

RONGOMAIWAHINE IWI PĀNUI

EDITION 11: HARATUA | MAY 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

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NGĀ MATE O TE MARAMA
GET INVOLVED

02

UPCOMING EVENTS

Matariki Wananga

18 & 19 June

Hui-a-iwi

Saturday 12 July

Tuahuru Marae,

644 Māhia East Coast Road

MARAE BOOKING CONTACTS

Kaiuku Marae



✉ blue@kaiuku.nz

Māhanga Marae



✉ adelaiderarere1960@gmail.com

Ruawharo Marae



✉ pikihorotuhi@gmail.com

Tuahuru Marae



✉ audra@enabled.org.nz

MARAE PĀNUI

Ruawharo Marae

Monthly meeting every second Sunday

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

NGA HUA O MŌRERE HOT SPRINGS OPEN

Opening Hours:

Monday: 10am-5pm

Tuesday & Wednesday: Closed

Thursday: 10am-5pm

Friday: 10am-5pm

Saturday: 10am-5pm

Sunday: 10am-5pm

We extend our heartfelt thanks to the Women's Native Nursery in Gisborne! We were incredibly fortunate to receive a generous koha of over 100 native plants, including harakeke, tōtara, tī kōuka, and more. These taonga will support our restoration kaupapa and help nurture the whenua for future generations. Ka nui te mihi.

Our kaimahi recently attended a wānanga focused on plant identification and their medicinal properties, marking the beginning of a deeper journey into the world of rongoā. This learning will help us to intentionally weave the wellbeing benefits of rongoā into all aspects of our mahi moving forward.

A huge mihi to everyone who joined us at our recent wānanga at Ruawharo. It was a vibrant and fulfilling day, enriched with pūrākau, waiata, whānau connection, kōrero, hauora services, creative restoration activities, emergency planning, immunisations, and a firewood giveaway.

We're thrilled to share that the spawning habitat mats at Whangawehi are proving effective, with a healthy number of whitebait eggs recently discovered! This is a promising sign for the health of the awa and a significant milestone in our ongoing restoration efforts in partnership with DOC. Mauri ora ki te wai



GINGER SHOTS

INGREDIENTS

3 ORANGES
2 LEMONS
100GM GINGER ROOT
1 TSP TURMERIC
2 TBSP HONEY
**200ML WATER (ADD
MORE TO YOUR LIKING)**

DIRECTIONS

**PUT ALL INGREDIENTS
INTO A BLENDER**
BLEND FOR 2-3 MINS
READY TO DRINK
KEEP IN FRIDGE
**TAKE A SHOT EVERY
MORNING**

Beat the winter blues with this fiery little immunity booster!

NGĀ MATE O TE MARAMA

BLAKE, William David (Bill) QSM | 19 October 1929 - 9 May 2025

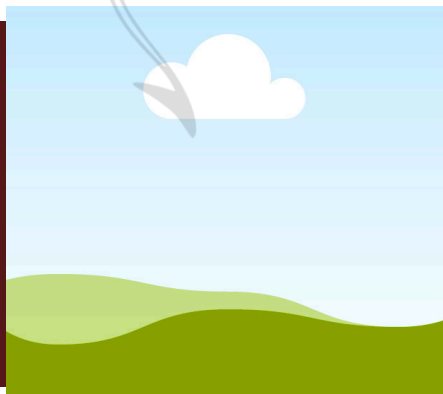
HARRISON, Daniel Sullivan (Switty) | 16 April 1952 - 12 May 2025

*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