

Tena tatau katoa

Tena koutou me o tatou tini mate e hingatia mai nei i runga i o tatou marae maha huri noa i te motu.

Kua tangihia ratou, kua mihi ratou. No reira, kua ea te waahi ki a ratou.

Welcome to the third edition of Te Manu Taiko in 2008. We hope those who received our last two electronic editions of Te Manu Taiko enjoyed them. Our community is full of positive, supportive events and successful, interesting people. We hope you all enjoy this edition too.

Noho ora mai



Nau mai, haere mai ki tenei ao ...

Te Are Paetawa Turei Hare

Paki Hare and Ngawaiata Turnbull's little boy was born Friday, 28 March at 12.17 am. 7lbs 10 oz.

Nannies, Koro, Mama, Papa and pepe all doing well



April 2008



Graduate Te Manaakitanga Pryor with his Koro William Pryor, Mama Hana, Kuia Te Waiarani and Koro Ed

Youngest Graduate to get Degree at Waiariki 2008

Te Manaakitanga Pryor the oldest son of Hana Harawira and Eru Pryor received his Bachelor of Maori studies degree at Waiariki on the 7 March 2008. Manaakitanga is the youngest student to graduate this year. According to his very proud Lecturer (and koroua) Eru Biddle, he is not only the youngest graduate this year (at 19 years of age) but he also managed to gain his degree in two years instead of three. Well done Manaakitanga.

Te Wharekura o Ruatoki

Te Haerenga ki Te Putere



Hoki Ki o Maunga me o Awa Kia Pura ai koe nga hau a Tawhirimatea

ia tekau ma rua nga tamariki o te Wharekura o Ruatoki i ere ki roto o Te Urewera ki te whai i nga matauranga o te ahare. Ko tenei haere i whakaarohia e nga

Pouako kia tutuki ai i nga tamariki a ratau akomanga, ki te hopu i nga korero e whangaihiaatu ana e nga kaikorero, nga kai awhina, e nga kuia hoki. Ko te marae o Te Poho o Te Rangimonoa te waahi noho o nga tamariki otira, koinei ano hoki te whare wananga mo nga tamariki me nga kai awhina. Tuatahi, ko te whakawhanaunga. Tu pakari te tu mai o tena rangatahi, o tena rangatahi ki te whakaatu mai ko wai ia, ko wai tona hapu me tona marae hoki. Ahakoa he maha o ratau marae, etahi i kii no konei ahau. Harikoa ana nga kuia a Te Uru raua ko Kaa ki te rongu atu i enei

korero a nga tamariki. Ko raua i pakeke mai i tenei whenua, o raua tau waru tekau, me te waru tekau ma wha.

Waimaria hoki nga tamariki ki te whakarongo i a raua korero i te wa e noho ana ratau i Te Putere O Potaka. Ko te whakaaro kia mahia nga mahi i roto te wharenuui, kia pai ai te ngakau o nga tamariki ki te hopu i nga korero, te whakaputa i o ratau whakaaro, ko nga korero me nga whakaaro ka noho ki roto o te wharenuui. Tetahi atu whakaaro ko nga whakaahua o nga kuia,



Kaumatua Day Out With Kui

Kui Milroy put on the BEST day for Kaumatua the 10th March 2008 and despite her mishap later on in the day everyone is still talking about what a lovely time they had with their fabulous hostess Kui!

Their day began at Te Wharekura o Ruatoki, where they visited the greenhouse to admire the beaut veges. Juicy tomatoes were collected for lunch then off they went to check on the fruit trees planted last year during Matariki which are all healthy and growing well. Once that was done off they went to Kui's home for lunch.

Kui did an amazing job! Her beautiful garden was set up, music played during the meal, the company was fine, the food beautiful. Everyone had a good catchup. Kui outdid herself with the wonderful feast complemented by kai others brought, especially those lovely huge pipis, grapes and to top it all off Kui's rich bread pudding! YUM! After a relaxing hour eating Kui managed to entice everyone to hula and have a sing-a-long.

