On Wednesday 22 July 2009, we farewelled a beautiful, inspirational, hard working and loving wahine who has always been there for everyone. She always had a “boil up” ready to feed us, either at her own home or at our Te Rau Puawai hui. She also taught our students how to manaaki and the importance of balancing academic and cultural values.

Jude, you have been a wonderful whāngai mother and friend to more than 200 TRP students. You will be dearly missed by students and staff of TRP and Te Pūtahi a Toi.

Pō rua mai ka whakaoma atu ngā mātua, taokete o tētahi o ngā tauira o Te Rau Puawai a JJ, me te whāea o Joan Bowden. Moe mai kōrua, koutou katoa i raro o ngā manaakitanga o to tā-tau kaihanga.
Graduation is over now on all campuses and there will be some fabulous photos in this issue celebrating your successes. Success comes from hard mahi and in many cases this could not have been done without the help of whanau, friends, TRP, lecturers and tutors. They would have been so proud of you all as you walked across the stage to receive your tohu. The posthumous tohu presented to Taumata Maunsell-Petersen was especially poignant. Each campus’ graduation has it’s own unique flavour.

Ngā mihi ki a koutou ngā ākonga kua whakapotaetia ki Manawatu me Poneke i tērā marama
I've Finally Graduated

Well, I feel a great sense of relief; the greatest achievement is completing my Master’s degree and walking across the stage at the Regent Theatre for a minute of fame. It’s so rewarding and a great way to celebrate all the hard work. Even though I just made it to the finishing line... the main point is achieving your goal and not to give up. Here are some tips I would like to share, that helped me:

- Persevere and complete your assignments. If you get a B or C mark don’t worry that is a pass and if you get a D mark just resubmit if you have to and learn from this.
- Don’t procrastinate, get cracking as soon as possible, read in advance, take notes, call on your mentor; keep in contact with Te Rau Puawai phone team, whānau and friends.
- Before you realise it you would have whipped up an A+ assignment (yeah I wish I followed my own advice, but I had to go through the experience to learn from it).
- Don’t take on too many duties, say NO and keep focused on your goal.

Good luck to you all with your studies.

Merle

Congratulations Ani

First of all I would like to thank the entire roopu of Te Rau Puawai who have helped me in many ways over the last few years to achieve my personal goals and my academic goal of gaining the Bachelor of Arts in Psychology and Māori Studies (too many to mention). My first experience of Te Rau Puawai was in the van on the way down to the Headstart hui from Gisborne with some of my Ngati Porou whānau in 2006. It has been a privilege to be a part of the Te Rau Puawai whānau and to cross paths with others in their journeys e whai ana i te mātauranga. One of the greatest supports for me during my journey was the Māori psychology whānau on the Palmerston North campus. A Māori study space, tutorials, and semester powhiri, that included Māori and non-Māori psychology staff, provided my co-students and I with tuakana-teina relationships that were instrumental in improving our academic grades as well as our confidence and self-esteem. It broke down many hierarchal barriers with academic lecturers and tutors to make us feel like we were on the same level. In other words, we were playing on the same team instead of playing against them, as it can sometimes feel like. No reira he ngā mihi maioha ki te kūia Ephra Garrett e moe i te moe roa, nāhau i para i te huarahi mo tātou.

I am currently pursuing a Postgraduate Diploma in Education (Māori Education) and living with my new husband Leland Ruwhiu (Jnr) and we are waiting for the arrival of our first-born later this year.

Ngā mihi,

Ani Ruwhiu (nee Cumming)
Ngāti Raukawa ki te Tonga, Ngāti Toarangatira, Ngā Rauru, Te Ati Awa

Kaumatua

Whāia te iti kahurangi, ki te tuohu koe he maunga teitei.

Strive for the highest pinnacle, and let it be only the most impossible feats that hinder you.
Kia ora whānau ~ It has been a pleasure meeting with many of the psychology whānau this semester, and watching the progress of you all as you tackled those assignments, and studied hard for your exams. I have no doubt you would have all done very well, and made your whānau and friends proud. You are now a step closer to realising your desire to complete your chosen qualification.

At times this dream can be difficult, and there can be many challenges along the way that make us question whether we are doing the right thing and whether university study is for us. Despite the challenges and difficulties, you will also experience many highs and benefits throughout the course of your studies, and it is these that will keep you going and motivate you to reach that goal of walking across stage to receive your qualification.

I know first hand the perils of studying! I’ve been studying for the past 11 years, and only recently submitted my PhD – which took four years to complete. At times the journey was a little strenuous and I had moments where I wanted to give up. But, despite these, my journey to PhD-hood has been overwhelmingly enjoyable, achievable, and beneficial, and no doubt there will be many positive consequences that come from it. So, in those hard times when you might be feeling like you have had enough, it is important to bear in mind that sticking to your goals and maintaining motivation, does pay off in the end.

