



**GET 2015 OFF TO A STRONG START**



**KEEPING SAFE AND ON THE ROADS THROUGH SUMMER**



**WHANAU FIND A SECOND HOME IN IRELAND**

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# TE WHAKAARARA O NGĀTI HINERANGI IWI

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THE OFFICIAL PĀNUI OF THE NGĀTI HINERANGI IWI TRUST



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## SEEING IN A PROSPEROUS NEW YEAR

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Happy New Year whānau! We hope you all had a lovely Christmas and a wonderful start to 2015. Now that the sunshine is well and truly here, we hope you and the tamariki are out there enjoying it. In this edition, we look into New Zealand's change in drink driving laws, we visit fellow Ngāti Hinerangi Iwi member, Misty Smith, representing in Dublin, Ireland. We also take a look at five ways you can enjoy the festive kai of the summer season without letting it take a toll on the body. These are simple tips but effective and easy for the whole whānau to put into practice. Another highlight of this newsletter is the new Whānau Milestones section celebrating birthdays, births, anniversaries, graduations and anything else you want to shout from the rooftops. Please let us know if you have anything to add to the newsletter. This goes out to more than 500 whanau all over the world every month so be loud and proud and we can celebrate too.

# BE SENSIBLE THIS SUMMER

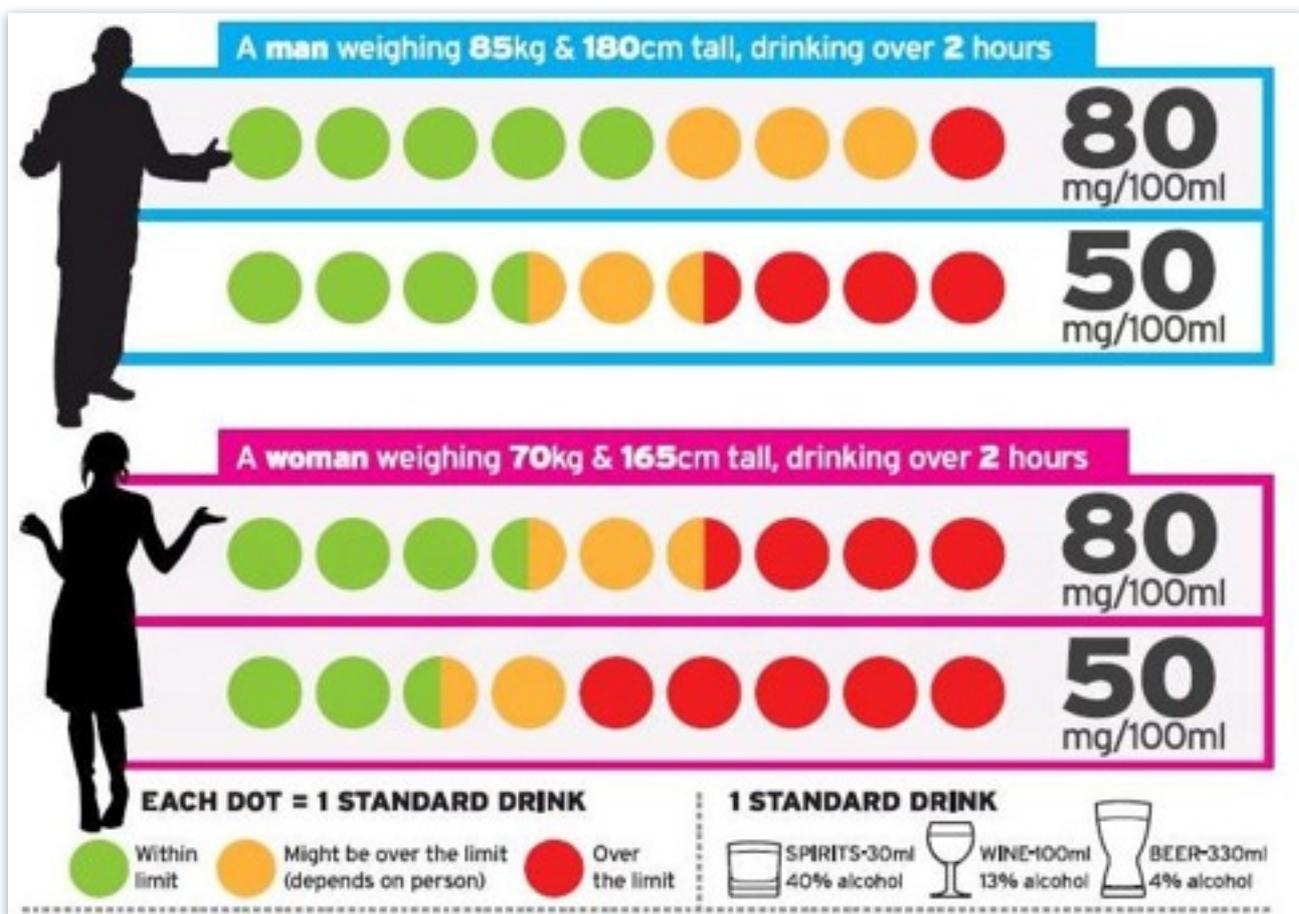
We all like to enjoy the summer period and so we should after a year of hard work and a long winter, but please whānau, play it safe. Many of us will be having a few glasses of waipiro (alcohol) this summer and in case you didn't see this on the news, the drink driving limits have changed.