As the day came to an end Kui had a turn and was rushed to Hospital. We were relieved to find out later that night that after a check up Kui went home and was told to rest.

Kia ora rawa atu koe Kui!

Te Haerenga Te Putere

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... koroua me nga uri, o nga tamariki e iri haere ana i nga pakitara hei whakatau nga wairua o nga tamariki me nga kaiako hoki.

Tarutaru, waipiro te kaupapa i whiriwhirihia e maua ko Paora Kepa i te taha o nga tamariki me nga paakeke i roto te wharenuui. Pai tonu nga whakaaro o nga tamariki ki te whakawhitiwhiti korero i muri mai o ta maua whakaaturanga.

Ko te mahi a roopu ma nga tamariki o te Pae tuawhitu he tautohetohe. Te kaupapa: ***Me whakae te katoa, ka eke te tamaiti ki te tekau ma wha te pakeke, ka ahei a ia ki te inu waipiro i tana huritau. Ae ranei, kao ranei.***

Ahua whakamaa etahi o nga rangatahi nei i te timatatanga o nga tautohetohe. Te takototanga o te manuka, hikohiko ana nga hinengaro o

ia roopu ki te tautoko i a ratau kaikorero, kaupapa hoki. Rere ana nga korero, ataahua ki te whakarongo. E kore tetahi roopu i rereke atu i tetahi, ko te mea nui i tu pakari mai ratau i mua i nga Kaiako, o ratau kuia, otira, i mua i o ratau teina. Nui atu aa ratau mahi i mahia e ratau, te rama tuna, hi taraute, poke paraoa rewena, ka ka tunu i roto i nga omu tunu kai. Ko nga narehu o te ahi te hiko whakawera i nga omu.

Hei korero whakamutunga maaku, ka whakaaro ake ahau i te whakatauki hei kakahu i nga kaiako, nga kuia, nga kai awhina i tenei haere aa nga tamariki nei :

Te manu kai i te miro nona te ngahere... Te manu kai i te matauranga nona te ao.

Akuira TeMoana

UPCOMING EVENTS – April

Kia Piki Strategy Hui – Te Rere 8.9 April
Car Restraint Survey 17 April
TEA Launch – Wharekura o Ruatoki 18 April
Last Day of School Term 18 April
Car Restraint DRAW 30 April
ANZAC Day 25 April
Holiday Programme Starts 29 April

FIRST LADIES ... NETBALL NANNIES

You know how Rugby has President Teams for the more "mature" players who still want to play? Well we now have our "First Ladies" team for the netball nannies who want to play netball. Competitive netball at that too! They plan to enter into the Saturday competitions!

So who, what, where and when you ask. Well Tarn and Sunshine are organising the team, both have already planned their shopping day to get their new shoes! They have half a team and here's how you can get in to it ... *You're a Nanny you're NOT super fit but willing to get physical .. you don't mind showing a LOT of thigh (coz man those netball skirts are SHORT) .. You're fun!*

They need more players! They need YOU! Give Tarn a call (3129 670) and go shopping for new shoes!



HIOPEPE KAUMATUA PROGRAMME

PAENGA-WHAWHA	TE WĀHI	TE MAHI	KAIWHAKAHAERE	KAIAWHINA
Mane 7 th 2008	Whakatane 11-12pm	Kaukau	Kuia, Koroua	Emma
Wenerei 9 th 2008	Taneatua 10-11am	Shared lunch	Ida Te Pou/ Girl Teepa	Millie
Taite 10 th 2008	Whakatane 11-1pm	Tāone	Kuia, Koroua	Millie
Mane 14 th 2008	Kaukau 11-12pm	Kaukau	Kuia, Koroua	Millie
Wenerei 16 th 2008	Taneatua 10-11am	Shared lunch	Ida Te Pou/ Girl Teepa	Millie
Mane 21 st 2008	Whakatane 11-12pm	Kaukau	Kuia, Koroua	Millie
Wenerei 23 rd 2008	Taneatua 10-11am	Shared lunch	Ida Te Pou/ Girl Teepa	Millie
Taite 24 th 2008	Whakatane 11-1pm	Tāone	Kuia, Koroua	Millie
Mane 28 th 2008	Waiohau 11-1pm	Mirimiri Shared lunch	Tapenakara staff	Millie Emma
Wenerei 30 th 2008	Taneatua 10-12pm	Kori tinana Shared	Amy & Vicky	Millie Te Orihau

