



PAENGA-WHĀWHĀ | APRIL 2023

Kua putu ngā tupu o ngā kai i ngā paenga o ngā māra
All straw is now stacked at the borders of the plantations

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TE PŪRONGO O NGĀ POU MATARUA | CO-DIRECTORS UPDATE

April has been an action-packed month for our NPM team.

We kicked off with a two day strategic planning session at Vaughan Park in Long Bay. It was the first time our Secretariat has come together since gaining new full-time appointments to our Pou Whakapā | Communications lead (Cindy Simpkins), McQuade, Ngāti Rangiwēhē, Tūhourangi - Ngāti Whāiao, Tūwharetoa, and Pou Whāiakeewe | Impact and Transformation lead (Dr Maree Sheehan, Ngāti Maniapoto, Waikato, Ngāti Tūwharetoa, Raukawa, Ngāti Tahu - Ngāti Whāoa). It was a timely opportunity to look forward and think about how, in our respective roles, we can all contribute to the NPM mission of 'Creating the foundations for flourishing Māori futures'.

While at Vaughan Park we were also able to join the 2022-23 NPM Raumati Presentation Competition which was an online evening event. Six of our summer interns chose to present on their rangahau, supported by their supervisors.

A big mihi to Moana Murray, Kate Palmer-Neels, Noah Kemp, Tama Blackburn, Hana Vause and Ashleigh Witenira for stepping

up and sharing their rangahau journey with us. You can read more about our winners later in this e-pānui.

Meanwhile, the team at Kanapu - NPM's dedicated platform for supporting Māori talent and leadership in Research, Science and Innovation - launched their suite of activities with a free two-day national online hui, Hui Hihiri. With more than 300 registrations, and an exciting lineup of dynamic speakers from across te ao Māori, Hui Hihiri provided a virtual whare for Māori traditional knowledge holders and practitioners, researchers, scientists and innovators to gather and foster spontaneous energy, grow connections and be inspired.

The Kanapu team, in partnership with Aotearoa Solutions, will be holding a series of in-person regional wānanga across the motu over the next two months. Keep an eye out for more updates on Kanapu in future e-pānui.

Ngā Pou Matarua | Co-Directors
• Professor Tahu Kukutai
• Professor Linda Waimarie Nikoro

KAUPAPA MATUA: RONGOĀ MĀORI



CONTROVERSIAL BILL IMPACTS RONGOĀ MĀORI

For centuries Rongoā Māori knowledge holders have been practicing and healing with medicinal plants on their own terms. According to practitioner Donna Kerridge (Ngāti Tahinga, Ngāti Mahuta), Rongoā is not just a natural health product, "it is the oldest healing practice in Aotearoa that is regulated by tikanga and kawa." She is extremely concerned that the Therapeutic Products Bill, which was before the Select Committee in March, is set to limit how Māori practice Rongoā. One purpose of the Bill is to provide acceptable safety and quality of natural health products, and that any health benefit claims are supported by scientific or traditional evidence.

However, Kerridge believes the Bill is racist because it privileges Western models of care and values over Māori ways of understanding the world. "The bill criminalises Rongoā Māori as practiced today and oversteps Crown rights by attempting to control taonga Māori through regulation. It will also increase the cost and reduce access to Rongoā," she says.

Kerridge says Rongoā Māori is a tool that can improve health equity and should not be reduced to a product that is determined by its physical ingredients. "It is a way of knowing, doing and being Māori that strives to improve individual and collective wellbeing through the restoration of balance and reciprocity. It encompasses principles of wairua, mauri and manaaki."

Emeritus Professor Jane Kelsey agrees with Kerridge, predicting the Bill will go straight to the Waitangi Tribunal if it gets passed in its current state.

Kelsey made a submission to the Health Select Committee in March and said it felt like "a tick box exercise" because she was afforded only five minutes to talk to the Bill. Donna had 12 minutes - only because someone else failed to turn up. Kelsey believes a Bill of this significance needs to have real discussion with people who are affected by it.

Kelsey says whoever drafted the legislation paid no attention to the Crown's obligations under Te Tiriti and Māori voices have been silenced. "Māori views have been shown under the bus, and that is happening under a lot of fronts now," Kelsey says she has evidence that at least two government agencies provided advice for Rongoā to be explicitly excluded from the Bill but were ignored. The Bill as introduced now includes rongoā, "even though it is not referred to anywhere," says Kelsey.

