotted sitting about three rows behind Te Arikiniui, Te Ata-i-rangikahu. Some of the orators mentioned the fact that he was hard to spot and when he eventually spoke, he mentioned that he was only a mokai of Te Arikiniui and the iwi!

Uncle Hare was also a bridge builder between Maōri and other people; which reflected the whakatauki, that he was fond of quoting

Kofahi te koñao o te ngīra,  
e kuhuna ai te miro mā,  
te miro whero me te miro pango

There is but one eye of the needle, through which the white, red and black thread must pass

Haēre, e te Pāpa! Haēre! Haēre! Haēre ki te Kaihanga; naña, nei, ngā mea katoa!



### In this issue:

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General Manager,  
Riana Manuel

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### He Whakatauki!

At this special time of year we tend to cast our hearts and minds to those things that mean the most to us. It is a good time to reflect on the year past and prepare for the New Year that is fast approaching, and to give of our love and support to those most in need.

We wish you a safe and happy Christmas

“E iti noa ana,  
nā te aroha”

“Though my present  
be small, my love  
goes with it”



Waikato District Health Board

## General Managers Report



Teñā koutou,  
Hei Kona

I have recently tendered my resignation as GM Māori Waikato District Health Board. It is with sadness that I leave this position and all the people I have come to know, but also joy at the prospect of returning home to Manaia to take over our whānau business.

I started here at the DHB 3 years ago, a youngish Māori woman, fresh from a Māori provider, with all the dreams and aspirations you have when you come to the big smoke. I took up the newly established role of Clinical Nurse Director Māori, and for that first year learnt many things about my new environment and met many wonderful people.

I then applied in December 2006 for the position of GM Māori and to be fair thought I would simply raise my hand and let the organisation know I had aspirations to achieve that goal never thinking I would be successful. I felt so honoured to be given the

opportunity to fill this position and from the very start I have felt nothing but supported both internally and externally with a wonderful team of people here to help achieve the many goals.

This job is not for the faint hearted, however, it is not for those who have lost hope either.

To Iwi Māori Council, Kaumafua Kaunihera and the Waikato District Health Board thank you all for allowing me to work on behalf of each group and I have learnt so much about Governance from each of these groups as a result.

To my Boss Craig, the Executive team, and all of my Waikato District Health Board colleagues, a thank you for challenging my thinking and helping me to grow, your contributions have not gone unnoticed.

To all the Māori providers it has been a blast and I thank you all for your support during my time as GM, it has been my honour to have worked for and with you all.

The team here at Te Puna Oranga have been a wonderful group of people to work with and I am so grateful to each of you past and present for your contributions.

Finally to te Waka o Tainui and all the communities within, I thank you all for letting me be a part of your communities over the past 3 years and for all the support and learnings you have provided me with.

The aim I have had from the start of my employment here at the Waikato District Health Board, has been to always act with integrity, have accountability and be visible in the mahi I do and to this end I feel I leave with all my values intact.

My final day of work is the 30th January 2009 and my family and I will then return to begin the new School year at home.

It has been a wonderful ride Waikato.

Ma te huruhuru  
Ka rere te manu

Mauri Ora Mēri Kirihimete!

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## Mental Health Awareness Week

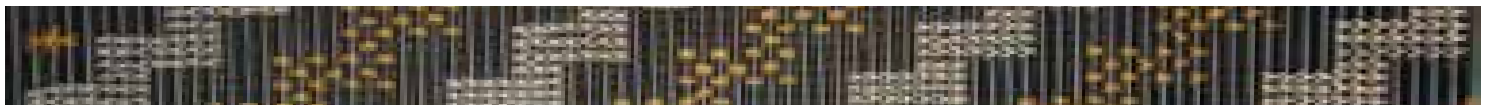
On Monday the 13th October 2008 the community of Te Kuiti (Ngāti Maniapoto) came together to support a public Mental Health awareness campaign. All of the organisations involved are optimistic and believe that a well informed New Zealand public will realise that people with, or who have experienced a mental health issue now, or in the past, are people who should be nurtured and valued.

