On January 8, 2009 we farewelled an inspiring committed and dedicated student and staff member.

Taumata Maunsell Petersen of Ngāti Awa, Tuhoe and Ngāti Porou passed away on January 5 at her home in Whakatane at age 47.

A mother of six who had worked in various Māori mental health positions, decided to embark on gaining a BA Māori and Psychology to prove to her employers she could do it.

She left her husband and children in Whakatane and moved to Palmerston North with her cousin and in 2005 she completed her degree and enrolled in her Masters.

At the Albany graduation on April 24, 2009 at 2.30pm at the Bruce Mason Centre, Takapuna, Taumata’s whānau will be awarded on her behalf, the Postgraduate Diploma in Arts – Posthumously.

The whānau will also attend the Albany Māori graduation at 9.30am on April 24 at the Bruce Mason Centre.

Ka huri ake ki ngā maimai aroha, kit e hunga kātahi nei ka whiti atu ka tua o te āraia. Ka rere ngā maiho a Te Rau Puwai a koe Hingatu Thompson, i hinga nei tō whaea, ki a Lorraine Eade, i mate ohorer nei tō tama, ki a koe Tiowaana Harrington, i ngaro nei tō pepi, tae atu hoki ki a koe Koka Julia Taiapa kua mate nei tō tuakana.

E tangi āwai nei ngakau, e tangi hotu ana te manawa, nō reira haere, haere, haere atu rā.
Ngā mihi nui kia koutou te whānau o Te Rau Puawai

The decade symposium was an opportunity to reflect and look at the next 10 years of Māori health care. Ten years on we have seen over 200 graduates, the majority of whom have attained undergraduate qualifications, 35 have master’s degrees, two have graduated with PhDs and eight are practising as psychologists. The whānau philosophy of TRP has pioneered a new learning approach to support students who may be considered high risk because of extramural, part-time studies, combined with balancing work, whānau and other commitments.

The future investment of the Māori health workforce is to meet new challenges such as the integration of cultural and clinical, indigenous knowledge and health science, how to marry primary and secondary care and how to integrate mental health care within other sectors. A workforce that can effectively integrate these challenges can lead to healthy whānau so they can ultimately manage their own health.

Your studies will contribute and sustain a Māori health workforce that is able to address some of these future challenges. On that note, study hard, contact the TRP team - whānau, mentors and kaumatua - if you are struggling or want to share what you have learned.

All the best,
Kia kaha.
Mason

Kia ora whānau

We did not have a great start to the year with the passing of Taumata, Lor Eade’s son, Hingatu Thompson’s (Board member) mother and Koka Julia’s sister. Our thoughts are with ngā whānau at this time of sadness.

TRP Chair  Prof. Mason Durie

Celebrating 10 years of your success and the continued support from key stakeholders has seen TRP evolve into a programme that provides motivation and encouragement for Māori who think they can’t do it, and instead shows them that YOU CAN DO IT.

The YOU CAN DO IT mentality has lead to a stronger Māori mental health workforce and the decade symposium is an indication of what contribution you have made and an opportunity to look at future investment in the Māori mental health workforce. The link to the symposium presentation will be sent to all whānau shortly and can be used as a reference for your assignments.

It is a busy year for everyone, so use the resources you were provided at the hui, pick up the phone, or email us if you do not understand or know what you are doing. Take advantage of the supports on the various campuses and don’t forget to READ ALL THE INFORMATION YOU ARE SENT.

Good luck and we will catch up with you all during the semester.
Moni

Kia ora everyone

It was fantastic to see everyone at the Hui in February, I didn’t get a chance to catch up with you all but hope to do so throughout the year.

Contact Course Travel

- To access your travel bursary, please email me your paper number, course dates/times, where from/to, date/time of travel, if accommodation is necessary.

- If flights are booked and then changed a fee will be incurred and this will not be covered by TRP.

- Travel bursary is a contribution, be frugal with it. If you use all your funds you will need to cover the rest yourself.

