

Crafty group sending aroha to flood-hit town

Ruth Wong

Last week we got a phone call from nanny Pauline Gloria Barber, of Waimārama Marae, wanting to know how she could give some home-made knitting and crochet gifts to our Wairoa flood-hit whānau.

Te Rauhina Knitting and Crochet is a group of eight nannies who meet every Wednesday at Whare Ora, a complex at Waimārama Marae, to enjoy one another's company and share their talents and homemaking skills.

Last month the nannies had a stall at the Waitangi Marae Matariki celebrations market day. They brought together all their knitted treasures to sell at their stall. They had some leftovers and all agreed they would donate their knitted wares to the whānau in Wairoa affected by the floods.

"This is our aroha to our whānau in Wairoa who have been hit so hard by Cyclone Gabrielle and again by the recent floods. Our hearts go out to them, and we want them to know that we are thinking of them," Barber said.

Te Rauhina Knitting and Crochet has been meeting for three years. It was initiated by nanny Piki Rauhina Winitana, the eldest nanny in the group. The purpose was to bring the group together for something to do on a Wednesday.

"This club is for anyone. We really just wanted another reason to come together and spend time with one another," Barber said.

"There's three of us that go out to Waimārama from Hastings, but we don't mind, we carpool and we go out every Wednesday, and it's nice to have something to look forward to.

"I've actually taught two of the nannies how to knit, they've really improved on their knitting skill and now one of them can knit teddy bears



Ngāti Kahungunu event manager Te Rangi Huata (left) and Environment and Natural Resources director Ngaio Tiuka holding bags full of knitted treasures, pictured with nanny Pauline Barber.

Nannies knitting for worthy cause

This is our aroha to our whānau in Wairoa who have been hit so hard by Cyclone Gabrielle and again by the recent floods.

Pauline Gloria Barber

among a number of other things they can now make."

On Friday, July 26, the knitted treasures were presented to Wairoa Taiwhenua Board chairman and iwi board member Nigel How, who received the goods with gratitude.

"We are very grateful for our Waimārama nannies for their tautoko and aroha. These gifts are heartfelt and a gesture of kindness. The gifts will go to our whānau with young children and will be well received, especially during these cooler months," he said.

"Tātou te Iwi o Ngāti Kahungunu,
kia awhina tia tātou katoa o te
Iwi o Ngāti Kahungunu"



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Graduate receives US\$25,000 scholarship

Myra Barber

Tré Barber of Ngāti Kahungunu (Ngāti Kurukuru), Ngāpuhi and Ngāi Tahu descent, was awarded the lucrative Opportunities Scholarship worth US\$25,000 for his master's degree programme in accounting this coming academic year at the University of Utah.

"At first I thought it might've been a scam" admits the 26-year old, "but when I rang the university scholarship office, they confirmed I was successful, and I was blown away."

The exclusive scholarship is awarded to one student in a master's programme, with another scholarship awarded to two students worth \$15,000 each.

The performance-based scholarship is run state-wide in Utah, supporting students who have displayed high academic achievement.

"It will be a game-changer for me and my family," says Barber. He and his wife, Lavenia, graduated from Brigham Young University in Hawai'i in May, Tré graduating "summa cum laude", indicating the highest level of achievement. Together they have a son, Tūhawaiki, and are expecting a daughter in August.

He worked in the Māori Village at the Polynesian Cultural Centre, La'ie, and secured scholarships to get his way through his bachelor's



Tré Barber with wife Lavenia and son Tūhawaiki.

Off to Utah for masters degree

degree, then the family moved to Utah so he could complete his master's.

"Doing my master's means I can be a registered accountant when we return to Aotearoa, which we plan to do

after I finish my studies."

He's keen to bring his skills back home and has already had dealings with one major accounting firm regarding employment.

"We couldn't be more proud

of Tré," says Bayden Barber,

Ngāti Kahungunu iwi chairman and Tré's father. "He is determined, dedicated and is reaping the rewards of his hard work."

When asked what the key

to his success has been, Tré said: "I always remember why I am doing it. If the why is more important than the excuses that bring you down, then you will continue to find the motivation to work hard."

Let's go to Church!

Flaxmere Christian Fellowship
220 Flaxmere Avenue, Hastings
Main Sunday Meeting - 10:00AM

The Flaxmere Christian Fellowship is a local Church which has been operating since 1980. Situated on Flaxmere Avenue it draws people from around the Hastings and Napier area. This Pentecostal Church was birthed out of the Charismatic renewal of the late 1970's.

