

# Pū te Rongo



Image courtesy of Woolworths NZ

11 Oketopa 2023

Ko tēhea momo maramara rīwai te momo pai ki a koe? Kua whakamātau rānei koe i ngā maramara tote me te winika e tengatenga ai tō arero? Nā, i kai tētahi tangata i ngā maramara tote me te winika a Copper Kettle, ā, nā te kaha rawa o te tāwara i kore ai rātou e rongo i ētahi atu kai mō tētahi wā.

I kite ētahi Kaitirotiro Maramara o Consumer NZ i tēnei pānuitanga, ā, nā konā i whakatau ai rātou kia kōkiritia tētahi kaupapa e kitea ai ngā momo maramara tote me te winika pai katoa i ngā toa hokomaha.

Hei tā tētahi Kaitirotiro Maramara, hei tā Vanessa Pratley, i te whakawātia ngā maramara e ai ki: “te tuari hāngai o te tāwara” me te “āhua o te pakepakē”.

E waru ngā momo maramara i whakawātia i te whakataetae nei.

Ko ngā kitenga: Ko te “mākihakiha” te whakawākanga o ngā maramara a Countdown, o ngā maramara a Pams anō hoki. He pēnei i te moe te wana!

Ko ngā maramara pai katoa ko te momo Snacka Changi me te momo Kettle, ā, i pēnei ai nā te kaha o te tāwara me te pakepakē. Kāore hoki ngā maramara Proper Crisps e āhua nui nei te utu i tino eke.

Ehara! Ehara! Kāore pea tō maramara e toa i tētahi whakataetae āraiwhatu. Nō reira, kia hoki rā anō koe ki te hoko i tō kai kakukaku, me mahara, kia kua e whāia noatia

I huaki a Bluebird, te wheketere tuatahi mō te tunu kotakota rīwai i Aotearoa, i ōna tatau i te tau 1953. Ko Les Saussey te rangatira tuatahi.

I mōhio rānei koe?

## He kupu hou

Tengatenga – tingle.  
*He momo rongo i te arero.*

Tāwara – flavour.  
*Te reka o te kai.*

Pakepakē – crunch. *Te rongo ka puta i te kai kakukaku.*

Tuari hāngai – even distribution. *Te hāngai rānei o te tāwara ka rongohia, puta noa i te kainga o te tipu.*

Mākihakiha – bland.  
*Kāre he aha, kāore e rongo ana i te tāwara.*

Āraiwhatu – blindfold.  
*Ka āraia ngā karu kia kore ai e kite atu.*

Kakukaku – crunchy.  
*He pakapaka te kai, he pakepakē te rongo.*

ngā whakatairanga – kei te tāwara me te pakepakē kē te painga!

# Ngā Panonitanga Nui ki te Kāwanatanga

18 Oketopa 2023

Kua mutu ngā pōtitanga mō tēnei tau, ā, he nui ngā panonitanga ki te Kāwanatanga – te kāhui whakahaere i Aotearoa.

Ko te pāti Nāhinara tērā i kaha pōtihia, ā, kāore e kore ka tautokona rātou e te pāti ACT. Heoi, kāore anō tēnei kia mana, nā te mea kāore anō ngā pōti motuhake kia kautehia.

Kei ngā kitenga o ngā pōti motuhake te whakatau mehemea rānei ka mate te pāti Nāhinara me te pāti ACT ki te toro i tētahi atu pāti. Ka mana ngā hua o tēnei pōti ā te 3 o Noema, 2023.

Arā kē ētahi atu āhuatanga e harikoa ai Te Pāti Māori. Ko Te Pāti Māori tētahi rōpū motuhake e nui ana tā rātou aro ki te Māori, ka mutu, kua

tino angitu rātou i te nui ake o ē rātou tūru i Pāremata.

Ko tētahi o ē rātou kaitono, a Hana-Rāwhiti, te Mema Pāremata taiohi katoa – e 21 anake tōna pakeke! I ngā pōtitanga, arā ētahi tāngata kāore i hiahia kia noho ko ia hei Mema Pāremata, ā, kāore rātou i pai ki a ia. Heoi, kāore i waiho mā te waewae tūtuki, nā te mea i tino hiahia ia kia noho hei māngai mō te iwi Māori i Pāremata.