Nga mihi, Jo

Administration
Tena koutou
He mihi tenei ki a koutou mo nga whakaritenga tino pai o to tatou hui. Ko koe ra tena Moni, kei te mihi.
Aroha mai te whanau, kei te mokemoke tonu au ki to tatou tino hoa ki a Taumata. Hoi ano, ma te wa.
Ahakoa kahore a Papa Huatahi i tae tinana mai ki to tatou hui. Ko tona wairua i reira, e tuitui haere ana ia tatou, kei te mihi.
Anei nga tuhinga korero:
He honore, he kororia ki Te Atua. Maungarongo ki te whenua. Whakaaro pai rawa ki nga tangata katoa.
Kei te mihi, kei te mihi, tu tonu mai.
Anei ra ratou, Ko Maatua Hori Kingi, Ko Maatua Wi Tariana, Ko Maatua Bill Blane.
Ka tuku atu nga roimata ki Te Whaia Taumata, tangihia, tangihia. Takoto mai i rito o nga ringa o Te Ariki. Moe mai ra, moe mai ra, ka nui te aroha.
E kore rawa koe e warewarengia, i rito nga rau rakau o Te Rau Puawai.
Whakatau atu koe ki te rerenga wairua.
Arohanui na matou nga Kaumatua o Te Rau Puawai.

Te Rau Puawai Whanau
Tena Koe Meihanga, e te rangatira me te poari o Te Rau Puawai, mo to kaha, me te kaha o te poari hoki. Ki te arahia tenei taonga whakahirahira kua eke nei ki te tekau tau te pakari. Kia koe e te rangatira kia koutou katoa o te poari tena koutou katoa.

Tenei waa, kia mihi ki o tatou hunga mate puta noa te motu. Kia Taumata, tetahi o tatou tamahine kua wheturangihia e te putiputipu, e te tamahine purotu, moe mai, moe mai ra, i rito i nga ringaringa atawhai o to tatou matua ki te rangi, moe mai, moe mai ra. Tatai hono koutou te hunga mate kia koutou, tatai hono tatou te hunga ora kia koutou. Tena Koutou e nga mawaka o te motu, tena koutou, tena tatou katoa.

Ki to tatou kuia rangatira, whaea Pani tena koe, me papa Turoa to korua kaha ki te popuri i te mana, te ihi, te wehi, mo to korua arahi, manaaki koe hoki te reo, tikanga, te kawa o Te Rau Puawai, tino whakahirahira. Ahakoa tenei o korua kahore i tae atu a tinana engari i kon a wairua. Tino nui te aroha kia korua, ara, kia koutou katoa ra. Tena hoki korua mo ta korua manaaki i tatatou tamahine i a Monica (Moni) ara me nga tauira katoa.

E te tamahine Monica te whanau o te Rau Puawai, mo to hapai, nga mahi katoa e pana ki te hui tekau o Te Rau Puawai. E oti pai ai nga mahi i runga i te rangimarie me te hari, no reira kei te koa i rongo i atu nga korero pai o to tatou hui, mai te katoa. Ko te wawata kia tino haere tonu nga moemoea mai te timatanga o tenei taonga whakahirahira mo ake tonu atu.

Ki nga tauira katoa, koutou katahi ano ka timata, ki te taha o ratou, kua timata atu noa, kia kaha, kia toa, kia manawanu, nga waa katoa. Koutou e arahi hei i te iwi Maori mo nga ra kei mua. Hei whakaoti ake i enei korero he whakataukia potopoto.

“Whaia te iti kahurangi” “Strive to your highest goal” for yourself, whanau, hapuu, iwi.
Mai nga moemoea (Haratua 2008)

He tauira mo tatou katoa, mai a whaea Ephra Garrett “education is a taonga, a treasure and my greatest pleasure has been passing on knowledge and being part of an education enterprise that involves students.”
Tiaho mai ra te whaea.

Arohanui kia koutou katoa

Naku noa
Papa Huatahi

Papa Huatahi, Kui Pani, Papa Turoa
Greetings

Congratulations TRP whanau, on concocting an awe-inspiring head start Hui.

For those who are not familiar with where my office is situated - Te Puawaitanga, 3.26 (Massey University Psychology Department) - Level 3 North Shore Library Building, Albany Village.

Office Hours Monday /Tuesday /Wednesday /Friday: 9am – 3pm, Thursday: 2pm – 8.30pm, phone extension 41521 or ring 0800 PUAWAI and ask Jo to put you through.

If you need a quiet place to revise /study /assignment-essay compilation /chat /cuppa et cetera, et cetera, call in, there’s a spare computer, internet, printer and great facilities.

Will I Survive?

Yes you will. University is like any other period in life: filled with ups and downs. Not everything can nor be should be "fun" but if you study what you're interested in and find ways of inserting your own ideas, while at the same time learning something new on the way, university life can actually become a meaningful experience that you'll remember long after it's over.