Special thanks goes to Te Rohe Pōtae O Rereahu Maniapoto Trust, Progress to Health, Like Minds Like Mine, Te Ngaru Maniapoto, Te Korowai Hauora o Hauraki (Like Minds Like Mine), Te Puna Oranga and Population Health. All these organizations are out there ensuring people are provided with information and education to replace commonly held myths and stereotypes that people have in our communities about people who experience mental health issues.

We all had an excellent day, and a lot of activities and spot prizes contributed to the event. We would like to acknowledge the supporters and sponsors who contributed towards the Mental Health awareness day. Thank you very much for all your time and kindness towards this excellent event.

Well done to the community of Te Kuiti (Ngāti Maniapoto).





## Kirikiroa Marae Holistic Health Day 2008



Friday 12th September

**“Whakanuitia te whānau – A way of building whānau and community capacity”** was the theme of the kaupapa and Kirikiriroa Marae, Hamilton, was the place to be, judging by the masses of people who attended; including some primary school and health service user groups.

The Marae grounds were transformed into a tent “city”, with Health provider groups displaying what they had to offer, so that whānau can make better informed decisions. Likewise, the whare kai was full of display tables. There was also an outside stage, where entertainment, pitching health messages, at different age groups, and often in a “fun” way, was provided.

Performances included a kapa haka, Reuben, the Road Safety Bear and a kaumafua group, from “Te Rauawaawa”, demonstrating how “low impact” exercises are easily achievable and fun, when you’re in a group of likeminded peers.

“Te Ahurei a` Rangatahi” did a terrific job of pulling everything together and the feedback from those of the public who were interviewed is that it was a very informing and entertaining day.

Nga`mihi nui, “Te Ahurei”!



## Maōri Health Workers Respiratory Workshop



The Respiratory training day facilitated in November at the Waikato Clinical School was attended by Whānau Ora Maōri Community health workers from various Maōri health providers throughout the Waikato district.

The rate of hospitalisation for asthma and respiratory conditions among Maōri in Waikato has been more than twice the rate than among other ethnicities with respiratory disease, and rates as the 3rd highest cause of admissions for Maōri.

Community and respiratory educators from the Waikato asthma centre and Waikato hospital facilitated the training, with sessions comprising Maōri health and asthma/respiratory conditions, a tour of the respiratory department, medications and inhaler techniques and signs of out of control asthma.

Maōri community Health workers found the training beneficial in regards to supporting their clients affected by a largely preventable and manageable condition, and particularly Maōri that suffer so badly from respiratory disease.

## The Music Studio – Integrated Recovery Service



Eugene Reweti sits at his desk smiling as he recounts how “the music studio” started as a one room facility with one tangata whaiora (service user) participating in the program. Almost twelve months later, he has 28–30 tangata whaiora with a number of rooms, and plans to expand to cater for more.

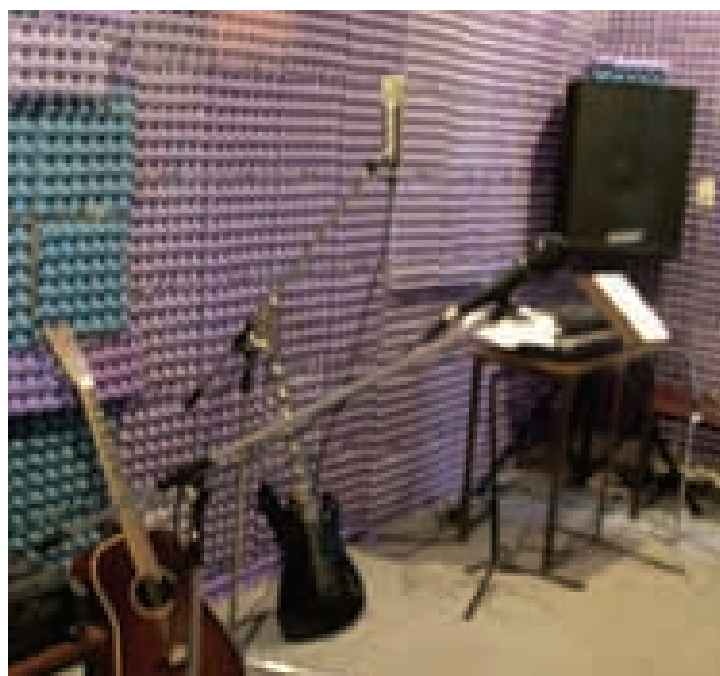
The focus is to give people skills to move on to tertiary based learning and “transition” into the community. Tangata whaiora in the program have access to computers, and a “live” room (pictured right) where their music can be recorded, which has been sound-proofed with cardboard egg cartons obtained from the Waikato hospital kitchen. Further facilities then allow them to mix their music and make CDs. Eugene says “the creative skills of some of these guys blow me away”.