Kia kaha whānau, and best of luck for this semester. ~ Ngā mihi mahana, Tash
From the Boardroom

In May over 1300 students graduated at one of the Massey ceremonies. Of the 1300 just over 300 students were Maori, well done to you all! Graduation, is an opportunity for the board and staff to further acknowledge the hard work, perseverance and dedication you have shown to get where you are today. Fifty years ago there were very few qualified Māori, and you could count them on one hand, now we need a calculator. The next fifty years will be the challenge of today’s generation to continue the drive for higher education and we are sure some of you may be watching from the stage.

The learning conferences were a success, particularly as you were able to really think about who you are, how you view whānau, hapū, and iwi, how you fit and how the characteristics are integrated into your practice as a Māori mental health worker.

Good luck for semester two, continue to be committed and hopefully by the next newsletter the board will know what is happening with the TRP contract which finishes at the end of this year.

Kia Kaha ~ TRP Board

Helping Hand

Every semester the Board receives updates on your progress, not just how you are achieving academically, but your overall commitment to the programme. As part of receiving the financial, academic, mentoring and learning supports, which were paid by Te Rau Puawai and funded by the Ministry of Health, you as bursars sign and agree to the terms and conditions. Sometimes we are not able to keep up with the fortnightly contact due to other commitments, however not keeping in contact at all is even more detrimental to yourself and your overall advancement.

Reading about your progress reminds us of what study was like when we first started out. We did not have the support you do via TRP. Your stories in the newsletter motivates us to ensure you complete a qualification.

However if you do not make contact with the team, provide honest feedback on your studies, and discuss any challenges that would hinder your progress, then it is highly likely that TRP may not be able to continue to support you to complete a qualification and will ultimately seek reimbursement.

SO IT IS UP TO YOU TO:

⇒ DIG DEEP
⇒ GIVE IT ALL YOU’VE GOT; &
⇒ TOGETHER WE CAN ACHIEVE ANY-THING.

Kauaka mā te waewae tūtuki, engari mā te upoko pakaru

It is not by luck, but by steadfastness/persistence
Moni’s Korero

In the last couple of months we have been buzzing with graduations and an awesome learning conference. Every year we look forward to celebrating with you and your whānau. You have done the hard work to complete a qualification; we (TRP) are just one of many spokes in the wheel that helps get you there. While times may be tough, and a few excuses start appearing, just to see the smile on your face and your whānau has been all worthwhile. Congratulations graduates well done on your achievements.

Having the opportunity to brainstorm with such awesome minds, enabled all of us to critique ourselves and how this influences our practice from a Māori worldview. It certainly challenged my critical thinking and hopefully your own.

Enjoy your studies this semester, and don’t get stressed, take some time out if you need to, but not too long, because you still need to complete your assignments. ~ Moni

Study Tips from the Whanau

1. Rest your brain before trying to read a new topic for the first time.
2. If you don’t want Fee, Byron, Laura or Moni chasing you then ring in at least every two weeks.
3. Plan your study time in advance so that you fit in the rugby finals or even Homai te Paki Paki.
4. Ring Sheeanda extn 2121 or Spencer at the library, this saves you heaps of headaches trying to find a book or article. Particularly if you are like me, don’t know what you are doing and have a korere takorohiko, and still on dial up.
5. The TRP team are not qualified counsellors, but if you have a non study related problem, give them a ring as they are great listeners and Moni is not that scary over the phone.

Taxi shuttle service

Whānau - don’t forget if you are extramural students and have contact courses, you will receive a free shuttle voucher to assist you from the airport to the University or vice versa, regardless if you are attending your contact course in Albany, Palmerston North, Wellington or Christchurch. If you lose your voucher contact the EXMSS office 0508 439 677. To book your shuttle— you don’t ring TRP, you need to ring 0800 shuttle or can book on line http://www.shupershuttle.co.nz. Note TRP will only reimburse or provide a taxi voucher for a one way journey because you have access to the EXMSS voucher.
Kia ora whānau

I have been enjoying my new extended role and extra hours. It has been great to get to know many more of you, I appreciate all of your patience as I have been learning the ropes!

I was lucky enough to be involved with and attend the Maori graduation ceremony in Palmerston North this year. It was fantastic and hugely motivating. It was amazing to see so many of you graduating – congratulations! I found it really inspiring and look forward to my next turn walking across the stage! I also wish you all the best with your own endeavours to end your academic journeys with one or maybe more walks across the stage yourselves!!

By the time you are reading this we will have had the mid-year hui and I am sure I would have had a great time getting to know you all even better. I hope exams treated you all well and you enjoyed a break from studies following these. For those of you that are thesis writing or didn’t have exams I hope everything is continuing to go well for you too.

As always, please don’t hesitate to contact me if I can do anything to help!