Alcohol contributes to around 30 percent of New Zealand's fatal road crashes. Over the last 10 years, fatal crashes caused by drink-driving have claimed the lives of around 1100 people and caused serious injuries to another 5300.

From the 1st December 2014, the alcohol limit for drivers aged 20 years and over, lowered from 400mcg of alcohol per litre of breath to 250mcg. The blood alcohol limit lowered from 80mcg of alcohol per 100mls of blood (0.08), to 50mcg (0.05).

Please be sensible when it comes to celebrating over summer. If you are going to catch up with friends over a BBQ and a few drinks, be sure to have a sober driver or a plan in place like spending the night at the party venue. Look after yourselves and look after your whanau.

Below is a table of the number of drinks that were previously acceptable and an illustration of what the limit is now. As you can see, the green may be safe but our advice is for drivers to have no alcohol at all. Be the sober driver sometimes and play it safe.



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## DUBLIN'S A HOME AWAY FROM HOME

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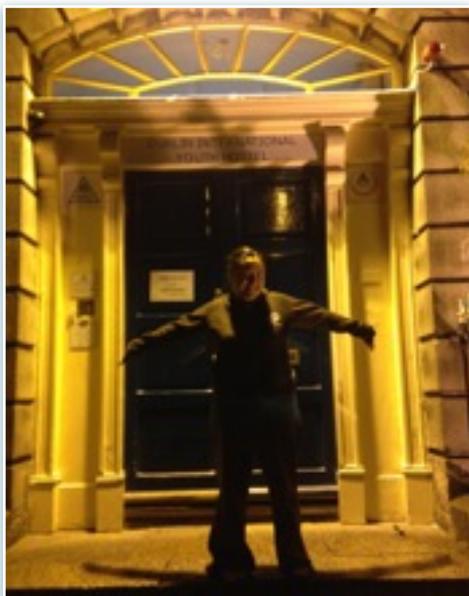
Misty Smith

She may be a citizen of the Republic of Ireland now, but that won't affect Misty Smith's top pick for the Rugby World Cup taking place in the UK this year. The 38-year-old of Ngāti Hinerangi and Ngā Puhī descent swears she'll still be fiercely supporting the All Blacks but will be thrilled if Ireland do have a good one. Misty is the daughter of Phillip and Maureen Smith, granddaughter of Eunice and the late Henry Smith of Te Poi. She moved to Dublin, Ireland in 2005 on a working holiday visa after a stint in

Edinburgh and started as deputy manager of the Dublin International YHA. After five years, she'd fallen so in love with the place that she successfully applied to become a citizen. "I love the vibrancy of Dublin. There's always something to do every day of the week. This can be tiring but great," she says. "The people are amazing and the city is so easy to get around." Misty is now the manager of the hostel and even lives on site. The hostel has over 150 years of



Dublin International YHA



history as a convent and school. The buildings still retain some of its original features, including the church which is now the hostel's restaurant, complete with stained-glass windows and confession boxes. Being based in the UK has made it much easier for Misty to travel the world and she's got a bit to do before she even thinks about returning to NZ for good. "It's not that I never want to come back to New Zealand because I love my home and I do miss my family sometimes but now that I have citizenship, I have the choice about when I come home which is great," she says. Misty has only had a few whanau come over to visit so she's always keen for more and she can point them in the direction of the world renowned Guinness factory. For now though, she'll be waiting on perhaps her favourite visitors of all, her parents, as they join her to cheer on the All Blacks for Rugby World Cup 2015. Ngāti Hinerangi te Iwi, Ngāti Tokotoko te Hapu, Te Ohaki te Marae.

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# GET THE BEST START TO 2015

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The holiday season was all about rewarding yourself for a year well done and spending time doing the things you love. While that may have been based around your favourite foods, it's now time to let those indulgent habits fall by the wayside for 2015. Even if going on diet wasn't a New Year's resolution, being healthy and active should be a continual lifestyle choice.

