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Whakataka te hau ki te uru
Whakataka te hau ki te tonga
Kia mākinakina ki uta
Kia mātaratara ki tai
E hī ake ana te atākura
He tio, he huka, he hauhunga.
Tihē Mauri Ora!

HE KAWHE KOA

Match the coffee with the excellent person who drinks it.



Long black

Flat white, triple shot



Adrian

Catriona



Flat white, soy milk, filled to the cork

Daniel

Jane

Long black



Jess

Katie



Flat white, single shot, almond milk

Rachael

Victoria

Flat white, soy milk



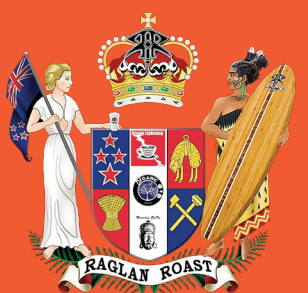
Vioula

Just here for the walk and talk



Long black

Flat white, trim milk



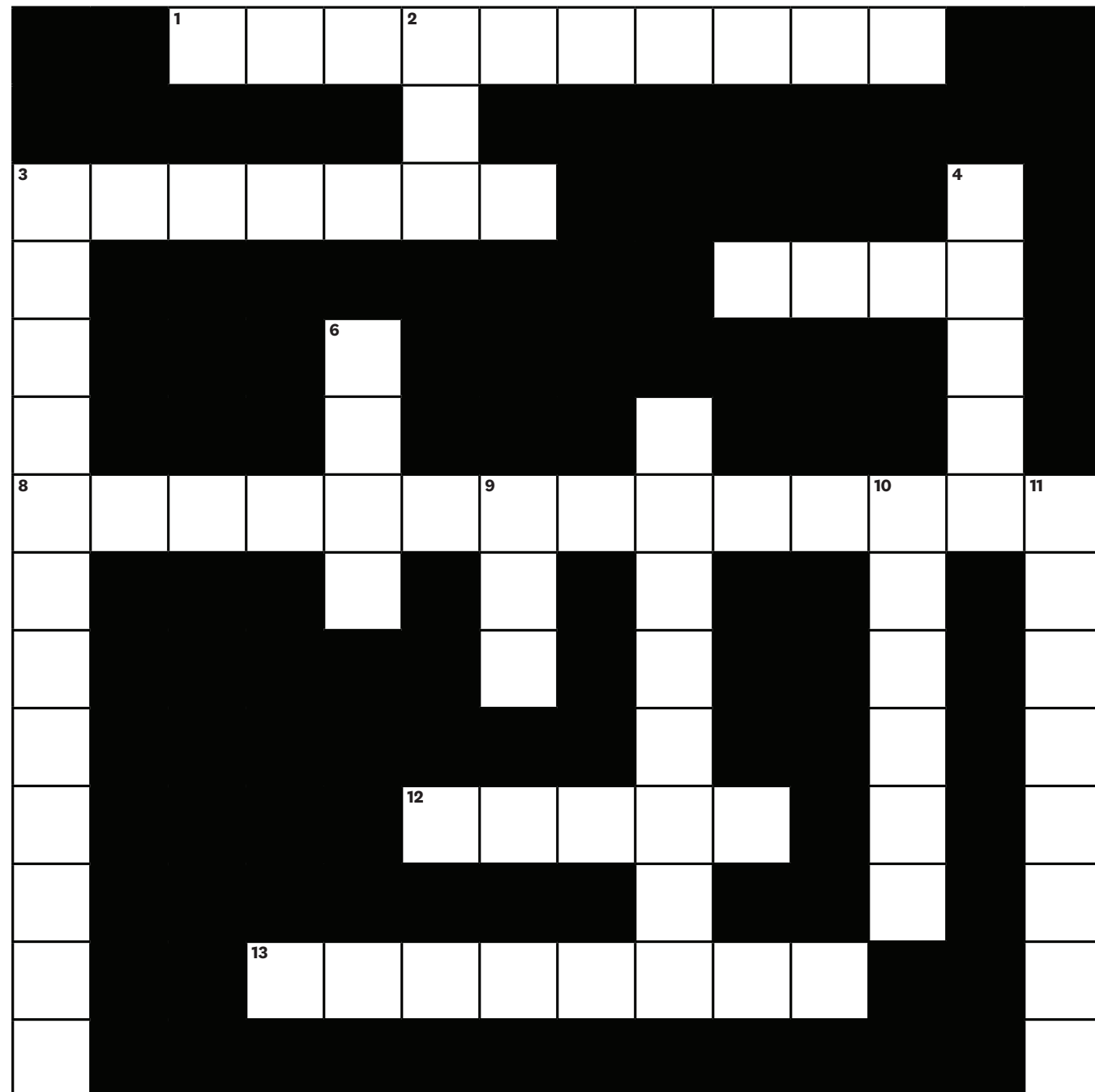
CROSSWORD

ACROSS

1. The Māori calendar
3. Pacific nation under threat from climate change
5. Bartlett's is a variety of this tree
8. The *real* name of a certain cave
12. It's colossal
13. This census stings

DOWN

2. The closest of its type is the Hutt – in reo
3. A busy week of the year (with 4 Down)
4. See 3 Down
6. A beer from Garage Project: ____ Daze