E tino harikoa ana tētahi o ngā kaiwhakahaere, a Debbie Ngarewa-Packer, i te toanga o te pāti i ngā rohenga hou, pēnei i Te Tai Hauāuru me Te Tai Tonga. Kia whanga atu tātou ki ngā panonitanga ka hua mai i tēnei Kāwanatanga hou.

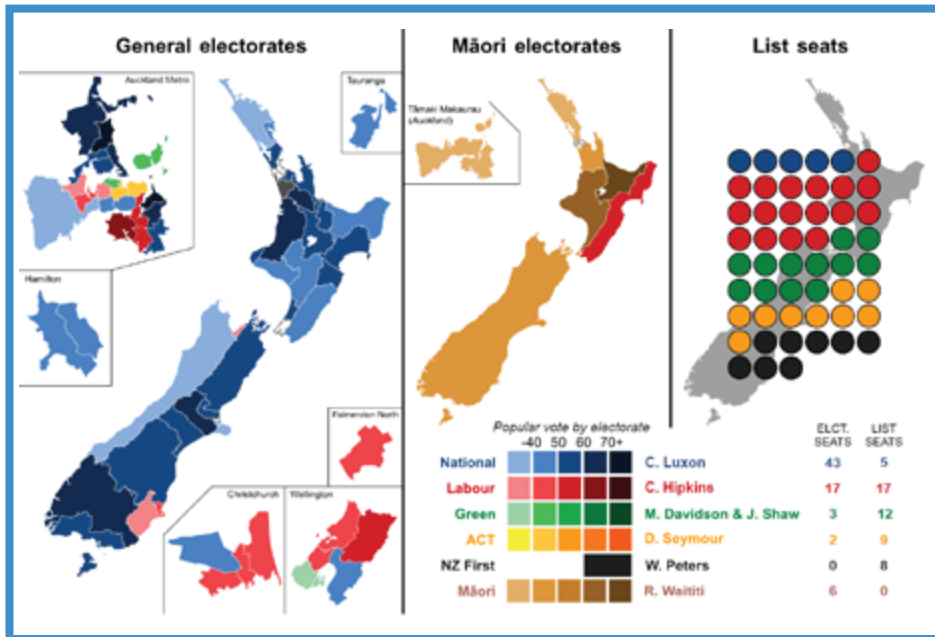


Image courtesy of Wikipedia

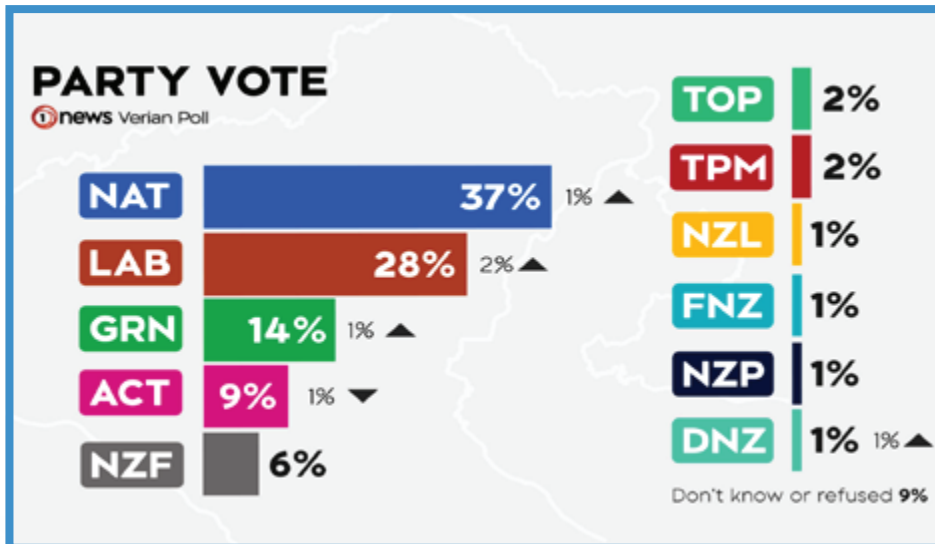


Image courtesy of TVNZ

**He putanga a Hana-Rawhiti Maipi-Clarke nō te Kōhanga Reo. I haere ia ki te kura rongonui, ki Rākaumangamanga, i Rāhui Pōkeka.**