Create and be active as long as you feel idealistic. Academia is a huge bubble world for many but by penetrating those illusions in your daily life and in effect demonstrating that an alternative path is available, you will inspire others to do the same, all the best for the coming semester.

Byron
Albany Support Tutor

Ko Taiarahia te maunga
Ko Ohinemataroa te awa
Ko Waikirikiri me Ohotu nga marae
Ko Hamua me Te Whanau
Pani nga hapu
Ko Tūhoe me Te Whakatōhea nga iwi

Kia ora anō tātau katoa

My name is Kawata Teepa and I reside in Rotorua. I am a support tutor for Te Rau Puawai. I will be focusing te reo Māori and tikanga disciplines.

I am also taking care of the Partnership students.

Currently we have the following scholarship partners:

Te Pou Ora o te Piringatahi Scholarship - offered through six Primary Health Organisation’s in the far north. Recipients: Angela Guest, Ngaire Hart, Keith Morrison.

Takutai Wikiriwhi Scholarship - offered through Auckland District Health Board Māori Mental Health Service. Recipient: Leanne Hall.

Raniera Kirkwood Scholarship - offered through Counties Manukau District Health Board. Recipient: Maitera Tutahi.

Whakatohea Iwi Social and Health Services recipient: Hiria Allison.

Ngāti Porou Hauora recipients: Maria Tamepo, Thelma Harrison.

Manawaroatanga Scholarship - offered through Manawatū Primary Health Organisation. Recipient: Shar- ron Smith.


Kawata
Partnership Liason/Support Tutor
What an awesome hui we had to celebrate Te Rau Puawai’s 10th year. The whakawhanaungatanga on the first day was over in record time thanks to Papa Turoa and that was with a record number of students. Well done! That was followed by an impromptu fun afternoon of team games and waiata. I never fail to be amazed by what we come up with and there’s such great talent in our ranks.

The second day was the celebration itself. The symposium with an excellent array of speakers in the afternoon and a superb dinner at night even if it was a bit windy and cold in the marquee and on the way to the wharepaku!

Thanks must go again to Moni and her team, the Board, the kaumatua, the speakers, the cooks, the mentors and everyone else who did their bit towards the success of this hui. Ka mau te wehi!

I would like to introduce myself for the benefit of the new students. I am the phone team mentor for the postgraduate psychology students again this year. I am completing my Masters thesis this year in the School of Psychology on Māori Women Who Legally Adopted Children in the ‘Closed Adoption’ Period.

I’ve been a very grateful TRP bursar since 2003. I’m also a mother of three and a nanny of six. My iwi are Ngāti Raukawa ki te Tonga, Rangitāne and Muaupoko and I am from Foxton but living in Palmerston North. (I was especially pleased to see some more locals on the programme this year).

As I write this it is the first day of the first week of the semester and things have been buzzing up in the School of Psychology with the first postgraduate block course of the year attended by some of our TRP bursars. It is so exciting to see so many Māori postgraduate students this year. Keep it coming!

For new students it is sometimes difficult settling in to a new environment and finding your way around and learning about papers, where to go and sorting out labs and things. Hang in there, you’ll soon have it sussed with the help of everybody who has been there before you and the unique supports that TRP offer you such as support tutors, phone team mentors, academic mentors and the hui.

I’m looking forward to speaking to the postgraduate psychology whānau on Thursday nights and getting to
know the new ones.

Kia kaha,

Whaea Val
Postgraduate Psychology Phone Team

Kia ora whānau

I’m Laura, the phone team tutor for undergraduate psychology students. I’m Tainui, Ngāti Whanuanga and Ngāti Paoa. I was born in Wanganui and moved around a lot with my family but still think of Wanganui as home. I am doing the Doctorate of Clinical Psychology and am in my second year of that, I will be an intern next year and hoping to eventually work in private practise specialising in working with children. After this I would also like to lecture in psychology and maybe even give primary teaching a go!

It was great to meet all of you at the hui. You are all fantastic people with huge potential!! I wish you all every success with your studies and hope you can find motivation when you need it. It’s not always easy though and hopefully you will find you can call us on phone team or make contact with other students, Fee, Moni or Jo when you need some help and support. That is what we are here for!!