The main meeting is every Sunday morning starting 10:00. A Bible College also operates on Sunday evenings for those serious about advancing their knowledge of the Bible. Different groups run during the weekend which cater to youth and adults. Children's Sunday school

classes run on a fortnightly basis during the Main Sunday service.

The Fellowship aims at reaching people with the Good News of Jesus Christ and the transformational power that message brings. It is

involved with different programs in the community to help bring this to pass. The Flaxmere Christian Fellowship is also a strong advocate for the Jewish People's right to exist as an independent and sovereign state on their historical ancient land in Israel.

Feel free to come and try us out!

Flaxmere Christian Fellowship - 220 Flaxmere Avenue, Hastings

Main Sunday Meeting 10.00am - Phone 06 879 5588

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Web: www.flaxmerechristianfellowship.com

Festival will celebrate all things Māori

World first in heart of Heretaunga

Ruth Wong

Toitū Te Reo, the world's first Māori language festival, will celebrate language, culture and the identity of Māori and wider New Zealand in the heart of Heretaunga, in the Hastings CBD on August 8-9.

This uplifting celebration of all things Māori will offer a

chance to taste Māori food, experience Māori culture, and to feel our national identity in a unique, welcoming environment.

Toitū Te Reo provides a platform for thousands of New Zealanders to come together and celebrate what the language means to us in Aotearoa. It will inspire, entertain, unite, challenge, excite, and activate.

Ngāti Kahungunu Iwi Incorporated (NKII) has invested years of support into the Te Reo ki Tua Symposium which has been the catalyst for Toitū Te Reo Festival which takes our learning of the reo to a whole new place. Former NKII Te Reo, Tikanga and Mātauranga Director Dr. Jeremy Tātere MacLeod is taking this festival to new heights.

The concept of a festival was initiated by te reo champion Dr Sir Timoti Kāretu quite a while ago and in 2019

plans were being made for the event to take place in 2020 at the Hawke's Bay Showgrounds where the inaugural Takitimu Festival was held in 2008. Unfortunately Covid-19 ended all plans for that and this opportunity presented itself and going to be the first Māori language festival ever. Toitū Te Reo festival will also feature free events including wānanga, a rangatahi poetry slam, food stalls, information stalls, a kōhanga reo space, a parent's retreat area, art trail, live demos, retail and street

concerts. These will be public events. It will be good to come through town on these days to purchase your specialty kai at one of the Māori kai stalls directly outside the Toitū Opera House. The market will be on the street that will be closed off during the duration of the festival. A highlight will be a ticketed all-star variety show with bi-lingual stand-up comedy, musicians and kapa haka.

Nau Mai Haere Mai Whānau, for more info go to toitutereo.co.nz/about

Te Wero support hub open

Earlier this month Ngāti Kahungunu Iwi Incorporated (NKII) and its health and wellbeing advisory group Te Tumu Whakahaere o Te Wero (Te Wero), with support from Oranga Tamariki, opened a new Te Ara Mātua Hub in Heretaunga (Hastings). This Kahungunu-led initiative aims to offer integrated support through a collective approach to addressing the disproportionate number of tamariki Māori in state care in Te Matau-a-Māui.

The hub is based at Taikura House on the same floor as the Ngāti Kahungunu Iwi Incorporated office and will provide an independent space for whānau in Heretaunga to access support from Te Wero, including care, health, home, and youth support services.

Whānau will also be offered training, development, and wānanga. By uniting community experts and stakeholders, the hub ensures early and effective responses to tamariki and whānau needs.

It has been provided as a direct response to the needs of whānau who voiced their thoughts from experiences they have had in the past.

"I acknowledge the significance of the opening and the whānau who have shared their experiences as part of Kōrero Mai, which inspired and enabled the realisation of Te Ara Mātua," Chrissie Hape, Ngāti Kahungunu Iwi Inc chief executive.

"Te Ara Mātua is a waharoa programme that allows us to take a level of ownership of the



delivery of services that support our whānau, to provide a space that allows our whānau to be nurtured and grow, to enable them to take control of their own destiny.