*I mōhio rānei koe?*

**He kupu hou**  
 Angitu – successful. He taumata tiketike.  
 Whanga – wait. He kupu anō mō te tatari.





Image courtesy of Photosport

# Kapa Ōpango ki te Whiringa Toa

25 Oketopa 2023

Image courtesy of Wikipedia

E hurō ana ngā kaitautoko whutupōro o Aotearoa i te urutanga atu o te kapa Ōpango ki te whiringa toa o te whakataetae Kapu o te Ao. Ka tukituki rae ki te rae ngā Ōpango ki te tīma Springbok nō Āwherika ki te Tonga hei ngā rā whakatā nei ki te tākaro mō te Kapu William Webb Ellis. Ko te ingoa e mohiotia whānuitia ana mō tēnei kapu ko te Kapu Whutupōro o te Ao, ā, ka tū noa tēnei whakataetae i ia whā tau!

Ko te kapa Ōpango te tīma tuatahi ki te uru atu ki te whiringa toa nā tā rātou wepu i te tīma Aerani i te whiringa whāiti.

I toa hoki te tīma o Āwherika ki te Tonga i tā rātau pakanga ki a Ingarangi i tā

rātou whiringa whāiti, ā, i whai tūnga i te whiringa toa.

Kua rima ngā wā a Aotearoa i eke ai ki ngā whiringa toa, ka mutu, ko rātou anō te kapa tuatahi ki te whiwhi i te kapu i te tau 1987! Heoi anō, he hoariri pakari tonu a Āwherika ki te Tonga, ka mutu, kei a rātou te Kapu William Webb Ellis i tēnei wā tonu, nā tā rātou eke ki te whiringa toa i te tau 2019 i te whakataetae ki a Ingarangi.

E kaha whakarite ana ngā kaitautoko o Aotearoa ki hea rātou mātakitaki ai



**Nō te tau 1987 rā anō te taonga o William Webb Ellis i tukuna tuatahitia ai.**

*I mōhio rānei koe?*

## He kupu hou

*Tukituki – compete. Ka whawhai, ka whakataetae.*

*Hoariri – opponent. He hoa kakari, he hoa whawhai.*

*Whakapāhotia – broadcast. Ka kawea atu, ka whakaatuhia.*

i te whiringa toa. Ka whakapāhotia mai te kēmu whakamutunga e Sky Open i tēnei Hanarei, te 29 o Oketopa, hei te 8 karaka i te ata. Ka mātakitaki rānei koe i te kapa Ōpango? Kia kaha e te kapa Ōpango!

# Te Kī Taurangi a New World

1 Oketopa 2023

Rekareka ki a tātou katoa ki te kai heihei wera, parāoa pani me te huamata waru, mai i te hokomaha, hei kai namunamuā whai muri i te tākaro hākinakina, ka mutu, mēnā e matekai ana koe! Ahakoa te aha, he waiwai, he wera, he māmā hoki ngā heihei ki te tīhaehae i ngā wā katoa.



New World North Island stores only. Not available online. See [newworld.co.nz](http://newworld.co.nz) for T&Cs

I mōhio rānei koe kua kī taurangi ngā hokomaha New World katoa i Te Ika ā Māui, kia rite mai ngā heihei wera i waenga i te 10 karaka i te ata tae atu ki te 8 karaka i te pō i ia rā e tuwhera ai ngā toa? Kia pono tonu rātou ki tā rātou i taurangi ai, kua kiā

e rātou mēnā ka tae atu koe ki tētahi hokomaha New World ki te hoko heihei engari kua pau katoa, ka riro i a koe tētahi tīkiti mō te heihei kore utu! Ahakoa ka mate tonu koe ki te rapu i tētahi anō kai hei hapa māu, kātahi te whakaaro rangatira,

## He kupu hou

Rekareka – enjoy, love. *He rawe, he pai rawa atu.*

Kī taurangi – promise. *He oati, he taunaha.*

Huamata waru – coleslaw. *He huamata kua mahia mai ki te kāpeti.*

Namunamuā – yummy. *He reka rawa atu.*

Waiwai – juicy. *Ka rere te wai o te kai.*

Tīhaehae – pull apart, shred. *He wāhi, he tīhorehore.*

Images courtesy of New World



ko tērā! Nā te pai o tēnei taurangi e whakaaro ana a Countdown ki te mahi pērā hoki!