ANOTHER CHRIS CASEY CONQUEST

A Koroua came into the office just before Easter. He wanted a mirimiri so we told him he should try our Physio. He wanted to be fit for his Easter holiday away but he wasn't happy about a stranger touching him. We told him Nanny Kaa and Nanny Uru loved Chris and he should ask them about him if he was worried then we wondered if he would come in. Well our koroua did turn up for his session but was so reluctant and not to sure about "this Pakeha fella". Chris did his magic and had our Koroua fall under his spell. When he was done our Koroua literally hopped, skipped and jumped around our office raving about Chris! He insisted on booking his next appointment for Friday and we expect he will be in every week for a while.

Come and let Chris work his magic on you!

professional is the safest response. Better to have an angry friend/client than a dead one.

Asking or talking about suicide with a suicidal person increases the risk of suicide.

False - There are safe and unsafe ways to talk about suicide. Talking about suicide shows you are concerned about a person and willing to listen. Allowing a person to speak about suicide, in a safe environment, will be likely to reduce the risk of suicide rather than give them the idea to try it. **Most suicidal people never seek or ask for help with their problems.**

False - Evidence shows people considering suicide often tell their friends and family about their thoughts and plans, and sometimes seek help from a GP. **There's a typical person who completes suicide**

False - Research identifies clear warning signs and risk factors associated with suicide and attempted suicide, these do not have to be present and there is no typical person who is likely to complete suicide. Research shows that many people who have completed suicide have symptoms of depression. **Most suicides occur with little or no warning.**

False - It is likely that some suicides are impulsive reactions to a loss or a humiliation. But even in these cases there has almost always been a long history of difficulties

SUICIDE – An issue of growing concern for Maori

Emma & Angie attended a day workshop in Tauranga on Suicide facilitated by Psychologist Ruth Allen who works with people who self-harm or have attempted or want to attempt suicide.

It was valuable to learn how to respond with less anxiety to suicidal acts and acts of self harm.

We ...

§ Explored the differences between myths and realities of suicide and self harm

§ Developed ways to respond to acute and chronic suicidality and self harm

§ Identified some risk factors associated with suicide and self harm

§ Looked at how to shape steps towards recovery and positive behaviour change.

MYTHS ABOUT SUICIDE

People who talk about killing themselves rarely complete suicide.

False - Anyone who talks about suicide needs to be taken seriously. Most people who complete suicide give clues or warning signs of their intent. These may be spoken or they may be actions.

A suicidal person clearly wants to die.

False - Many suicidal people don't want to die, they want to end the emotional and/or physical pain they are experiencing. Most people will be ambivalent - a part of them wanting to live and a part of them wanting to die.

If you promise to keep someone's suicidal plan a secret you should always keep that promise.

False - Suicide is not a secret you can keep. Best practice tells us that seeking help from a health



VACANCY RECEPTIONIST

Te Kaokao o Takapau is a Health & Disability service that focuses on a wellness and integrated approach across the continuum of care - health promotion, primary care, rehabilitative and restorative care. Within this encouraging environment you will be responsible for managing all incoming and outgoing telephone calls, greeting visitors and clients, the mail & ensuring office supplies are stocked at appropriate levels. In addition you will assist with events and undertake a wide range of administrative duties.