"In 2019, former iwi chairman Kaumātua Ngahiwi Tomoana, declared that 'Not one more child' would be taken into the Oranga

Tamariki system without our intervention. The opening of the hub is a significant shift in our ability to lead the way for our whānau"

The Te Ara Mātua Hub opening was attended by Ngāti Kahungunu whānau, their Te Ara Toiora champions and Te Wero. Special guests including Minister for Children, Hon

Ngāti Kahungunu Iwi Inc and Oranga Tamariki leaders pictured with Minister of Children, Hon. Karen Chhour.

Karen Chhour, Oranga Tamariki chief executive Chappie Te Kani, and the local community. Speeches were made by Hape, Ngāti Kahungunu Iwi Inc. Board chairman Bayden Barber, Te Kani and Chhour, each highlighting the significance of Te Ara Mātua and the journey to its realisation.

"Te Ara Mātua is our iwi partnership with Oranga Tamariki, and this is a model that's based on our tikanga, our reo, our whanaungatanga and our whakapapa with our people. We know how to manaaki, nurture and best care for our Tamariki," Barber said.

"Our whānau are at the centre of Te Ara Mātua. The space we have opened today was inspired by Kahungunu whānau, is led by Kahungunu whānau and will be used for Kahungunu whānau," Hape said.

Leslie Falls
Nephi Tupaea
Te Kira Whakamoe
Bernie Winkels

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Nephi Tupaea, *Forbidden flesh (detail)*, 2024

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AUNTY'S GARDEN

Curry warms chilly adventures

Granddaughters relish new experiences

Hanui Lawrence

I managed to take a holiday break with my granddaughter and her two girls, aged 6 and 4. We travelled to Taupō and cruised out to see the rock carvings. For the girls it was something new, being so close to deep clear waters as we enjoyed listening to the commentary by the skipper. The next day we took the duck boat in Rotorua that travelled through the Government Gardens then on to the Blue and Green Lakes and out towards the famous terraces. We could see from the road straight into the clear waters of these lakes. It was surreal yet enjoyable and another delightful experience for the girls. The commentary was interesting as we chartered our way around these lakes. Being the school holidays, many families were out and about. Our girls had their first ride on the gondolas and the luge rides down the mountain. It was a wonderful adventure for them. We stayed at Arawa Park Hotel in a family room with three double beds and all-night TV. It was fantastic. To my delight I watched *Pollyanna*, the first half of *The Sound of*

Music, The Parent Trap and *Mary Poppins*, while the girls were on their devices. Then on to Whakatāne and Ōhope Beach, where the granddaughters spent hours gathering seashells while I did what I love doing, read a book. With Ōpōtiki only about 30-odd kilometres away, we drove there and visited a couple of "opportunity shops". The next day we went to Tauranga with a short stop at Maketū and Newdicks Beach. So much beauty there and time for more shell gathering by the girls. I can't remember the last time I was at Tauranga and the Mount yet I remember the waterways and rolling hills, of course, much bigger now. The weather was kind to us with bright and sunny days, yet the mornings were chilling enough to warrant wearing our jackets most of the time. Back home to damp and drizzle. Oh well, all good things come to an end and soon spring will be here. Next month is seeding time and more activity at Aunty's Garden. My daughter made this lovely seafood dish which was delicious - shrimp with red curry. I hope you enjoy it as much as I did.



Try Aunty Hanui's red curry with shrimp.

This month's recipe
SHRIMP with RED CURRY

- Ingredients**
 Red curry paste
 Coconut cream
 2 onions
 500g of shrimps
 1 capsicum (green)
 1 carrot
 1 broccoli

Salt, pepper

Method

Saute onion in oil. Add 3/4 of a jar of curry paste and mix in (I used Valcom Thai). Add 1 1/2 to 2 cans of coconut cream. Grate broccoli, capsicum, carrots and add to the mix, bring back to simmer and serve (Any vegetable preference can be added).

Iwi joins with trust to offer scholarships

Ngāti Kahungunu iwi has partnered with the Māori Education Trust to build on a tripartite partnership to support its students. Each year since 2002, the iwi has been able to offer financial assistance to its tertiary level students' helping with educational costs. Funding for these kind of benefits to its members usually comes from the annual dividend received from its business arm, the Kahungunu Asset Holding Company (KAHC) of which NKII is the 100% shareholder. Due to financial difficulties, in 2022 NKII was unable to offer benefits to its members. Through careful planning by NKII chief executive Chrissie Hape, NKII has been able to secure other funds to be able to offer benefits to its members. Earlier this month, it paid 58 students the General Scholarship worth \$500 each and four students received the \$5000 Research Scholarship. Through our tripartite partnership with the Māori Education Trust and Tertiary Institutions, we have been able to offer \$22,000 more to supporting these students. Over half of the applicants come from Wairoa and Heretaunga which have the highest number of registered members on the NKII database. The majority of students are studying in the area of Health followed by Te Reo Māori, then Environmental studies.