Nō reira, kia haere anō koe ki New World, ā, kua kore he heihei i te pātaka kai, tonoa he tīkiti. Ākene pea ka whiwhi koe i tētahi heihei reka mō te kore utu.



# Kua Eke Panuku Te Pāti Māori

8 Noema 23

Kua riro i Te Pāti Māori ngā rohe pōti e ono o ngā rohe e whitu i Aotearoa nei! I riro i a rātou ngā tūru e rua anō i te Whare Pāremata, ka mutu ka ono katoa ngā tūru! Koia tētahi ekenga! Tokoono ngā mema autaiā tonu e whakakanohi ana i ngā rohe pōti Māori.



Kei whea mai i ngā mahi mīharo a Takutai Natasha Kemp i roto o Tāmaki Makaurau. I riro i a ia te tūru o Tāmaki Makaurau. Nā āna mahi i whakawhiti ai te tūru Reipa ki a ia, ā, ka puta tana ihu i ngā pōtitanga e whā noa iho! Kātahi rā te whakataetae tata ko tēnā!

I Te Tai Tokerau i hinga a MP Kelvin Davis i a Mariameno

## He kupu hou

Rautaki – strategy. He huarahi hei whakatutuki i tētahi kaupapa.

Whakamiha – shout out.

He whakamihi, he Whakanui.

Kapa-Kīngi. I nui ake ana pōti, nō reira ko ia te kaihautū ki reira ināiane.

Hei tā John Tamihere, te upoko o Te Pāti Māori, “Kua hoatu e rātou te hoe urungi



Nā Kahurangi Tariana Turia rāua ko Tā Pita Sharples i whakatū Te Pāti Māori i te tau 2004.

I mōhio rānei koe?

ki a Winston Peters o te Pāti NZ First. E tatari ana rātou ki tana waeatanga atu, kia whakamihia rātou e ia!”

Tērā pea ka noho tahi Te Pāti Māori ki a Nāhinara, heoi e ai ki a Christopher Luxon, te upoko o Nāhinara, kei te rangirua o rātou whakaaro i tēnei wā. He āhuatanga hou tēnā i te mea nō mai rā anō te Te Pāti Māori me Reipa e mahi tahi ana. Heoi, hei tā rātou, hei Te Pāti Māori, e hiahia ana rātou ki te whakamātau i tētahi huarahi rerekē.

Nō reira, me harirū tātou i Te Pāti Māori mō tā rātou rautaki whakahirahira, ā, ka whakamiha hoki i a John Tamihere i tana tū hei rangatira. Taihoa tātou ka kite i ngā hua!

# Te Kapa Puāwai – Ngā Toa Whakaihuwaka



15 Noema 23

Ko Te Kapa Puāwai, nō Te Kura Kaupapa Māori o Hoani Waititi i Tāmaki Makaurau, te toa whakaihuwaka o te whakataetae kapa haka kura tuatahi o te motu, e kīia nei ko Te Mana Kuratahi.

E hia nei marama rātou e whakaharatau ana, ka haere ēnei kapa haka nō ngā kura tuatahi ki Whakatū ki reira haka ai mō ētahi 25 meneti i Te Mana Kuratahi. E 45 ngā kapa i tēnei whakataetae, ā, i riro i Te Kapa Haka o Te Pūwhāriki te tuarua, ko Ngā Taiohi te tuatoru.

## He kupu hou

Whakaharatau – practice. He parakitihi, he toai i ngā mahi haka e wana ai te tū.

Pūhaehae – jealous. He harawene, he momo kare ā-roto.

Wanawana ake nei – awesomeness. He mīharo rawa atu nei, ka rongō i te ihi me te wehi.

Hei tā Sonny Alesana, nō Te Tauihu o te Waka, kua hia nei tau ēnei tamariki e mahi kapa haka ana. E pūhaehae ana ia nā te mea kāore i pēnei te nui o ngā kaiako kapa haka nōna e taiohi ana. Hei tā Alesana, me nui kē ake ngā kaiako hei tautoko i te whānui haeretanga o ngā mahi kapa haka puta noa i ngā rohe o Aotearoa.

