



Close to Home



Ko te hua o ngā mahi toi me te pirihoanga ki a Palema me tōna rōpū raranga ko ngā penapena pūtea nanakia



Ka hui ana a Palema rātou ko ētahi atu o ngā mema o Mo'ui Feinga Kihe Lelei mō te ahiahipō o te raranga me te mahi toi, kei te hanga hoki rātou i te ānamata pai noa ake mā rātou anō.

Ka raranga ana ō rātou matimati kakama i te paparanga tapa Tonga rauangi, ka kōrerorero ngā wāhine, ka kata, ka hāpai tētahi i tētahi – hira ake ana, ka kōrero rātou mō ngā āhuatanga hei tautoko i a rātou me ā rātou whānau anō mā te āta whakahaere tika i te pūtea me te penapena pūtea.

Nā Palema te Mo'ui Feinga Kihe Lelei (Strive for the Best) i tīmata 11 tau i mua i muri i te akiaki o tōna pāpā ki te whāngai i ōna pūkenga whakatōroa i te pūtea ki tōna hapori.

“E mōhio ana au ki tēnei mea te korekore, te korekore noa iho,

ka mutu, kei te mōhio hoki au ki ngā painga o te paku penapena pūtea ana, ka toe mai ki a au. I kitea e au te taumaha i taku takiwā i taku taenga tuatahitanga atu,” te whakamārama a Palema, he māmā e whā āna tamariki.

“Ka noho mai ana taku Pāpā ki taku taha, ka kī mai ia: ‘Palema, e taea e koe ngā tāngata te āwhina. Me tohatoha i tāu i mōhio ai’. I kī ia me toro atu aku ringa ki ētahi atu, kia kaha te nanaiore kia whai hua ai. Ana, koia tāku.”

Ahakoia te āhua nei he hanga mahi toi Tonga rerehua noa iho te take o Mo'ui Feinga Kihe Lelei, he hohonu noa ake te mahi. Ehara i te mea kei te kōrerohia noa ake ko ngā wero o te hikoitanga i tēnei ao, kua oti hoki i a rātou tā rātou ake kaupapa penapena pūtea te whakatū.

“He hekeretari, he kaitiaki pūtea hoki ā mātou, mā tēnā whānau, mā tēnā whānau hoki e whakatau te nui o te pūtea e takoha atu ai rātou.

“Ka tukuna te pūtea ki te pēke, ā, hei te marama o Hakihea ka whakahokia mai ki a koe te pūtea nāu i tuku atu ai. I ohorere katoa

E WHAI AKE NEI I TE WHĀRANGI 04



Te haumarutanga kuri

He kairetiwhare e rata ana ki te mōkai a Kāinga ora, e pai ana ki a mātou kia noho ngā mōkai o ngā kiritaki ki ō rātou kāinga, i raro i ētahi o ngā herenga pērā ki ngā ture ā-rohe me ngā ture ā-tokapū tinana (mō ngā kāinga i ngā whaitua noho).

Me mātua whakarite hoki kei te haumarua ngā tātanga me ētahi atu kararehe i te taha o te kuri – anei ngā tiwhiri mō te noho haumarua me ngā kuri.

Te haumarutanga kuri

He mauri ake anō o ia kuri, he mea rata, he mea kore rata hoki. He mōhio koe ki ēnei, heoi anō arā anō ētahi tē mōhio. He mea nui:

- Kia āta mātakitaki i ngā tamariki i te taha o ngā kuri, ina koa ngā pēpi, ngā kōhungahunga, ngā tamariki nohinohi kei te kura
- Ākona āu tamariki ki te tākaro, te mirimiri, me te pātata atu ki te kuri, kia haumarua, kia maimoa, kia ngāwari te āhua. Ko te hunga rite tonu te whara i te kuri ko ngā tamariki. He aro kore te tamaiti i te mata o te mōrearea, kāore hoki pea rātou e mārara ki ngā tohu whakatūpato me ngā whanonga.
- Mehemea kei te mātaku tētahi ki te kuri, kaua e akiaki ki te tākaro me te kuri, ki te mirimiri rānei i a ia, ahakoa tō whakapono he kuri haumarua tō kuri.