Below are five simple tips on how you can keep your mind, body and soul in check over the holiday season and into the working year. Following these tips will also help set a good example for the rangatahi too which will in turn create a positive impact on our Maori health statistics in future.



### **Drink plenty of water**

The holiday season is when we like to indulge in everything but water. Whether it's alcohol, soft drink or copious amounts of tea and coffee, we tend to forget to get in some good old water. Without enough water, we become dehydrated which isn't good for our skin or our insides.

Dehydration can cause headaches, bad breath and can make you crave sweet foods. Sometimes when we think we're a bit hungry, all we need is a good cup of water.



### **Walk and explore**

The beauty of the holiday period is that you have a lot, or a little, more time on your hands. And who wants to be spending that time at a gym? Take regular walks wherever you may be and take in your environment. The best time to do this is first thing in the morning while other holiday makers are taking their time to venture out. It's peaceful and it's not too hot. Dusk is also a nice time, even when you are back at work. If you have the luxury, to start work early, finish work early, use it and do your exercise in the afternoon. We often find it to be a more realistic goal than waking up early in the morning to workout. That just leads to a

long week of disappointment because it's just too hard to get up. Well, too early when you're just getting started anyway. You see the best sights out walking, whether it's the little hidden gems down the back streets or the real character of the locals.



### **Stop when you are full**

When friends and whanau are flowing through the ever evolving door at your kainga over Christmas and New Year, it's hard to avoid overeating. Especially when the whanau bring the kaimoana with them. It'd be rude not to, is what we all think. And fair enough, enjoy it while it lasts. However, try to have some lights snacks on hand instead of heating up the pot every time. And remember, just stop eating when your puku is full. There'll be more food where that from so don't go too crazy. You might regret it later.



### Stop the rush

The holiday season isn't just about catching up with loved ones but catching up with yourself. Take some time to rest and recuperate because really taking time to recharge your batteries will be the best thing you do for yourself and your family for 2015. We all know how annoying it is needing a holiday from the holiday so make time, as well, for peace and quiet. Leave the mokopuna behind or perhaps keep the mokopuna and leave their parents behind. Whatever makes you happy and truly relaxed, do it.



### Leave the TV off

I know this may sound a bit geeky but leave the TV off and try other entertainment. Turn up the radio and have a good kanikani. Go outside and kick a ball around at the park. Swim at the beach. Go eeling. Sit and chat. Maybe even play a board game with the whanau. You won't remember the last time you ever laughed so hard and you'll never want to forget this.

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## RUGBY STAR RETURNS TO WHĀNAU

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*Rewiti Vaimoso*

We'd like to say a big welcome home to Rewiti Vaimoso who returned to Aotearoa in January. Rewiti has come home to live after almost 10 years living in the UK. The 34-year-old spent most of his time abroad living in the northern England town of Scunthorpe where he held a rugby contract. He also coached young players coming through the ranks. Rewiti's return was a much publicised one in the media both here and in the UK with controversy over the English immigration minister's decision

not to renew his visa application just six months short of the 10 year term which would have allowed him to gain citizenship. An online campaign was launched with heavyweights such as the local mayor and local MP but the decision could not be overturned. While Rewiti says he would have come home at some stage, it was hard having that decision forced on him. He's now in Matamata getting quality time with whanau before carrying out plans to join the police force. We were lucky enough to visit in the weeks leading up to his UK departure. After meeting friends and those he calls his family away from home, it was apparent that Rewiti has been making Ngāti Hinerangi proud as a representative of the Maori culture (and Samoan culture). Ngāti Hinerangi te Iwi, Ngāti Tokotoko te Hapu, Te Ohaki te Marae.

# WHĀNAU MILESTONES



## Birth notice

The newest registered member of Ngāti Hinerangi was born on the Sunday 14 December. Beautiful Indie Grace Vaimoso (pictured) weighed a happy and healthy at 8lb 8oz. Indie is a little sister to Evanie (inset) and is the second daughter for Sheree (inset) and Iuta Vaimoso from Matamata. Ngāti Hinerangi te Iwi. Ngāti Tokotoko te Hapu, Te Ohaki te Marae.



## Engagement notice

Ngāti Hinerangi Iwi Trust Communications Manager got engaged on December 4 at Auckland airport just before leaving on a five week tour of the UK/Europe. Michael Lilo, the son of Pamerita and Benadette Lilo (West Auckland), proposed to our very own Hinerangi Vaimoso, the daughter of Misionare

and Dianna Vaimoso (Matamata). The Vaimoso and Lilo Whanau look forward to their marriage and the many mokopuna who will come from the union. We wish them the very best for their engagement. Ngāti Hinerangi te Iwi, Ngāti Tokotoko te Hapu, Te Ohaki te Marae.