He tuatahitanga tēnei, te hautū a Whakatū i Te Mana

I mōhio rānei koe?

I tū te whakataetae tuatahi o Te Mana

Kuratahi i te tau 2000, i te wāhi reihi o Te Rapa, i Kirikiriroa. Nā Te Kawe Ratu te kaupapa i hāpai ake. I taua tau tonu ko Te Wharekura o Ruatoki te toa whakaihuwaka.

Kuratahi, ā, wanawana ake nei! Ā te tau e tū mai nei, ka riro mā rātou te whakataetae mā ngā kura tuarua, ā, hei te tau 2027, mā rātou Te Matatini. Ko Te Matatini te whakataetae kapa haka nui katoa i Aotearoa. E tūmanako ana a Alesana kāore ngā kapa i aro kau noa ki te wikitōriatanga, engari kē ia i ako hoki mō te rohe mā ngā waiata i ākona e rātou. Ka mau te wehi!





# Te Taiopenga Waka Hourua i Te Waipounamu

23 Noema 23

E kawea atu ana e Te Hau Kōmaru te Taiopenga Waka Hourua ki Te Waipounamu mō te wā tuatahi i te tau 2024, ā, he whakahaerenga tēnei hei titi ki te mahara. Ā te 7 ki te 14 o Āperira, i te whanga o Kaiteretere, ka hui ngā waka o Aotearoa ki te whakanui i te ao whakahirahira o te waka hourua.

I whakaritea te ohu o Te Hau Kōmaru i te tau 2021.

He mea tautoko e rātou ngā waka hourua puta noa i Aotearoa.

I mōhio rānei koe?



E hikaka ana a Hoturoa Barclay-Kerr, te heamana takirua o Te Hau Kōmaru, ki tēnei haerenga ki Te Waipounamu.

## He kupu hou

Titi – keep, retain. *Ka mau tonu, ka puritia.*

Angitu – success. *He taumata tiketike.*

Uki – past, ancient. *Ngā wā o nehe, ngā wā o ngā tīpuna.*

Whakaterere – navigation. *He hautū waka i te moana.*

Takatū – ready, prepared. *Kia rite mai.*

E whakapono nei ia ko te take e angitu ai te kaupapa nei ko te āhua o te tiaki, o te whakamātau, o te whakanui hoki a ngā kaiāpai i ngā mātauranga waka.

I tēnei kaupapa, ka wānangahia ngā kōrero tuku iho me ngā mātauranga o uki e pā ana ki ngā mahi waka, ki te whakaterere waka, me ngā mahi katoa e hirahira ai ngā mātauranga waka hourua. E tūmanako nui nei te kāhui whakahaere mā te honohono me te tuku i ēnei mōhioanga ka ora tonu

ēnei mātauranga, ā, haere ake nei. Nō reira, ko wai e takatū ana ki tēnei haerenga whakahirahira i te ao o te waka hourua?



Images courtesy of tehaukomaru.org

# Te Pirimia Whā Tekau mā Rua o Aotearoa



29 Noema 23

He Kāwanatanga, he Pirimia hou hoki tō Aotearoa. I te Mane, te 27 o Noema 2023, i whakamanatia a Christopher Luxon hei Pirimia i tētahi kawenga i te Whare o te Kāwanatanga i Te Whanganui-a-Tara. I tēnei kawenga, i kī taurangi a Luxon ka kawea e ia tēnei tūranga ki te taumata pai katoa e taea nei e ia.

I whānau mai a Christopher Luxon i te tau 1970, i Ōtautahi, ā, nō Aerana, nō Ingarangi, nō Kōtirana ōna tīpuna. I tipu mai ia i Ōtautahi i mua i te neke a tōna whānau ki Tāmaki-makaurau.

I hoki atu a Luxon ki Ōtautahi ki reira ako ai i ōna tau i te kura tuarua me te whare wānanga. Kua mahi a Luxon mā ētahi kamupene nui, pēnei i a Unilever me Air New Zealand, ā, i ako ia

i te āhua o te whakahaere kamupene i mua i tana noho hei mema mō pāremata i te tau 2020.