Te kimi huarahi kia tika ai te whanonga a tō kuri

- Hei kaipupuri kuri, me mātua whakarite e kore tētahi e whara i tō kuri, e kore tō kuri e whakararu, e whakamataku rānei i te tangata, i ētahi atu kararehe rānei – nō reira me mātua whakarite kei raro tō kuri i tō mana whakahaere i ngā wā katoa
- Ka wairangi katoa tō kuri i ngā tamariki koinei ngā tino wā ka ngaua ai te tamaiti. Me āta mātaki koe i tō mōkai ki te taha o ngā tamariki, me here te kuri ki te wāhi haumarua kia kore ai ia e manawawera rawa. Kia mahara he pai noa iho te ki kō ino ino mai te tangata ki te mirimiri i tō kuri mēnā e mōhio ana koe he āmāimāi, he hopo, he manawarau rānei ia ki te taha o te tauhōu
- He whakamataku te kuri ki ngā kūwao rāhui – nō reira, herea tō kuri ki te taha o te kūwao.

Te poka i tō mōkai

He nui ngā hua pai o te poka i tō mōkai:

- He hora i ngā hua hauora me te oranga mā tō mōkai
- Te āwhina ki te whakamarumaru i te kūwao me te taiao i ngā kararehe mohao
- Te whakaheke i ngā tino mōkai tē hiahiatia
- Te hiki i te taumaha i runga i ngā ruruhau kararehe

Ka whakaheke hoki e ētahi kaunihera te utu o te rēhita kuri mō ngā kaipupuri kuri ka poka i ā rātou kuri.

Kei te hiahia au ki te tuku taku kuri kia pokaina, engari kāore e taea e au te utu – me aha au?

Ki ētahi tātanga he ārai te utu o te poka i ā rātou kuri. Waimarie, he utu mō te kotahi wā anake, ka mutu, he nui hoki ngā kaupapa kōkiri me ngā utu iti ake (ētahi wā he utukore) mō te poka i te kararehe mō te hunga tē ea ai i a rātou ngā utu mō te tākuta kararehe.

Ka kitea ēnei ratonga ki:

- Ngā ratonga poka o SPCA ki tō rātou whārangī Pukamata, pae ipurangi hoki
- Te taha poka o te Humane Society – humanesociety.org.nz/de-sexing/
- **Ki Tāmaki Makaurau**, ngā huinga whakatika i ō Hoa e whakahaeretia ā-pātuitia ana e Kāinga Ora me Chained Dog – Chained Dog – chaineddog.org.nz/fix-your-friends/
- **Ki Pōneke**, he hekenga utu mō te poka o ngā ngeru mā Cats Protection Wellington – Cats Protection Wellington – catsprotectionwellington.org.nz/desex-your-cat/
- CareVets Charitable Foundation Trust – carevets.co.nz/carevets-charitable-foundation-trust/

E whai whakaaro ana ki te mōkai?

Ahako te hia hua o te mōkai, me whai whakaaro hoki ki te paihere haere tonu me ngā utu ki te tiaki a rātou kia pakari ā-tinana, kia hauora hoki.

Mehemea kei te whai whakaaro koe ki te tiki mōkai māu, me whakamōhio mai kia pai ai tā mātou āwhina i a koe

ki te whakarite i tō kāinga mō tō mema hou o tō whānau

Kia mahara, he wā anō me toro atu mātou me tuku kaikirimana rānei ki te whakapai haere. He mea nui kia herea tō kuri kia haumarua ai rātou.

E kitea ētahi atu tiwhiri mō te āhua o te tino kaipupuri mōkai i kaingaora.govt.nz/tenants-and-communities/our-tenants/having-a-pet

Mō ētahi atu mōhiohio e pā ana ki te pupuri i te mōkai mehemea he kiritaki o Kāinga Ora, me waea mai ki **0800 801 601** me kimi rānei i ‘pets’ i kaingaora.govt.nz

Ākuanei ka tau mai ai te rangahau Ngā Whare me Te Hauora

Tāria te wā ka tukuna atu e mātou tētahi rangahau whakahirahira ki ētahi kiritaki nō te hunga he hanga hou tō rātou whare, kua whiwhi rānei tētahi o ēnei whakahoutanga i te tau, ngā tau e rua rānei kua pahure

- Te whakamahana whare
- Te kaupare mātao
- Te hā ora whare
- Te aukati kauanu
- Te whakahaere tewetewa

He aha te tikanga o te rangahau?

Kei te hiahia rongo mātou i ō whakaaro mō te wāhi ki ngā whakahou ki tō kāinga, mō te noho rānei ki te whare hou, i whakarerekēhia ai ngā āhuatanga māu. He mahana ake, he āhuru ake rānei ināianei? Kua piki ake te hauora o tō whānau?

He aha te take e whakaoti ana mātou i te rangahau?

Kei te hiahia whakapiki tonu mātou i te kounga o ō mātou whare, tautoko hoki i te hauora me te oranga o ā mātou kiritaki. Mā ō urupare mātou e whakamōhio mō ngā mahi e mahi pai ana mātou me ngā mahi e taea ai te whakapai ake.

