



**NG MĀIA**

Tāmaki Makaurau  
Māori Midwives

## January – February 2019 / Pānui 41

**Hui and Postal Address:** NZCOM Auckland Resource Centre, Yarnton House, 14 Erson Ave Royal Oak, Auckland 1061  
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### UPCOMING EVENTS

**March 13, 2019**  
NMTM Monthly Hui

**March 13, 2019**  
Well Child Tamariki Ora Symposium –  
University of Auckland

**April 2, 2019**  
NZCOM Auckland Monthly Meeting

**April 7, 2019**  
WHO World Health Day

**April 7 - 11, 2019**  
IUHPE World Conference – Rotorua

**April 10, 2019**  
NMTM Monthly Hui

**May 5, 2019**  
International Midwives Day

**Save the Date 2020**  
**June 21 - 25, 2020**  
32<sup>nd</sup> International Confederation of  
Midwives Triennial Congress –  
Indonesia

### NGĀ MIHI NUI KI A KOUTOU KATOA

We would like to thank all of the dedicated midwives, midwifery students and whānau who were able to make it to our first hui-ā-tau in February. We would also like to thank our Taumata Kuia, Dame Rangimārie Naida Glavish and kaumātua, Matua Sonny Niha who joined us and opened our hui-ā-tau.

Dame Rangimārie acknowledged the work of midwives and NMTM, encouraging our student midwives and rōpū in our journey to achieve our aspirations and improved outcomes for Māori birthing women and whānau. A reflective and inspiring annual report was given by our Chair, Megan Tahere, that highlighted all of the wonderful growth and opportunities we have established. Our Treasurer Puti Baker presented our Financial Statements and we discussed the detail of our 2019 – 2023 Strategic Plan. It was encouraging to hear feedback from our wider membership and set out our goals for 2019. We look forward to realising these aspirations together and welcome any feedback for focal areas we should consider for our future development.

We are very excited to announce that at the hui-ā-tau Dr. Hope Tupara was nominated to the vacancy on our Board of Trustees and accepted this position. We believe we have a lot we can learn from Dr. Tupara and look forward to having her knowledge, expertise and guidance to strengthen the work of our rōpū. To learn more about our newly appointed Board Member, check out her full feature below.

A big congratulations to our 2018 NMTM third year student representatives, Aroha Tukerangi and Sean Hamilton who have graduated from the AUT University Midwifery Programme and handed over to our newly elected 2019 third year student representatives, Jana Kite and Lisa Nathan. We would like to thank Aroha and Sean for their contribution to NMTM over the years, we are proud to now have you both join us as registered midwives. We would also like to congratulate our newly elected 2019 second year student representatives, Rikki Gage and Arana Komene. We are incredibly lucky to have such a dedicated team of Māori midwifery students to lead this space. Our student representative team will be calling for first year student representatives in June 2019, so if you are interested in joining us in a student representative role please let our current student representatives know.

Ngā Māia o Aotearoa Website  
<http://www.ngamaia.co.nz>

Like us on  
**facebook** 

Ngā Māia ki Tāmaki Makaurau

Read More About Our Rōpū  
<http://nzcomauckland.org.nz/>

## Ā WHĀNAU TAUMATA RAU O NGĀ MĀIA KI TĀMAKI MAKĀURAU

### NGĀ MIHI KI NGĀ WĀHINE WHAKAWHĀNAU, NGĀ TAUIRA ME NGĀ WHĀNAU O NGĀ MĀIA KI TĀMAKI MAKĀURAU

*Acknowledging our remarkable Māori midwives, students and whānau*

*For this month's pānui feature we interview an inspirational Māori midwife, Dr. Hope Tupara.*