To all of my old psych undergrads I look forward to hearing from you again this year and being involved in your studies. I wish those of you who now have Whaea Val as your phone team tutor continued success and enjoyment of studying psychology (I hope to still hear from some of you too though!). To the new students, I am looking forward to getting to know you and helping you in any way I can. Remember to call me once every fortnight!

All the best for 2009 everyone!!

Laura
Undergraduate Psychology Phone Team

Kia ora e te whanau o Te Rau Puawai,

Ngā mihi aroha ki a koutou mo te tau 2009.

Hey warm blessings to you all in your studies for this year and apologies for not being able to meet with you at the Headstart Hui – life throws us interesting challenges from time to time and I have been busy supporting my own extended whānau. I hope the hui enthused you all to do well and start the academic year ahead of your game, and also to make connections with each other.

I remember when I first started studying when I was 39 years old and how scary and overwhelming it was – not just the university campus but the studying!!! However, here I am many years later and going to be doing some postgraduate study myself so let’s hope I keep on top of my game too.

For the new whānau who don’t know me, I am a family worker at Te Aroha Noa Community Services in Highbury, Palmerston North. I’ve been doing this mahi for three years. I have two beautiful girls and one delightful, big moko who is 5 months old now. I look forward to touching base with the undergrad social work whānau over the next few weeks and don’t forget to ring in on a Thursday night.

Stay happy and healthy,

nā Ange
Undergraduate Social Work Phone Team

Don’t forget to ring into the phone team at least once a fortnight

0800 PUAWAI (782 924)
Te Rau Puawai students from Northland to Invercargill were welcomed to Te Putahi-a-Toi on February 12 for the 2009 Headstart Hui by warm weather and warm greetings. Although the weather was not to last, the whakawhanaungatanga experienced throughout the hui was a credit to all those involved. This combined with the contributions from our expert presenters from the Māori Mental Health Workforce and excellent kai provided by our cooks from Taumata o Te Ra Marae, ensured that our 10 year anniversary hui was a major success.

After the pōwhiri and the first of many delicious feeds, Moni gave an overview of the programme. She went over what assistance the scholarship offers, the responsibilities of busars and highlighted the Māori concepts such as awhi, manaaki, aroha and tautoko used by Te Rau Puawai that have been integral to the programme’s achievements.

Sadly, Papa Huatahi was unable to join us at this hui but Papa Turoa took over the mantle and began our whakawhanaungatanga session in which we heard from 120 plus staff and students mihi. It was fantastic to hear everyone’s stories, about their whānau, mahi and what prompted them to study – particularly in the area of Māori Mental Health. After gaining a deeper understanding of fellow tauira, some found they had whanaunga on the programme they did not know about.

Following the whakawhanaungatanga session, students were put into groups based on their rohe and given a quiz to answer. We have some talented people on the programme and the skits and waiata that came out of that session had everyone in really good spirits with frequent eruptions of laughter coming from the runanga room.

The evening’s plan was for a group photo and a tour of the campus but the incessant rain put an end to that so there was more free time for everyone to get to know each other and meet with some of the tutors to go over study queries.

Friday morning saw students split into discipline specific workshops where they were able to benefit from the expertise of lecturers and senior students in their particular field of study. Many thanks again to all those who gave their time to present, it is always appreciated.

Due to the 10 year anniversary of Te Rau Puawai, this year’s Headstart Hui agenda was slightly different and our decade symposium was held after lunch in the Japan Lecture Theatre. Facilitated by Professor Tai Black, the afternoon’s symposium was an excellent platform to illustrate the development of Māori Mental Health from clinical, service delivery and primary health care policy perspectives.
Thank you to Prof. Mason Durie for his kōrero on “An Investment in Māori Futures” and also to Maureen and John Emery, Riki Nia Nia, Dr Sarah Dwyer, Kahu McClintock and Dr Janice Wilson who presented at the symposium.

The Massey Sport and Rugby Institute provided the venue for our hakari that evening, unfortunately again the weather was not kind to us but didn’t stop everyone from enjoying the amazing kai and having a good time. Thanks to Hori Kingi (Tai #2), Prof. Tai Black, Wheturangi Walsh-Tapiata and Matua Takutai Wikiriwhi for their kōrero throughout the evening. Huge thanks to Kim Rongonui for all her mahi in organising this special event. Thank you also to Prof. Susan Mumm, recent appointee to Pro-Vice Chancellor of the College of Humanities and Social Sciences for her attendance.

