



Te Matakōrero

Paraire te 1 o Hūrae, 2022

Koinei te pānui tuarima o Te Matakōrero!

Tenei te mihi ki a Matariki Ahunga Nui, Matariki Rahi Nui, Matariki Tāpuapua, Te Paki o Matariki, Matariki Whatitoka ki te pō - Nau mai te mātahi o te tau. Ka mahuta a Matariki i te pae, ka mahuta o tātou tūmanako ki te tau.

Matamaumahara - Matariki whatitoka ki te pō

As whānau across Aotearoa come together to celebrate Matariki, we remember and honour those who have departed us this year and the contributions they have made to te ao haka, Ngāi Māori and Aotearoa whānui.

"Ko tā mata kāheru i tanu ai, mā mata arero e hahū"



Muriwai Ihakara



Dame Aroha Hōhipera Reriti Crofts

Ngā kaupapa kōrero o tēnei pānui:

- Matamaumahara - Remembering an event, person or moment in history
- Matatini - Organisation updates
- Matapae - Topical discussions
- Mataoro - Profile of a Kapa Haka, waiata or tāonga
- Mataora - Health and wellbeing



Dr Joseph Parata Hawke, MNZM



Tā Harawira (Wira) Gardiner

Matatini - Ngā Hua a Te Matatini: The Benefits of Te Matatini

This is a collection of four evidence-based reports that highlights the four focus areas of the impacts of kapa haka to; the Māori health index, the economy of Aotearoa, the educational success of students who actively participate in kapa haka and the revitalisation of te reo Māori.

Ngā Hua a Te Matatini research reports will be released and available to the public on Wednesday 6 July, at 5 AM through the [Te Matatini website](#).

To mark the release of the reports, Te Matatini and Ngā Pae o Te Māramatanga are hosting a same-day webinar with researchers from 6 pm – 7 pm. [Register here](#).

RESEARCHERS

Dr Richard Meade

Associate Professor Meegan Hall

Dr Awanui Te Huia

Paora Sharples

WEBINAR
NGĀ HUA A TE MATATINI
The benefits of Kapa Haka to Aotearoa
Join us on Wednesday 6th July 2022
6pm - 7pm

HOSTS

Carl Ross
Te Manahautō, Te Matatini

Professor Linda Waimārie Nikora
Co-Director, Ngā Pae o Te Māramatanga

Matapae - RNZ three-part series launch

RNZ Concert has launched a new three-part series celebrating 50 years of Te Matatini. The series is hosted by Julian Wilcox in conversation with the music director of the Te Matatini 50 (TM50) album, Rob Ruha and features songs performed at the Te Matatini festival over the past 50 years.

To find out more and listen now, visit the link [here](#).

Matapae - Tāmaki Herenga Waka Herenga Tangata Hakangahau reminder

Remember to join us in celebrating the Kapa Haka of Tāmaki Makaurau at the Tāmaki Makaurau Haka Ngāhau. This is a FREE ticketed event! Featuring ngā toa whakaihuwaka o Te Matatini - Ngā Tūmanako, Te Waka Huia, Angitū, Te Roopū Manutaki and Te Taha Tū.

Secure your tickets [here](#)!

Date: Saturday 30th July 2022 | **Time:** 9am - 3pm
Location: Spark Arena, Auckland

Mataoro - Kapa Haka Bio

I whakaeke tuatahi te kapa o Whāngārā Mai Tawhiti ki runga i te atamira o te haka i te tau 1961, ā, ka rea ake anō i te tau 1976. Ko te uri kapa o nāianei i rangapū ai ki te haka i runga i ngā whakahau a ngā pakeke o Whāngārā, i te tau 1995, kia puritia tonutia ngā tikanga me te mana o Whāngārā hei tohu ora ki te ao.

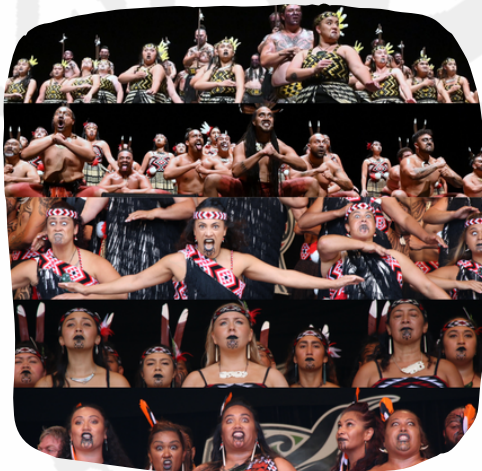
Mataora - Influenza home remedies

We are now in Matariki Tāpuapua known as a time of sickness as it is the colder months. Here are a few tips on how to ease symptoms of influenza or the common cold.

[Southern Cross NZ](#) have some great recommendations like; bed rest at home (away from other people), drinking plenty of fluids, using a damp cloth on the forehead to reduce fever, and taking paracetamol to relieve muscle aches and fever. Visit the [southern cross website](#) to learn more.

If you would like to purchase rongoa Māori, check out these Māori businesses; [Natures Therepeutic](#), [Kawakawaspa](#).

Mānawatia a Matariki!



INFLUENZA
NATURAL REMEDIES

Consume plenty of water and warm fluids
Drink Ideas: fresh ginger and lemon tea | Carrot, Ginger, Tumeric, Lemon | Honey and Lemon.

Chicken and vegetable soup
Soothes the throat and keeps you hydrated

Get plenty of rest
Helps the body direct more energy to fighting germs

Steamed showers
Inhale the steam during showertime to loosen mucus

OTC medication and prescription
May help relieve body aches and flu symptoms

Home - Kainga
Stay warm and well, and keep your home well ventilated and heated.