7. The Māori New Year
9. Best teammate ever (initials)
10. We showed people how to care for this during Te Matatini
11. Kōwhhai cousin from Rapa Nui?



SPOT THE DIFFERENCE



H P 3

HYPERSENSITIVE

PANCHROMATIC

ILFORD



H P 3

HYPERSENSITIVE

PANCHROMATIC

ILFORD



H P 3

HYPERSENSITIVE

PANCHROMATIC

ILFORD



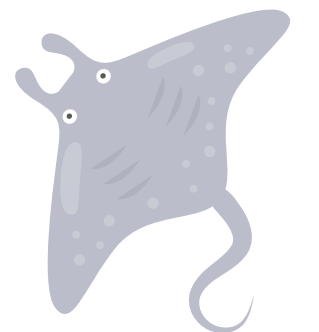
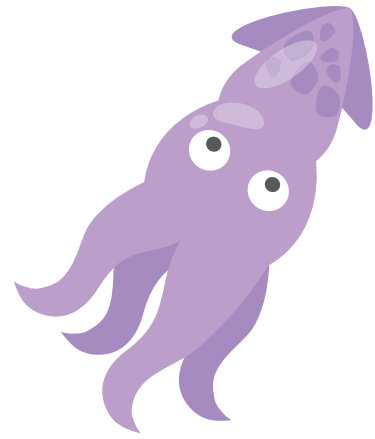
H P 3

HYPERSENSITIVE

PANCHROMATIC

ILFORD







Huts of
New Zealand
Whare o Aotearoa

Rapua ngā huts o Aotearoa.
Find the where of New Zealand.



p	l	o	m	r	y	c	a	s	p	i	b	r	i
e	l	j	u	m	b	o	b	o	a	r	o	d	n
r	u	y	e	p	s	p	o	o	p	d	a	g	r
m	j	m	l	o	e	l	b	m	q	w	r	a	c
a	v	b	l	h	f	a	s	p	i	r	i	n	g
u	w	f	e	w	e	n	c	o	p	l	n	x	r
n	t	q	r	o	i	d	r	t	y	e	n	k	a
g	o	a	t	p	a	s	s	r	a	l	o	e	c
a	u	i	q	w	e	h	o	l	i	n	n	p	h
h	m	l	e	r	x	e	p	o	t	r	e	o	a
u	p	b	l	u	e	l	a	k	e	m	k	w	e
k	z	w	e	v	u	t	j	u	m	p	r	e	l
a	a	p	o	t	c	e	n	z	r	t	e	l	h
p	o	y	p	e	r	r	y	s	a	d	d	l	e

KAWAKAWA SALVE

Make an all-purpose salve for bites, itches, and minor burns and cuts.