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Matariki
Pleiades.

**Mānawa mai a te putanga o Matariki.
Mānawa mai a te ariki o te rangi.
Mānawa mai a te mātahi o te tau
Hail the rise of Matariki
Hail the Lord of the sky
Hail the New Year**

Matariki celebrations spark a connection

Ruth Wong Matariki Pleiades.
It signals the start of the Māori new year and is a time of commemorating the passing of loved ones, making plans for the upcoming year,
Matariki is the Māori tradition that marks the rising of the star cluster

feastings, celebrating and giving thanks for the harvest.

In June and July, Ngāti Kahungunu Iwi Incorporated (NKII) celebrated Matariki. As the third-largest iwi in Aotearoa, Ngāti Kahungunu boasts its leadership in celebrating this event since 2002. Their commitment to cultural resilience is evident through the revival of Matariki.

Iwi event manager Te Rangi Huata has been crucial in planning and organising Matariki events throughout the years and this year saw a new light develop in the eyes and hearts of those who attended different events.

"I'm really happy to see more people attending our events and participating in the rituals that help the community to more fully understand Matariki and the meanings of each Star", Huata said.

"It was good to see people join in the karakia as words were written on the large screen, and also great to see whānau join together to celebrate family time and reflection together as they joined in with the activities.

"We had a record attendance at this year's events although it rained so hard we had to cancel a couple of events, it didn't deter whānau from coming out when it fined up. Some events carried on during the rain, like in Waipukurau. It was fantastic."

Huata, who is well-known for his atmospheric vision, has been the mastermind behind all of these events. He has the ability to create an all-purpose environment for a specific kaupapa where all elements you breathe, hear, see, smell, touch and feel brings a spectacular overload that opens your soul to focus your heart and mind toward that specific kaupapa. In this case Matariki is the Kaupapa.

Matariki which has now become a public holiday for the past two years has become a popular holiday and it is now celebrated in schools, in work places, at homes, in gardens,

cooking shows and online.

"Te Rangi Huata has been at the forefront of the revival of the Matariki celebrations. He championed the cause by creating Matariki events that unite Ngāti Kahungunu and all tribes of the nation. Te Rangi Huata is a trail blazer, driven by an unmatched passion to deliver events that change people's lives," said professor Rangi Matamua, astronomer and author of the best-selling book Matariki: The Star of the Year.

Ngāti Kahungunu Iwi Incorporated wishes you all a Happy New Year.

Mānawatia a Matariki

THE 9 STARS EXPLAINED

Matariki

Matariki refers to both the star cluster as a whole and a specific star, which signifies reflection, hope, our connection to the environment and the health and wellbeing of people.

Pōhutukawa

Pōhutukawa is the star that serves as a reminder of those who have passed on, encouraging us to take the time to remember them and acknowledge their impact on our lives.

Tupuānuku

Tupuānuku ("tupu" means 'to grow' and "nuku" is the shortened version of "Papatuanuku" meaning 'Earth') is the star connected with everything that grows in the ground to be harvested or gathered for food.

Tupuārangi

Tupuārangi is the star associated with food sources that come from the sky, such as birds, or fruit and berries from trees.

Waiti

Waiti is connected with all freshwater bodies and the food sources sustained by those waters. Waiti watches over freshwater environments

EVENTS

The free community Matariki events organised by Ngāti Kahungunu included:

- **Kapa Haka Performances:** Traditional song and dance celebrating heritage.
- **Live Bands and hip hop crews:** Infusing energy and rhythm into the festivities.
- **Waka Maemae Aroha Lanterns:** Floating symbols of remembrance and hope.
- **Hautapu Ceremonies:** Feeding the stars pre-dawn ceremonies
- **Mahuika Purakau Fire Gatherings:** Stories around the warmth of beach fires.
- **Fireworks:** Skies light up with vibrant colours and ignite hope, energy, unity, a celestial shared experience - a fusion of past, present, and future bundled into a moment of visual delight.
- **Light Displays:** A wonderland of joyful feelings, expressing peace, joy, togetherness.

such as awa (rivers), roto (lakes), kükūwai (wetlands), and waipuna (springs).