"Whoever made that decision has totally ignored everything that was in WA1262, the Tiriti claim protecting Māori Indigenous Flora and Fauna and intellectual property - especially in Chapter 7 of Ko Aotearoa Tēnei which was on Rongoā," says Kelsey.

"If the Bill is not changed it will mean Rongoā Māori will be regulated in terms of what can be in it, who can use it, who can make it, what can be said about it, and it will be regulated by a Crown employee in the Ministry of Health. There will be no guaranteed Māori input anywhere in the process."

Kelsey says when she requested information from government agencies via Official Information Act, parts of information were redacted. She says now it's a matter of putting pressure on the Select Committee to "... step up, and hold the bureaucrats and Ministers who decided to include Rongoā Māori in the Bill, and not to include a Te Tiriti provision, responsible."

"There is one ray of hope. At the end the chair asked me to draft wording to exclude Rongoā Māori from the Bill." "If they don't I have no doubt this Bill will go to the Tribunal, and I don't say that with any pleasure," says Kelsey.

Donna Kerridge believes the Bill can have an important role to play in helping resolve some of the issues within our current health system and says the Bill can be used as a tool to the benefit of people's health if it is amended. "Instead of using it as a tool to regulate or control other forms of healing by further privileging Western medicine priorities and values, we can use it as a tool to help support a health system in crisis by recognising, stimulating and enabling other forms of healing."

Click here to read the Cultural, Ethical, Research, Legal & Scientific (CERLS) Issues of Rongoā Māori Research research guidelines produced by Dr Glenis Mark, Dr Marion Johnson and Dr Amohia Boulton, and supported by NPM.

RANGAHAU | RESEARCH

Rangatahi wellbeing a focus for kaupapa Māori researcher, Dr Teah Carlson.

Dr Teah Carlson (Te Whānau ā Apanui, Ngāti Porou, Waikato-Tainui, Kōtimana) is part of a team that recently released a report focused on rangatahi wellbeing. While youth mental health has received growing attention in recent years, one significant finding of Rangatahi Perspectives on hauora and wellbeing, was that racism towards Māori youth was an important contributing factor.

"Every rangatahi interviewed would talk about an experience of racism in terms of personal attacks, being followed in shops, a racist experience from a teacher where they would come into an advanced class and being told 'oh you are not meant to be here' when in fact they were. Or another experience where they were excluded from an event because they might be a thief," says Teah.

For two of the young people in her study, the racism in school was so bad that they left and finished their qualifications via correspondence. The report found that the racism experienced by rangatahi had direct impacts on their health. "There is a physical impact in terms of anxiety, stress, they will experience sore puku, headaches, low energy then there is the mental aspect of low self-worth and confidence," says Teah.

She says rangatahi often feel unsafe in public spaces and they try to mitigate that by moving in groups. "There is a real mental impact in terms of consideration with ongoing everyday activities. But the rangatahi will go as a roopū because it's safer, because if you go by yourself, you are putting yourself at risk. In everyday decisions there is a layering of an impact of racism - they are flowing through society in certain ways because of racism."

Not having access to the things that they needed was also a source of stress. "Some of the rangatahi didn't have the basics - a warm, dry home, and good kai. They didn't have fundamental basics. This is very stressful when they don't feel safe anywhere, and that needs to change," she says. Adults can do a lot to help young people by connecting with them without being judgemental. "Building relationships where there is time just for listening means a lot, and then a bit of reassurance goes a long way." Teah further explained, "extended whānau are awesome supports and key to wellbeing they can give rangatahi room to experiment, challenge and be challenged safely, an older cousin, auntie or a coaches relationship can be key to rangatahi thriving."

She also says schools need to do more to provide safe spaces for rangatahi. "There is a layered approach to racist systems that exist. There should be individual accountability from teachers where they would be assessed for their practice. There is an awesome kaupapa called cultural safety which requires all teachers to consider their own cultural background and its impact on their power, privilege and personal biases in relationship with rangatahi. This needs to be embedded in teacher training, professional development and in their accountabilitys within schools."

Teah says young people need to have the power to complain about teachers and other professionals, without having a direct impact on themselves.



She believes school boards need to have wellbeing strategies in the same way they have healthy eating strategies and these need to be for every student, not just rangatahi Māori. "And if there are racist activities going on they need to think about how to track that and make that better."

