

# RONGOMAIWAHINE IWI PĀNUI

EDITION 9: PAENGA-WHĀWHĀ | APRIL 2025

## RĀRANGI UPOKO - CONTENTS

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MANAAKI WHĀNAU  
MANAAKI TĀNGATA  
MANAAKI TAIAO

01

### Ngā Manu o Tioriori Waiata Class

Every Tuesday | 3:30PM  
at Te Rahui o Karaiti,  
formerly known as YMCA Ōpoutama,  
entrance via Ormond Rd

## UPCOMING EVENTS

### PAGE 02

NGĀ MATE O TE MARAMA  
GET INVOLVED

02

### Wellness Day

Thursday 15 May | 10AM

### Pakeke Hui

Friday 2 May | 11AM  
Kaiuku Marae

## MARAE BOOKING CONTACTS

### Kaiuku Marae



✉ blue@kaiuku.nz

### Māhanga Marae



✉ adelaiderarere1960@gmail.com

### Ruawharo Marae



✉ pikihorotuhi@gmail.com

### Tuahuru Marae



✉ audra@enabled.org.nz

### Hui-a-iwi

Saturday 3 May | 1PM  
Kaiuku Marae

## MARAE PĀNUI

Ruawharo Marae  
Monthly meeting every second Sunday

## NGA HUA O MÖRERE HOT SPRINGS CLOSED

Nga Hua o Mōrere hot springs  
are closed for maintenance

HAERE MAI! FOR ANY PĀTAI OR PĀNUI, EMAIL:  
KOREROMAI@RONGOMAIWAHINE.IWI.NZ

We would like to express our sincere gratitude to Tuakana August, Professor Ngaire Kerse, and Dr. Joanna Hikaka from Auckland University for their valuable time and insightful presentation during this month's Ageing Research Hui.



We also extend our appreciation to the Mokotahi Hall Committee for generously providing the venue for the recent Mental Health Workshop Day and Health Expo, as well as to Mahia 1st Stop for the delightful catering. We hope that all participants found the Mental Health Workshop to be a valuable resource.



A special thank you is extended to Valerie Paul for joining us at Wellness Day and sharing her important work with Wellstop Whiria Te Tangata Sexual Harm Crisis Support.



The launch of Te Puna Waiora o Nukutaurua is now underway! Thank you to those who attended the release events. Please visit the website to view both the full plan and the interactive StoryMap.



Additionally, we held a draw for a four-person emergency grab-and-go bag. Thank you to everyone who participated by scanning the QR code and completing our form. Congratulations to our lucky winner, Atareta Smith.







In strengthening the resilience of our rangatahi, we acknowledge that moving through grief, sadness, and anger can be challenging. Our kaikōrero offered a range of strategies to support participants in better managing their emotions. Keep an eye out for our upcoming wananga. More detail will be shared soon.

Tihei Rongomaiwahine!

## NGĀ MATE O TE MARAMA

Nicholls (nee Kereru), Lovina (Nu) Te Ohaki | 1934 - April 6 2025  
Carlson, Ruka | 1995 - April 20 2025

*Hoatu te mana ki a ratou kua wheturangi ki te po.  
haere ki tua o te arai. Moe mai ra.*

Mahi toi by Nolan Maru

**Nau Mai,  
Haere Mai**

REGISTER with us if your  
whakapapa connects to  
Rongomaiwahine



**FACEBOOK:**  
Manaaki Tangata o  
Rongomaiwahine

[www.rongomaiwahine.iwi.nz](http://www.rongomaiwahine.iwi.nz)