Waitā

Waitā represents the ocean and the seafood that can be harvested from it. This star encourages us to respect our coasts, oceans and marine life.

Waipuna-Ā-Rangi

Waipuna-ā-Rangi is connected with rain, hail and snow.

Ururangi

Ururangi is connected with the various winds.

Hiwa-i-te-Rangi

Hiwa-i-te-Rangi is a wishing star, helping us to realise our hopes and aspirations for the coming year.

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**KIA HAUMARU
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**KIA ATAWHAI
BE KIND**



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PROTECT YOU, PROTECT YOURS, PROTECT US

Rangatahi learn value to sleep in health

Programme designed to aid mental wellbeing

Pakaru Pānui

In today's fast-paced, digitally connected world, sleep often takes a backseat in the lives of us youth.

With the pressures of school, social media and extracurricular activities filling every spare moment, the importance of a good night's sleep is frequently overlooked.

Yet, the consequences of chronic sleep deprivation extend far beyond tiredness. Research shows a troubling link between lack of sleep and escalating mental distress among young people. This article delves into the sleep crisis facing our youth, exploring how insufficient rest is fueling anxiety, depression, and other mental health challenges. Join us as we uncover the critical need for prioritising sleep and emerging tools to safeguard the mental wellbeing of the next generation.

Sleep is crucial for emotional regulation and lack of it will therefore have a significant impact on your mental wellbeing. Research shows that sleep deprivation increases the risk of anxiety and depression and it can also make existing mental health conditions worse. You may also be more prone to negative



emotions like anger and irritability. When you're tired, it's also harder to concentrate and make decisions, which can cause stress and irrational decision making. Over time, lack of sleep can lead to chronic stress, which can negatively affect mental and physical health. If you are struggling with mental health issues, it's important to prioritise sleep. Not getting

enough sleep also has potential physical health consequences such as weakened immune system, weight gain, and an increased risk of chronic diseases such as diabetes and heart disease. Sleep plays an important role in the body's ability to heal and repair itself, so a lack of sleep can slow down the healing process after an injury or illness. Sleep plays an

important role in spiritual health as well. When you don't get enough sleep, it can be harder to connect with your inner self and practice mindfulness. Overall, getting enough sleep is important for your entire health so prioritising sleep as part of your overall wellness routine is important.

The rangatahi in our leadership development

Rangatahi in a leadership course participated in a series of wānanga as part of the 'Kia Au, Ko Au' programme.

programme participated in a series of wānanga as part of the 'Kia Au, Ko Au' programme. 'Kia Au, Ko Au' educated rangatahi and tamariki on indigenous ways of calming the mind, settling the spirit and relaxing into a deep sleep, combating anxiety and overstimulation while developing tools to be shared with whānau, hapū, and iwi. We learnt about the importance of sleep as well as tools on how to improve sleep such as mindfulness, change in diet and putting the phone down. One of the ancient tools we took an interest in was oriori. Oriori are traditional Māori chants used to help put babies to sleep. It can be compared to lullabies. The project concluded with the recording of an audiobook of the oriori, waiata, karakia, kaumātua affirmations and pūrākau retold from the perspective of our tamariki and rangatahi.

Coming up this August during a four-day rangatahi wellbeing wānanga, rangatahi from Kahungunu will be the first to listen to our rangatahi audiobook 'Kia Au, Ko Au'. The wānanga will also teach rangatahi different tools for improving sleep including Dr Sally Rye's 'Rongo ā puku' exercises, traditional oriori, meditation, sound therapy etc.

Our audiobook will be available on various platforms, including YouTube and our website: toimatarua.com, for whanau to use as a tool for healing and better sleep.

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Ngāti Kahungunu Iwi
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OUR OBJECTIVES

- Ngāti Kahungunu - Culturally Strong
- Ngāti Kahungunu - Healthy and Vibrant Whānau
- Ngāti Kahungunu - Economically Strong
- Ngāti Kahungunu - Informed and Participating Citizens in the World
- Ngāti Kahungunu - Independent and Self Determined
- Ngāti Kahungunu - Healthy, Thriving and Sustainable Environment
- Ngāti Kahungunu - Making our Mark

OUR VISION

“Kahungunu - ki te whaiao, ki te ao mārama”
Achieving excellence in all areas of our lives

OUR MISSION

Kia maumahara ki te mana āhua ake o Ngāti Kahungunu
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