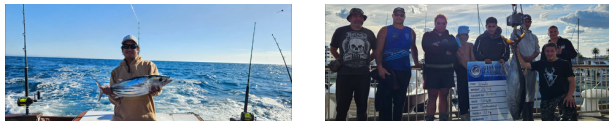


## MAUI WHAKAHĪ AND RONGOMATANE



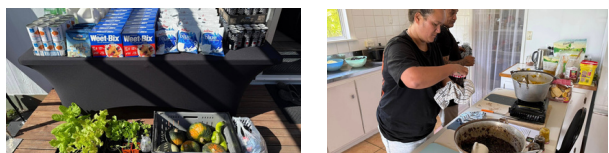
This month, our Rongomātāne group went on an unforgettable game fishing experience with [Touchwood Fishing Charters, Gisborne, NZ](#).

Seven tāne and two Maui Whakahi tama joined the adventure, departing Te Araroa at 3am. The day began with a breakfast stop at a bakery, then to Gisborne Wharf to board the boat. The crew welcomed them aboard, sharing essential safety rules and guidelines. The Tāne and Maui Whakahi settled in, and Corey put a pot of boil-up on for lunch.

Trawling 45 kilometers offshore, Maurice landed the first catch – an impressive skipjack tuna! An hour later, Eru reeled in a stunning 27kg yellowfin tuna. The boat circled this area for three hours, surrounded by tuna leaping from the water, while a pod of approximately 30 dolphins swam playfully around the boat.



## SUPERGRANS TAIRĀWHITI



This month we had multiple days at the office where whānau were able to come pick up some free kai provided by Supergrans Tairāwhiti. With the cost of living rising, every little bit helps.

Erina Torrey from SuperGrans Tairāwhiti Trust also came to the office to share mātauranga around preserving kai and sustaining food sovereignty within our community.

## HAUORA TINANA CHALLENGE - MAHINGA KAI



Over 5 Weeks, 21 participants signed up for the latest Hauora Tinana Challenge, focusing on sustainability, and food sovereignty through mahinga kai.

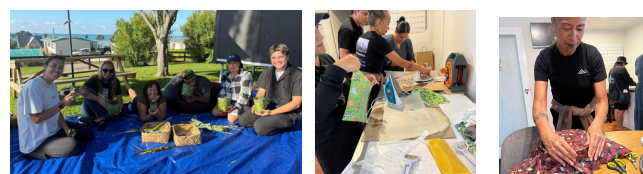
Participants began this challenge with a starter pack which included a raised garden bed, potting mix, seed raising mix, a mini greenhouse, seeds, tipu and other gardening tools to help them along the way.

Throughout the challenge, each participant were actively sharing updates/progress and mātauranga around their māra at home. While also encouraging and inspiring each other with some of their kai they prepare throughout the day.

We also had multiple workshops running throughout the challenge, including 2x preserving workshops, making Onion, Tomato, Kamokamo and Cauliflower relishes. Sharing tips on how to preserve some of the kai growing in our gardens at home without them going to waste. A raranga workshop making homemade kono (food baskets). A beeswax wrap making workshop, promoting sustainability by reducing plastic by creating homemade beeswax wraps as a cling-wrap alternative. Ending the challenge with a Rongoā high tea, kaitahi and prize giving.

Ka mau te wehi koutou!

A BIG mihi to all who participated in this challenge. For all your hard mahi over the past 5 weeks, your support for this kaupapa, and dedication to our Hauora Challenges has been awesome to see!



# MANAAKI MATAKAOA

*“Ko te tohu o te rangatira, he Manaaki”*

## He Pānui

MAEHE 2025

## TE MĀKETE NGAHURU



Big mihi going out to all our whānau for coming out to support Te Māketete NGAHURU at Hinemaurea Marae this month, great to see our community coming together and supporting local businesses.

Big mihi also going out to all our store holders for always supporting our monthly markets, ka mau te whi!!

## RURAL SUPPORT ROADSHOW



Thank you once again to Angelee from GDC for bringing The Rural Support Roadshow back this month. Was another awesome day for all our whānau here in Matakāoa to come along to connect with representatives from various agencies. *Connecting Te Tairāwhiti - Kanohi ki te Kanohi*

## IRA WĀHINE



Mihi nui to all our wāhine who attended the homemade sausage making workshop at Awatere Marae this month. It was awesome to see everyone sharing knowledge and supporting food sovereignty within our community.

## NGĀ TĀONGA O MATAKĀOA



This month the pakeke continued their weekly programme and continued their regular Reo Classes with Kōkā Makere. This month they travelled over to Waihou Bay for lunch at Kitchen Khaos and also travelled over to Lottin Point for a hīkoi down to the beach before going for lunch at the Motels.

A big mihi to Roger, Rachel, and Jacinda at Lottin Point Motel for the delicious meals and hospitality. The pakeke and the team all thoroughly enjoyed their day out.

## HINETEIWAIWA PROGRAMME



This month the Hineteiwaiwa Pēpī programme held 2x fortnightly workshops including a plan and whakawhanungatanga workshop, planning upcoming workshops and activities. For the second workshop our Māmā made DIY T-shirts for their pēpī using vinyl labels and printed stickers.

Our kaimahi have also started up their fortnightly Kohanga visits, which include activities, sensory play, and whanaungatanga.

Happening every second Tuesday - check our Facebook Page for when the next Hineteiwaiwa Programme is planned.

## SOCIAL VOLLEYBALL

This month we had social volleyball afternoons running every Wednesday afternoon at Te Kura Kaupapa Māori o Kawakawa Mai Tawhiti for all whānau to join as part of our Hauora Tinana Challenge, however due to popular demand we have continued Social Volleyball afternoons for the rest of Term 1.

## TAMARIKI TAIEA REHEKŌ RANGATAHI



This month we have put our Tūmeke Taite hākinakina programme on hold to assist the Matakāoa JAB trainings for the season.

It has been awesome to be a part of the JAB season for 2025 and witness all the talent amongst our tamariki here in Matakāoa. We have dedicated our time to training on Thursdays, and coaching on Saturdays for the Matakāoa U9s team for 2025.

Next term we will be back to our weekly Tūmeke Taite Hākinakina programme at Te Kura Kaupapa Māori o Kawakawa Mai Tawhiti from 3:00pm - 4:30pm every Thursday, nau mai haere mai.

## KAIMAHI TAIWHENUA



Our Taiwhenua team is dedicated to ensuring every household across Matakāoa has access to clean drinking water. They have been out delivering benchtop water filters, while also:

- Conducting Healthy Home Assessments
- Perform essential drainage and spouting maintenance
- Providing additional support where needed

Thank you for your patience, we're committed to supporting you and your whānau health and wellbeing.

"Water is life, and clean water brings good health!"

RUBBISH RUNS/WASTE MANAGEMENT	18	DIGGER DRAINAGE/DRIVEWAY/SEPTIC	3
SPOUTING REPAIRS AND CLEAN	20	COMMUNITY ENGAGEMENT	63
HEALTHY HOME ASSESSMENTS	1	MAHINGA KAI AND KAI GATHERING	10