After the long day everyone was back to Te Pūtahi and in bed by 11pm (really?) as there was a lot of travelling to be done the next day. Poroporoaki took place after breakfast (hangi and crayfish, not bad alright) and many kind words were spoken by staff and students and goodbyes until next time.

A thoroughly successful hui and a great start to the year. Hopefully it encouraged everyone to get into their studies and remember that Te Rau Puawai is a whānau and we are all here to help you on your journey towards completing your qualifications.

E kore e ngawhere, he maire tū wao, ma te toki e tua – It will not give easily, it is the forest-standing maire which requires an axe to fell it.

A maire standing alone does not have the strength of one in the forest, likewise a person with many supporters has more strength than one acting alone.
Kia ora whanau,

What an awesome hui. The awhi, manaaki that was extended to all students uplifted me and prepared me to the start of my study year. To Monica and Joanne, it is great to put a face to the names and all the Te Rau Puawai kaitautoko and congratulate you in making me feel welcome. I am sure you will all agree that the beginnings of any study year can be quite daunting however it is an inspiration to see so many like-minded Maori who are all there for one reason and that is to improve Maori health katoa. A highlight for me was the symposium and the presentations by those ‘mature’ students who have received Masters and Doctorates from Massey University. For me it reminded me that you are never too old to pursue studies. Kia piki te ora, te kaha me te maramatanga.

Pai Marire

Moana Rolleston

Na mihi ki te katoa o Te Whanau.

At times over the period of the head start hui I heard the question being asked about why Te Rau Puawai has been such a successful programme over the ten year period that it has been in operation. It is too simple an explanation just to say, "He aha te mea nui o tenei ao, he tangata, he tangata, he tangata," for while there is some truth in the application of this whakatauki, the quality of the people who drive the programme has to be a major consideration. From our patron Mason Durie to ourselves the tauiwi and all the others in between there exists a passionate desire to achieve, not just as an individual but as a Maori. Success breeds success and the ultimate payback is that maori society is the greatest beneficiary of this Kaupapa.

Merito Tawhara

I found the Symposium a great opportunity to speak with the experts, Dr Janice Wilson and Arawhetu Paretini. The Symposium also shared my beliefs especially marrying Maori tikanga with non-Maori perspectives re Mental health.

Timi Haenga

My thoughts about the hui as a first year student were amazing I was so nervous and everything was quite overwhelming for me up until I landed in Palmerston. A group from Kaitaia - Frank, Bim, Agnes, Lyn, Vicky, Kiri, Nicole - showed me what these huis are all about which is helping each other along the way. Everyone at the TRP hui were so friendly, thanks everyone. What an outstanding three days.

Hiria Allison

Kia ora whanau, he mea tika kia whakamoemiti ki tonu matou e manaaki i na wa katoa. He whakaaro mea whakaata ahau o te hui. “he toru kirokaramu te taumaha ki ahau. Te taha tinana, Te taha hinengaro e pai te tikanga maori katoa.

Mauri ora

Keith

Kia ora whanau,

Very encouraging and inspiring to meet people who are both in the same boat as you as well as hearing the experiences from those who have been where I am at this present time.

I meet some great people and also an awesome study buddy who lives only who lives over in Wanganui. We are both studying the same papers this semester so we aim to encourage and work with each other.

One thing that stuck in my mind over the weekend was brought out in the symposium on Friday “going back to our past to guide our present into the future”. Learning from past TRP students and using Their advice and tips will certainly be a great guide for me in successful study this year.

Many thanks to all those involved.

Sharron
TE RAU PUAWAI HEADSTART

HUGE THANKS TO EVERYONE WHO
HUI FEBRUARY 12-14 2009
HELPED MAKE IT SUCH A SUCCESS
Laura’s TRP ‘Basics’ QUIZ

What does Te Rau Puawai stand for?

How many years has Te Rau Puawai been running?

What is the name of the board chair of Te Rau Puawai?

How many phone team tutors are there for Te Rau Puawai?

What are the phone team tutors names?

What are the phone team hours?

Where is the TRP whanau room?

Who should you contact if you need help with travel?

Who should you contact on the phone team if you are social work undergraduate?

Who should you contact on the phone team if you are a psychology postgraduate?

Who should you contact if you need help with timetables or course planning?

What is Moni’s role title?

What is Fee’s role title?

Who is working for Te Rau Puawai to help with workforce partnerships?

Are you attending the midyear hui? (This question only has one correct answer!!!)

First correct reply wins a TRP hoodie