Teah says rangatahi express themselves on social media and with their friends, and adults need to get better at tapping into that by going into their world.

"Rangatahi just want to feel safe to express themselves and that's the real responsibility that needs to happen in our communities. What spaces are safe for them to experience and experiment with who they are and who they want to be. We must give them some room to grow, make mistakes and develop."

Rigid gender stereotypes for tane were also an issue that impacted wellbeing. "There is a real society pressure to put them into boxes, to toughen them up, to be sporty. The tane were feeling this pressure from within their whānau and that's dangerous because when boys feel they are not accepted, and they need to play into regressive stereotypes, they can withdraw, and internalise that they are not good enough. One thing that was really important was their peers. If they couldn't get positive feedback from their whānau, they would turn to their peers, or it was a Māori teacher, it was te reo, or a kapa haka roopū, or youth programme that provided them with reassurance that they are enough. And that for a lot of them was enough to pull them through hard times."

Teah has made the report open access so it can be accessed by any organisation wanting to support rangatahi. "This is one small research activity, but I really want it to be part of a bigger conversation centering well-being as an important part to understanding the ways we are responsible and accountable to our next generations. Investing in kaupapa Māori professionals, services and organisations is crucial to supporting rangatahi wellbeing," she says.

Click here to read Rangatahi Perspectives on hauora and wellbeing.

Dr Teah Carlson is Kai Rangahau Māori at Te Rauwhāiri, SHORE & WHĀRII Research Centre, College of Health, Massey University.

Rangahau - Kōrero with our NPM Research Leadership



Each month we feature a member of our NPM Research Leadership Team. This month we talked with Dr Chellie Spiller.

1. Ko wai tō inoia, nō whea koe?

Ko Taumutu te maunga
Ko Mangatahi te moana
Ko Mangapōike te awa
Ko Ngā Tōhōri Tokowhiti ngā kaitiaki
Ko Ngāti Kahungunu ki Wairoa tōku iwi
Ko Ngāti Tahu Matawhaiti te hapū
Ko Iwītea te marae
Ko Tahupōkī rūau ko Hamoterangi ōku tīpuna
Engari, kei Tāmaki Makaurau au e noho ana
Ko Chellie Spiller ahau

What are your areas of research?

My primary focus is researching and encouraging leadership. Māori economies of wellbeing is the theme of a three-year Ngā Pae o te Māramatanga research project for which I am part of a team of Māori economy researchers. We are exploring how an economy that puts whānau at the centre creates a more flourishing future. I'm also deep into a project for the Atlantic Institute based at Oxford University. That research aims to provide leadership development for Atlantic Fellows, people at the forefront of making positive changes globally. As a leader-in-residence, I wrote 'The Catalysts Way: A Handbook for people who want to help change the world', which features a group of catalysts from around the world. Wayfinding Leadership—an approach that draws upon the leadership lessons of the great navigators of Oceania—is an ongoing project. This mihi has included the book 'Wayfinding Leadership: Ground-breaking Wisdom for Developing Leaders', which I co-authored with Heturua Barclay-Kerr and John Panoho.

What excites you about your work?

The opportunity to contribute research insights that are changing the world is exciting for me. Helping Māori and other Indigenous communities to become stronger through leadership development

that draws upon our cultural traditions is a great honour. I'm also privileged to have international forums to help encourage and support leaders making positive impacts in tackling social, environmental and economic challenges.

Our NPM vision is flourishing Māori futures. What does that mean for you?

Success is succession, and collective Māori leadership is an integrated ecosystem sustained from one generation to the next, so it's not just about the 'now' generation but how we are part of a movement through time in service of a higher purpose. Whaea Rose Pere had a significant influence on me. She described Rangatira as Ra Ngāri Ra—meaning 'Ra' light and 'Ngāri' to belong. She would say we are each a Ra Ngāri Ra—people who dwell in Te Ao Mārama, the world of light. Every person is a thread in the whole fabric of a community - each finding their own specialness, expertise, and effort. Seeing the whole person and all that they bring and creating spaces for people to shine and release their potential supports transformational leadership development and the flourishing futures that inspire my work.

Lastly, can you tell us something surprising about you?

