

# Comments from Dr Rawiri Tipene Leach

## The Te Rangitawaea / E Tipu e Rea ICT Team Challenge

Congratulations to all the budding ICT champions in the Coast schools for your efforts on the 6 September. Amohaere Houkamau, Chris Insley and I were privileged to be the judges of your Challenge.

In response to the brief to produce a "Ngati and Healthy" campaign your entries were stupendous - especially considering the 3 hours time frame you had to come up with the goods!!! We had some expertise ourselves you know - myself in health, Chris in ICT and business and Amohaere in Ngati Poroutanga and local politics.... but your video, powerpoint and website productions far surpass that which at least two of the three judges could possibly have done. And the coolness under fire when the IT went down Ka mau te wehi!

Major credit to the winning teams, Te Waiu o Ngati Porou and Tikitiki School, but all your entries were great - some were over the top, some hard hitting, some sensitive and thoughtful, some hard case, some cutting edge and most were humorous to boot. You have all greatly impressed us with your advanced technical skills and your intimate grasp of the depth of the topic. In particular:

**slogans** such as ...

"Nati Kia Ita",

"Loud proud and healthy Ngatis",

"Tipu te Haa"

"Ngati Slim"

"We're Ngati, We're Healthy"

.... are like the work of professional ad campaigns,

## local health policy suggestions like ...

*Te Waiu Juniors who want to develop a gym and clean up the river*

*Nga Taonga Tuturu who suggested we build a hospital at Tokomaru Bay*

*Mata School who had a cut price Health Camp*

*Makarika who would have us clean up all the "Nits" on the Coast*

..... you all deserve a place in the top tier of the District Health Board.

## and presenters such as ...

*Te Waiu's Heneriata Te Kani,*

*Digi-Nati's Hana Parata-Walker*

*and "the Boss" from Tikitiki*

.... you should all be on

TV - or at least be Prime

Minister...

So, well done. I learnt more

that day than a whole year

at Public Health School.

I wish you were all on my

team.

**Dr Rawiri Tipene-Leach**

**Ngati and Healthy**



# MoreFM Women's Triathlon

In issue 12 of Nga Kohinga I talked about the great support NPH women were getting from other staff members in their preparation for the MoreFM Womens Triathlon. I am glad to report the success of our team in participating in the event and to congratulate all of those "ladies" and some of the mokopuna who shared the experience with them. These comments are from staff members who participated.

Twelve NPH women faced the elements on the morning of Saturday 2nd December to compete in this annual event which is part of a series taking place around New Zealand. (See [www.tri.co.nz](http://www.tri.co.nz) for details.)

While some participants are serious competitors, the races are designed to also encourage women at all levels of fitness and ability to improve their fitness, try new things, and discover what they are really capable of. Our NPH women represented all levels and ranged in age from 36 to 55. Some competed as solo performers and others in teams.

Several of our team tackled the challenge of relearning their childhood skills of swimming and cycling, while others who have not run in years found they could still do it and really surprised themselves and their whanau.

Unfortunately, strong crosswinds on the day persuaded the race conveners to cancel the cycling component of the race. Nevertheless our enthusiastic "wonderwomen" participated to the best of their ability and all completed the race smiling - the biggest achievement of all! Because of the cancellation of the cycling, entrants are able to enter a race at one of the other cities, so 01 April we see us all in Rotorua and crouched on the starting line again.

As an Ngati Porou woman I found it easy to focus on the kaupapa, that was about sharing experiences with other Ngati Porou women, getting



*Missy Andzue, Hannah Henare, Carol Ford and Gina (Chic) Haig.*

support from other work colleagues and whanau. Realising that age is not a barrier but an added incentive. Participating without winning, sharing the experience with other women and their whanau, achieving personal goals and sharing the experience with friends. Just completing the event.

As a group of NPH colleagues we wish to express our gratitude to NPH for supporting the kaupapa of this hikoi in the ways they did.