If you have 1 - 2 years reception/administration experience, fabulous communication and computer skills, a positive attitude and a strong work ethic then this role will provide you with the opportunity to develop your administrative skills in a friendly and supportive environment.

We're committed to professional development and lwi health!

Please contact Tarn for a job description & application form.

All applications, with a current CV should be sent by 11th April 2008 to:

Te Kaokao o Takapau
57 Tuhoe Street
TANEATUA
3123
Ph: 07 3129670
Email:
tekaokaootakapau@xtra.co.nz

MEET MAHORA – Our new BONDAGE QUEEN!

Mahora is now into bondage, strapping and holding down...

Yep, she's trained to check out kids carseat restraints. She can help you ensure your kids are **strapped** in, **bound** in place, and **held** safely while they're in your car. What better bondage queen could you get? AND she doesn't even need a whip!

Mahora and her team held a **Car Seat Check Clinic** in Taneatua, March 13 and 14 as part of the **National Car Restraints Week**. The clinic looked at whether car seats were safely and properly installed in the vehicle. Mahora showed how to install the seat correctly and differences if the seat wasn't properly installed.

The most common problems identified during the clinic were vehicles not having tether bolts installed in cars (which prevents the car seat from flying forwards in an accident), and the use of a locking clip, which helps hold the restraint firmly. Fortunately CRAG gave free locking clips, tether bolts and discount vouchers to install the bolts.

Mahora had awesome support from the **Taneatua Fuel Stop** and **Barefoot Autos** who gave a huge discount to install the bolts.

As an additional incentive we are promoting that those who get their seats checked and participate in a survey which will be held on the **17 April 2008** will go into a **draw to win a car seat, kids t-shirt and locking clip** (seat comes with tether bolt).

MAHIA KIA PAKO!!!



CONGRATULATIONS Ruatoiki touch players on fire for finals competition in Whakatane

There must have been smoke in Ruatoiki during the weekend- Ruatoiki touch players were on fire! Competing in the open grade touch finals at Rex Morpeth Park on Saturday 15 March 2008, both the men's and women's teams won the A- grades, with two other Ruatoiki women's teams also winning the women's B and C grades as well. The **Ruatoiki Young-Guns** (Te Wharekura o Ruatoiki) started off the valley's winning streak last Thursday after beating 2 Vision in the mixed finals. "For Ruatoiki to take 3 women's sections and the men's section in the open grades is just awesome! They blew out the whole competition."

HOLIDAY PROGRAMME – Tuesday 22 April – Friday 25 April

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bring Packed Lunch & Drink	Bring Packed Lunch & Drink	Bring Packed Lunch & Drink	\$ Karakia/Breakfast/Pack up
Morning: Kori Tinana!	Morning: Kori Tinana!	\$ Karakia at Fire-station Hall	\$ AC Baths
Movie Time - Popcorn and Movies	TEAM GAMES	10.00 am	\$ Rockclimbing
Afternoon: Lunch at Park opposite Aquatic Centre	AMAZING RACE	\$ Bus and vans leave for Taupo 10.30 AM	\$ Lakeside walk., Hole in one
Swimming at Aquatic Centre - Free	Teams to follow clues and complete. Team that collects all their tokens and completes all clues wins the grand prize.	\$ ROTORUA-Lunch Kuirau PK	\$ Morning Tea - Lake front
Hydro-slide - Free		\$ Visit Aratiatia Rapids	\$ Lunch at Park
		\$ Craters of the Moon	\$ Prawn Park Tour
		\$ Huka Falls	\$ Hoki ki te kainga
		\$ Accommodation /Afternoon Tea /Settle in	\$ Icecream stopover at Awakeri
		\$ AC Baths Pools	\$ HOME
		\$ Dinner	<u>Cost per child \$20.00</u>
		\$ Bed	<i>Includes costs of meals, transport activities and accommodation</i>