All the best ~ Laura

Phone Team Korero

Kia ora whānau,

I hope you are keeping healthy and well over these cooler months. Things are ticking along at phone team and we should be into Semester 2 by the time this goes to print, so hopefully you will have had some refreshing and relaxing time over the break and reconnected with the TRP whānau at the mid-year hui. Just a reminder that you need to touch base with the phone team fortnightly and if we don’t hear from you, we will eventually track you down and find out how your study is progressing. So put us on your “to do” list whānau!! 3rd and 4th year social work students will be off on placements at this time of the year. Remember this continues to be a time of learning for you and make good use of your supervision times. If things don’t go well do get in touch with the Placement Co-ordinator so that issues can be worked through. Most people have positive experiences and it is setting you up as you become a beginning practitioner. Look, listen and learn.

I look forward to catching up with the undergrad social work students over this semester. I thought I would include a little photo of my moko - Noah - who is now 8 months old and growing and thriving well (Whaea Val had a picture of her moko last Nga Moemoea so thought it was my turn this time!). Anyway take care, keep warm and study studiously,

Arohanui, Ange & Moko Noah

Byron

Kia ora e te whanau,

Hope you are keeping healthy and well over these cooler months. Things are ticking along at phone team and we should be into Semester 2 by the time this goes to print, so hopefully you will have had some refreshing and relaxing time over the break and reconnected with the TRP whānau at the mid-year hui. Just a reminder that you need to touch base with the phone team fortnightly and if we don’t hear from you, we will eventually track you down and find out how your study is progressing. So put us on your “to do” list whānau!! 3rd and 4th year social work students will be off on placements at this time of the year. Remember this continues to be a time of learning for you and make good use of your supervision times. If things don’t go well do get in touch with the Placement Co-ordinator so that issues can be worked through. Most people have positive experiences and it is setting you up as you become a beginning practitioner. Look, listen and learn.

I look forward to catching up with the undergrad social work students over this semester. I thought I would include a little photo of my moko - Noah - who is now 8 months old and growing and thriving well (Whaea Val had a picture of her moko last Nga Moemoea so thought it was my turn this time!). Anyway take care, keep warm and study studiously,

Arohanui, Ange & Moko Noah

Kia Ora Whanau

Ange is my Nan. She enjoys talking to you all. I am going to go to Uni
Matariki this year is celebrated at Massey by the Paerangi Lecture Series. Professor Mason Durie gave three lectures on each of the Massey campuses: Palmerston North Wednesday 24th June 7pm, Albany Tuesday 7th July 1pm and Wellington 14th July 7pm.

The Undergraduate and Postgraduate Learning hui were a success once again and it was great to catch up with everyone. I hope you all enjoyed the workshops and gained some useful information from them.

Thanks to all the presenters, the ringawera who kept us all well fed and Moni and her team for their superb organisation. Thanks to Spencer Lilley and Sheeanda Field who are at all our hui passing on their library skills to us students. Kia ora mo to tautoko.

Now we move into a new semester with new papers, lecturers and new learning. Apply yourselves well and manage your time and you’ll have more success and before you know it you’ll have achieved your tohu and be another TRP student walking across the stage.

Kia kaha whānau, ~ Whaea Val
Tēnā hoki tātou me te ia o te tai e kawe atu ana i ō tātou tini mate ki te ripa ārai o paerangi. E mahara tonu ana ki tērā o tātou ki a Taumata, otirä, ki ngā waka whakairoiro katoa – kei te hunga taringa pōhoi, e okioki atu, whoatu, haere.

Kāti ake, ko rātou mā ēra ko te hunga wairua ki a rātou, ko tātou mā ēnei te oranga tonutanga a rātou mā, tihewa mauri ora.

To the team at TRP, to our fellow partners, and of course, to the recipients. It was absolutely marvellous to be present at the Māori graduation ceremony to witness so many Māori walking across the stage, and in particular, those who were bursars of TRP. It will be great to see many more TRP names added to the list in future.

Some may recall our presentation to the 2008 TRP mid-year conference where we informed of the development of our Māori Mental Health Co-ordinator position. MPHO is delighted to report that this position has been contracted to Best Care Whakapai Hauora, the health and wellbeing arm of our Iwi partner Rangitāne o Manawatū. We are equally thrilled to inform that this position was filled by Lisa Allen, a previous bursar of the TRP scholarship.

Our MPHO - TRP bursar informs us that whilst the first semester has been an arduous and onerous one, she is extremely grateful for the support and encouragement provided by the extended family of TRP – our gratitude to you all. Always remember that no matter what your lips are doing, your teeth are always smiling – kia kaha koutou, kia toa!

Heoti e hoa mā, kia piata ngā whetū o Matariki ki runga ki a koutou i tēnei wāhanga o te tau.

Me ngā matihere, Tawhiti Kunati, (Māori Liaison Manager, MPHO)

A huge thank you to all our photographers (Papa Bill’s daughter Raiha, Rachel’s potiki, Baby girl and Whaea Lor’s son Mana) for the awesome photo’s taken during our hui. Well Done!
Trip Down Memory Lane
Trip Down Memory Lane