



Te Taumutu Rūnanga

KIA HIWA RĀ!
April 2020

Kia ora koutou,

I hope you are all well. As we continue week two of being in our bubbles, there are few things that we need to remember.



1. Stay in your bubble.

Who would have thought that we would be talking about bubbles in such a way.



2. Take time to do things together and stay connected.

There will a raft of activities that you can think of.



3. Take the time to learn about yourself and others

For some of the people of my generation, you might be able to revive some of the old talents like whai/string games, learn some of our waiata, knuckle stones or knuckle bones.

Finally, stay safe and take time to be connected and learn about yourself, and learn about others.

Kia ora rā
Liz Brown
Te Taumutu Chairperson



A message from Megen McKay - Kaihautū

Kia ora koutou,

Here is a quick message with some details from an operational perspective on what we have been up to!

We developed a Pandemic Response Plan, which has 3 focus areas.

1. Communication Plan

How and what do we communicate to our whānau.

2. Whānau Response

Who are our whānau in need and how we support them.

3. Staffing Plan

What mahi needs to be done and how we are going to do it.

We are uploading videos, activities, fun facts of the day on our Taumutu members facebook page as we ride this wave in our bubbles, so if you want to join us, we look forward to connecting with you! In the mean time, this e-Pānui covers much of the information we have shared online.

Our final message is:

Tiakina Tō Tātou Whakapapa
Protect our Whakapapa
Stay at home for the sake of our future generations.

Mauri ora
Megen McKay
Kaihautū



Five Ways to Wellbeing is a set of five simple, evidence-based actions which can improve wellbeing in everyday life.



Give

Your time.
Your words.
Your presence.



Be Active

Do what you can.
Enjoy what you do.
Move your mood.



Keep Learning

Embrace new experiences.
See opportunities.
Surprise yourself.



Take Notice

Appreciate the little things.
Savour the moment.



Connect

Talk and listen.
Be there.
Feel connected.



TE TAUMUTU RŪNANGA

FACT OF THE DAY

4TH APRIL 2020

DID YOU KNOW...

Te Waihora comprises a habitat possibly unrivalled in New Zealand and is home to the sweetest of pātiki, the mohoao.

PĀTIKI MOHOAO

1. (noun) black flounder,
Rhombosolea retiaria

An exceedingly flattened fresh water endemic fish with both eyes on the top side. Dark greenish-black with masses of bright brick-red and paler grey spots on the upper surface. Lower surface is grey-white. Widespread in coastal waters in harbours, river mouths and estuaries.

Fluctuating lake levels are ideal for biodiversity. The rise and fall of Te Waihora stimulates more species diversity compared to a lake whose level remains constant.

Check out the Ngāi Tahu Mahinga Kai web series below to find out more!

<https://www.youtube.com/watch?v=tRQNZQolj2s>



Photo source: <https://otagamuseum.ng/collections/search-the-collection/VT2931>

TE WAIHORA

is a storehouse for wetland biodiversity.

It comprises a habitat possibly unrivalled in New Zealand for a recorded 166 different species of birds including waterfowl, wading and migratory types, plants and invertebrate and many mahinga kai species for instance flounder - **pātiki moki** (3 corner flounder), **pātiki totara**, **pātiki mohoao** who according to Uncle Donald is the sweetest pātiki in the lake.



Te Taumutu Rūnanga

WAIATA

NŌ TAUMUTU

Nō Taumutu mātou e mihi atu nei
Ki a koutou o ngā hau e whā
Nau mai ki tēnei marae o Ngāti Moki e
O Ngāi Te Ruahikihiki e

Ko te mea nui rawa aroha ki te tangata
Nō reira e ngā iwi nau mai haere mai rā
Piki mai kake mai rā ki runga i tēnei marae
Ki te whakanui i tēnei rā, ki te whakanui i tēnei rā.



Actions and more information can be found on our members group facebook page and on our members section of our website. If you aren't already a member, send an email to dardanelle.mclean-smith@ngaitahu.iwi.nz and we will add you to the list.



E te whānau, missing home right now?

Here are some snaps from our whānau living at Whakamātakiuru- Fisherman's Point.

When they do their walks (observing the 2 metre physical distancing rule), they take lovely photos, then send them to us so we can share with you.

Church Road had a bit of a tidy up before the rāhui was put into place and is looking great! Thanks to Katrina, our Kaitāwhiri who manages the marae grounds.