Harvesting kawakawa

Karakia before entering the **ngahere** (forest). This is to establish clear intent and to leave behind any emotional concerns that might interfere with the task at hand: **rongoā** (healing). It is also to ask permission to the **atua** (ancestor) of the ngahere, Tāne Mahuta, and the supreme atua, whatever name you might give it.

Locate a nice healthy stand of kawakawa trees. Make sure that you can see that the **mauri** (life force) of the ngahere is vital and energetic – you will know by how the forest looks and feels around you.

When you locate our **rākau** (tree), recite another karakia to ask the **wairua** (spirit) of the plants for their permission and blessing to harvest them. Then, after harvesting, we give thanks for what they have physically given to us and energetically imparted to us.

Always harvest rongoā from the sunny side of the tree: the east. This is because the sap rises more strongly on this side and the plant will heal itself faster after harvesting.

With kawakawa, always harvest the leaves with the holes in them as the caterpillar that enjoys eating kawakawa knows which leaves are the strongest. Never take all of your leaves from the one plant. Harvest from many trees to help with the sustainability of the medicinal plants within our ngahere.

You might also like to bless your harvested leaves with another karakia, and also as you are preparing your rongoā, because harvesting and making rongoā is a **tapu** (sacred) task. By doing so, we ensure that the energy of the rākau is preserved and that we are ‘clear’ of unwanted emotional energies when we make our medicines, so that we don’t contaminate them with our personal ‘stuff’.

Text: teaomaramanz.wordpress.com

Make the kawakawa salve

To make a salve, first make a kawakawa-infused oil:

Materials

- a handful of kawakawa
- olive oil
- muslin
- sterilised jars

Harvest the kawakawa and leave it to wilt overnight to reduce the moisture content. The next morning, finely chop the leaves (discard the stems) and place in the top of a double boiler. Pour in enough olive oil to just cover the kawakawa. Heat gently for 4 hours. Make sure the temperature does not go over 60°C or the medicinal constituents will diminish. Stir the oil every half hour. After 4 hours, remove the oil from the heat and allow to cool. Strain through muslin into a large sterilised jar. Squeeze the muslin to extract as much of the oil from the leaves as possible. Discard the leaves.

To make the salve:

Materials

- 15g beeswax
- 85ml kawakawa-infused oil
- 2ml lavender essential oil
- small container with screw-top lid

Place the beeswax in the top part of a clean double boiler and gently heat until melted. Add the kawakawa-infused oil and stir briskly until the ingredients are well mixed. Allow the mixture to cool slightly, but not enough to start to turn solid, then add the essential oil – lavender essential oil is antiseptic and analgesic. Pour the mixture into a clean container and allow to cool completely before screwing on the lid.

Text: thisnzlife.co.nz





Master of Activities

This certificate is awarded to

*for completing the
Rachael Hockridge
Pukapuka Mahi*

Ka pai!



***Whāia te iti kahurangi
ki te tūohu koe
me he maunga teitei***

**Seek the treasure you value most dearly:
if you bow your head,
let it be to a lofty mountain**

Image credits

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Pg. 2: Kōwhai trees, 1920s-1930s, Dunedin, by George Chance. Purchased 1999 with New Zealand Lottery Grants Board funds. Te Papa (O.020361)

Pg. 4: Havana Coffee Works, 2019. Photo by Max Oettli

Pg. 5: KeepCup / IdealCup / ThinkCup / The Coffee Club / Cory Kondracki / Daniel Crichton-Rouse

Pg. 6/7: Rachael Hockridge. Te Papa

Pg. 8/9/14: Freepik.com

Pg. 10/11: Apple

Pg. 12/13: *Macropiper excelsum* (Kawakawa), about 1910, by Fred Brockett. Te Papa (B.004514)

Pg. 15: Copy of map of Tatarua Ranges, circa 1920, Horowhenua, by Leslie Adkin. Gift of G. L. Adkin family estate, 1964. Te Papa (B.021768)

Pg. 16: Five Mile Avenue, Forty Mile Bush, about 1875, Eketahuna, by James Bragge. Te Papa (D.000086)