Arā te nui o ngā mea e hiahia nei a Luxon ki te panoni i a ia e noho nei hei Pirimia, ko te whakamāmā i te utu o ngā rawa, ko te whakaheke i te maha o ngā mahi taihara, ko te panoni i ngā mea ka ākona e ngā taurira i te kura, me te

I mōhio rānei koe?

Ko tā te kawenata mō te kawenga i Te Whare o te

Kāwanatanga, he whakaae kia honohono ētahi pāti e rua, neke atu rānei, hei Kāwanatanga. He uaua pea tēnei i te mea ka kore pea rātou e whakaae ki ngā kaupapa katoa!

whakapiki i te tokomaha o ngā pirihimana i Aotearoa.

He tīma tō Luxon e āwhina ana i a ia. Ko Winston Peters rāua ko David Seymour tētahi tokorua o te tīma rā, ā, ko rāua ka noho tahi hei Pirimia Tuarua. I ngā marama 18 tuatahi o tā Luxon noho hei Pirimia, ka noho ko Winston Peters hei Pirimia Tuarua, kātahi ka whakakapi a David Seymour i tērā tūranga rā mō ngā marama 18 o muri mai.

Kia mataara, e hoa mā! He nui ngā panonitanga kei mua i ō tātou aroaro.

## He kupu hou

Kī taurangi – promise. He oati, he whakataunga.

Rawa – goods. He rauemi, he utauta.

Taihara – crime, unlawful act. He hara nā te tangata, e ai ki te ture.





# Ngā Tau 25 o te Pā Whutupōro Māori!

06 Tihema 2023

I ngā rā whakatā, i hui ngā whānau Māori ki Rotorua ki te whakanui i te pā whutupōro Māori! I tū te Whakataetae Māori ā-Motu tuatahi i te tau 1998. Kua 25 tau te iwi e kaingākaunui ana ki te pā whutupōro me te karawhiu i ngā papa tākaro o te motu. I neke atu i te 60 ngā tīma i tākaro i ngā reanga rerekē, pēnei i te reanga 17 tau heke iho, i te reanga wātea ki te katoa, me ngā mea pakeke.

I whakaritea ētahi kaupapa mīharo mā ngā manuhiri, pēnei i tētahi mākete Māori me ētahi taonga tākaro mā ngā tamariki kāore i tākaro pā whutupōro, kia whai wāhi ai rātou ki ētahi kaupapa Māori. He nui ngā pānui i puta i te whakataetae nei e pā ana ki te hauora o te tangata me te whānau Māori.

I te Rāhoroi, i tū tētahi pō whakangahau hei whakanui i ngā tau 25 o tā rātou ū ki

## He kupu hou

Pā whutupōro – touch rugby.  
*He momo kēmu whutupōro e pākia ai te kaitākaro e te ringa, karekau he rutu.*

Poho kererū – proud.  
*He tū whakahīhi i tētahi mahi, i tētahi āhua rānei.*

Tūao – volunteer.  
*He tangata kaha ka mahi mō te kore utu.*

Tīma Taketake – Indigenous All Stars. *He tūturu, he māori.*

tō rātou ara, o tō rātou poho kererū hoki ki tō rātou Māoritanga. I tū tētahi whakangahau haka, ā, i tū mai ngā tīma me ngā kaihapai – ka mau kē te wehi! Kua noho motuhake te pā whutupōro Māori mō ēnei tau katoa. Nō reira kāore rātou i hiahia ki te tautoko a ngā whakahaere nui; nā ngā

I mōhio  
rānei koe?

I te ao o te pā whutupōro, ko te 'tuaraparapa' te kupu mō tētahi paku patu ki te rekereke. Ko te 'tūhapa' te kupu ka whakamahia mō te whakawhitinga o tētahi tīma i te rārangi o tērā atu tīma. He aha anō ētahi kupu i te ao o te pā whutupōro hei rangahau māu?

tūao manawanui, nā ngā whānau, nā ngā hapori anō hoki ēnei mahi i kawē.

Ko tētahi āhukatanga whakahirahira o tēnei wīkēne ko te tīpakohia o ētahi kaitākaro mai i tēnei whakataetae hei waewae mō te tīma Taketake ka tākaro i Kuīnirangi ā te tau e tū mai nei. Ka wani kē!