I ngā wiki e heke mai nei, ka whiwhi pea koe i tētahi karere me te hononga ki te rangahau. He āhua 10 meneti te roa k te whakakī i te rangahau. Ka whaiwhai ake hoki tā mātou Pokapū Tautoko Kiritaki me te waea mō te tūpono ka hiahia koe ki te whakaoti i te rangahau i runga i te waea, te kōrero rānei ki tētahi ki reo kē.

Ka whakaurua ngā kiritaki ka whakatutuki i tēnei rangahau ki te whiringa toa mō ngā puka hokomaha hei mihi ki a koe i whai wāhi mai.

Tēnā koe i tō tautoko ki te hanga i ngā kāinga pai ake, hauora ake mō Ngāi Aotearoa!



Ko te hua o ngā mahi toi me te pirihoanga ki a Palema me tōna rōpū raranga ko ngā penapena pūtea nanakia



Palema me ngā mema o tōna rōpū raranga i te Tonga o Tāmaki Makaurau

ētahi o ngā mema i te nui i taea ai e rātou te penapena, me ngā hua o tēnei ki ō rātou ao,” te kī a Palema.

Ko te hua o te whakahokinga mai o ngā pūtea i te mutunga o te tau, kāore i taumaha te hoko perehana Kirihimete, ko te hua anō ki ētahi he māmā ake ki te āta whakarite kua whai taonga tuhituhi ā rātou tamariki mō te rā tuatahi o te kura.

I te tīmatanga o Mo’ui Feinga Kihe Lelei ka tūtakitaki ai te rōpū ki te kāinga Kāinga Ora o Palema. Ka rangona haere ngā kōrero mō te rōpū i ngā waha o ngā kiritata me ngā wāhine huri noa i Tāmaki Makaurau me te koi hoki o Palema ki te rāwekeweke i te aka pāpori. 23 ngā mema o te rōpū ināianei, tae atu ana ki ngā tamariki, ā, ka hui ā-marama rātou ki te hōro ā-rohe. Ā te mutunga o te tau, ka whakatūria e ngā wāhine he hui motuhake hei whakaaturanga o ngā mahi toi kua oti i a rātou i ngā rā tata kua hipa ake.

Mō te kiritata o Palema, a Kaufo’ou, he iririringa hou. “I ako au ki te whakahaere tika i taku pūtea, ki te

penapena pūtea, me te whakahoahoa ki te tangata. Ko te hua ki a au, kua māhorahora taku kiritau” te kī a Kaufo’ou.

E kī ana te Pou Whakahaere Tautoko Whare Matua o Kāinga Ora a Andy, tē taea te tatau ngā hua o te pānga a Palema ki tōna hapori mā tōna rōpū.

“Kua tino whakamana a ia i ōna mema kia māia ai te whakahaere i te pūtea. He rahi tonu te nui o te pūtea e penapena ana e rātou, e tino whai hua ana hoki rātou mai i te mana o te rōpū. He mīharo te tirohanga atu te kī a tētahi o ngā kaitaunaki, ināianei kei te kimi rātou i ngā kōwhiringa haumi,” te kōrero a Andy.



**Tirohia tā
mātou ataata e
whakaaturia
ana a Palema**



Ko te wā ki te horoi i ngā ārai

Ka mutu te Mahuru hei wā pai mō te horoi i ō ārai. Titiro ki te remu o ō ārai mō ngā tohutohu tahitahi, me whai rānei i ngā tohutohu;



- Kaua e whakatoki, e miri, e waku, e kōwiri rānei
- Kaua e whamaroke takapore
- Kaua e whakamahi titi mō te iri ki te raina
- Me āta ngongo ki te tāpiritanga tika, me horoi rānei ki te pūrere horoi kaka i runga i te whakaritenga huringa māriri i atu ki te 40°C
- Tangohia ngā tia i mua i te raunga o ngā ārai ki te pūrere horoi kaka
- Waiho ki te whakamaroke i te marumaruru, haena ki te haena hauangi ka whakahokia ngā tia.

Whakamahi te kaha o te rā



Whakamahia te rā hei oranga māu – rūrū i ō whāriki, paraikete, papangarua, pira hoki, ka waiho ki raro i a Tamanui te Rā kia puhia e te hau. He wai patu kitakita māori te rā – e rua haora ki waho kua mā, kua hou hoki te rongu ki tōku ihu. Mehemea ka taea e koe, ko te waiho i waho ko te mātarihi mai i tō moenga i raro i a Tamanui te Rā.