Tangata whaiora are encouraged to write their own lyrics, play their own instruments, and then rap or sing their songs, which usually have hip hop and rap flavours, but Eugene is trying to build up the use of traditional Maōri songs within groups that come through the service. Many of the tangata whaiora start writing in their “unwellness” and create songs that relate to their

lives at the time. “Eventually the lyrics change and they walk out of here smiling” says Eugene, and he see’s the hope they have for the future.

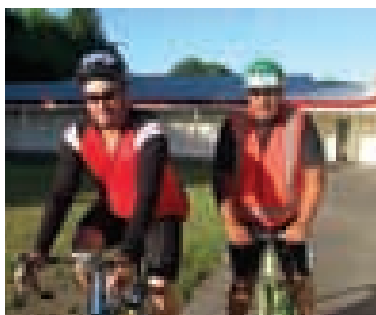
The majority of tangata whaiora at the establishment are young Maōri males, but they are looking forward to having more females come through, to add a feminine touch. Trends are starting to show that those who come into the studio are now able to move into the community and further study at earlier ages and do so a lot more “whole” within themselves.

In this “home away from home”, which is nestled amongst the homes of River road, there is little to no raruraru (trouble), as it has become a place to escape, and Eugene has been nothing short of inspiration for the tangata whaiora, as is evident in his words, “I don’t care how long it takes to teach someone, as long as they learn it in the end”, and in the success of some of the tangata whaiora who have moved on to engineering music at polytechnic, or sent their demos in to radio stations.



## Lake Taupo Bike Race

On a very hot summers day, at Taupo-nui-a-Tia, an elite almost gladiator style team of 6 hailing from the Waikato District Health Board, busily packed their bikes down for the 2008 Round the Lake race.



(L-R) Wayne Johnstone, John Kopa

This was our second year at this event, and this year we had our relay team of four each doing 40km, and our two endurance racers completing the full 160km race.

It was an amazing sight as their wheels burnt a track of flames down the main street of Taupo (along with the other 2 to 3 thousand riders). Our amazing

team were the following: Karina (the magnificent) Elkington, Hani (the amazing) Rhind-Turner, John (the Nga’ti) Manuel, George

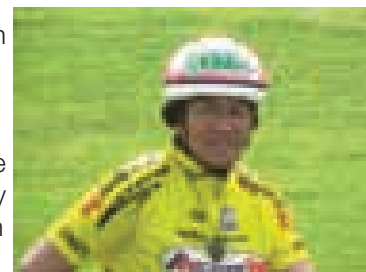
(the frequent flyer) Smiler, John (the mighty) Kopa, and Wayne (the wizard) Johnstone.

The team were fantastic and completed their races with style and grace, and at any cost, they made it back across that finish line, no matter how many punctures, no matter how long it took, and despite the blistering heat, they were magnificent.

We would also like to acknowledge Nga Miro as they were the only provider to take up our challenge from last year entering two (beautifully dressed in the most amazing Maōri cycling outfits) teams in this years event. Ka mau te wehi, koutou.

Next year whānau, please join us in this amazing race.

See you all there.



Hani Rhind-Turner