I've had an unusual personal experience of living in Thailand for a year as a 17-year-old exchange student. I lived as part of a Thai family in a remote rural area, learned to speak Thai, went to a Thai school and was immersed in the culture. This experience helped me better understand different cultural perspectives and taught me invaluable lessons. These insights are reflected in my research and my teaching, including in a university paper I teach titled 'Intercultural Perspectives', which explores topics such as the foundations of societies, culture, identity and communicating across different contexts to better understand each other and how we can live and work together to flourish now and in the future.

NGĀ MANAAKITANGA | OPPORTUNITIES

Fulbright-Ngā Pae o Te Māramatanga Graduate Award

The Fulbright-Ngā Pae o Te Māramatanga Graduate Award is now open for applications. The scholarship is for a Māramatanga graduate student to undertake postgraduate study or research at a US institution in the field of Indigenous development. One award valued at up to \$40,000 (plus \$4,000 travel funding) is granted annually for up to one year of study or research in the US. The award is available for study or research that fits within and contributes to the NPM Research Programme and Māori priorities and themes. The graduate awards can be used towards a Masters or PhD programme.

For more information: https://www.fulbright.org.nz/awards/graduate/fulbright-npmgraduate/
Applications close: 3 August, 2023.

HUI, EVENTS, CONFERENCES, WORKSHOPS, WEBINARS, EXHIBITIONS



MEDIA SAVVY WORKSHOP FOR MĀORI RESEARCHERS

The recent Media Savvy for Māori Researchers workshop held at Waipapa was extremely successful, with a noticeable increase in confidence and knowledge for participants who were put through their paces by the Science Media Centre team. Researchers were schooled on how to make short, meaningful points, and also got tips on how to lift their performance in interviews and lead rather than be led. A highlight was going behind the scenes at NewsHub to watch a live 'breaking news' broadcast in the studio.

NPM and the workshop participants send a big mihi to Te Rina Kowhai and Trenton Doyle from NewsHub, Ella Stewart from Radio New Zealand, Mare Haimona-Riki from Whakata Māori, and Dacia Herbuleck, Rohiana Nuri and SMC team.

Participants: "A wonderful experience! He mihi nui Dacia, Rohiana and Team - what a spectacular Māori media programme you all created," Abigail McClutchie. "Thank you for the amazing workshop I learned so much and was really pushed outside my comfort zone," Stacey Ruru.

Another Media Savvy Workshop for Māori Researchers is planned for August this year. Read more below.

Media Savvy for Māori Researchers
Facilitated by the Science Media Centre, in partnership with NPM, this must-do workshop is for researchers who want to upskill and get comfortable dealing with the media. Entry is by selection and is targeted at Māori researchers in any field, currently active and based in Aotearoa. You must be highly motivated to strengthen your media skills and confidence levels. You need to identify a research project or area of expertise of potential interest to the media. Researchers with formal ties to Ngā Pae o te Māramatanga or its many partner organisations will receive priority.
Dates: 17-18 August, 2023
Where: Te Rau Karamu, Massey University, Wellington Campus.
To Register: https://airtable.com/shrdhhb3IOS0fImQ

HE PITOPITO KŌRERO | NEWS, EVENTS & ANNOUNCEMENTS

2022 NPM Raumati Presentation Competition Announcement

Overall Winner

NPM is delighted to announce Moana Murray (Ngāpūhī, Ngāti Wai, Ngāti Kahū ki Whangaroa) as the winner of the 2022-23 NPM Raumati Presentation Competition. Moana worked on a project titled "Kākāpō: Regenerating Knowledge of an endangered Taonga species," supervised by Professor Linda Waimarie Nikoro. The judging panel noted Moana's report and presentation were excellent examples of mātauranga Māori-based scholarship, and acknowledged her creation of a midteatea to showcase her findings as innovative and creative.

Highly Commended

The Judges also awarded Highly Commended to Ngah Piripi Kemp (Te Aiti Awa, Ngāpūhī, Ngāti Tūwharetoa) and Kate Palmer-Neels (Ngāpūhī). Noah Kemp on the Borrin Foundation-NPM Ngāri Research Internship Project titled "Kāinga & Te Tiriti: Transforming law and policy in Aotearoa," supervised by Associate Professor Linda Te Aho. Aaliya sate worked on a NPM Raumati project titled "He mauri tō te tamaiti: Akonga Māori motivation in education," supervised by Professor Melinda Webber.

Kāti rā ngā kōrero mā tēnei wā,
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