*Dr. Tupara is a fluent speaker of te reo Māori and has been a registered midwife for over 20 years, mainly as a LMC in Horowhenua and Manawatu. She was appointed to the inaugural Midwifery Council of New Zealand where she served a three year term and was a member of the New Zealand College of Midwives National Committee. Dr. Tupara was a midwifery lecturer at Massey University before moving to Te Pūmanawa Hauora Research Centre for Māori Health and Development. She currently leads the PhD Programme at Te Pūmanawa Hauora on the Massey University Wellington campus. Dr Tupara has held various governance and advisory positions for her iwi and is an active member of the Māori Women's Welfare League. She has also authored chapters in the Australasian textbook, Midwifery: Preparation for Practice and contributed to the New Zealand Pregnancy Book.*



#### **Dr. Hope Tupara**

**Māori midwife, self-employed  
research and development  
consultant, PhD Programme Leader  
at Te Pūmanawa Hauora – Massey  
University Wellington campus and  
Ngā Māia ki Tāmaki Makaurau  
Board Member**

#### **Tell us a little bit about yourself?**

Nā te hunuku o āku mātua i te i te kāinga ki Te Whanganui-ā-Tara i āu e whānau mai ana ki reira. Ko Te Aroha Cairo Pōhatu tōku mama. He uri ia nō roto o Te Tairāwhiti, no te papakāinga o Tāmanuhiri, o Rangiwaho, rere atu ki Rongowhakaata. Ko Tamaki Harawira tōku matua nō roto o Tauranga Moana. He tamaiti ia e tipu ana i waenga i ōna pakeke kei ngā whare katoa o Te Rangihouhiri. He kāwai ano hoki i a ia ki te whare tapu o Ngāpuhi. Kei te Hokiangā tōna ake waewae tapu.

Kei Wainuiomata ahau e kuraina ana. Te wā paku ki te kura o Te Muriwai me te kura o Papamoā. I āu e tamariki ana ka tika te korero he aroha whaerere, he tamaiti piri poho.

Kei Taitoko ahau e noho ana. Te nuinga o aku mahi ki Te Whanganui-a-Tara. Ki te tautoko ngā tauira e whai ana i te tohu kairangi.

#### **What made you want to become a midwife?**

Te āhua nei he pā harakeke i tōku tipuna papa. E ai ki te rongo a ōku pakeke he tohunga rongonui a Henare Ririnui mo te whakawhānau pepi ki waenga i ngā hapu o Tauranga Moana. Heoi, he tohu e tohungia ana te ahuatanga o te whakawhānau pepi i a āu.

#### **What are you most proud of?**

Kare e taea te pēhea, te whakatauirā o ngā momo āhuatanga hai whakatutuki i ngā wawata kei te hiahia āku mokopuna me āku teina.

#### **What has been your best moment as a midwife?**

Ka whai wāhi te tū Māori ki roto o te puka matua mo ngā tauira whakawhānau i tēnei whenua me ā tātau tuahine kei te whenua moemoeā.

#### **What is a funny or happy memory you have had in your work?**

Te maha hoki! He take nui te kataka kia ngawari te taumaha, kia hihiko te wairua!

#### **How have you found being involved with NMTM?**

Nga mihi ki te roopu i Tamaki Makaurau. He kanohi hou tēnei.

#### **What are your hopes for the future?**

Kia Maori mai ngā akoranga whakawhānau pepi hai tohu Māori i tēnei rau tau.



Strength from My Ancestors - Hine Te Iwaiwa  
By Regan Balzer for Ngā Maia o Aotearoa

## ANNOUNCEMENTS

### Puti Baker: Co-Deputy Chair and Treasurer

Our rōpū welcomes new membership. If you would like to become a Ngā Māia ki Tāmaki Makaurau member please contact us or to download a membership form visit: <http://www.ngamaia.co.nz>

Please email your completed membership form to us at: [ngamaia.tamakimakaurau@gmail.com](mailto:ngamaia.tamakimakaurau@gmail.com)

Annual membership fees:  
Midwife - \$100.00  
Student Midwife, Whānau, Consumer, Kaumātua - \$30.00.

### Cinnamon Lindsay: Secretary

If you are due for your MSR and require certificates for your NMTM professional activity and continuing midwifery education involvement, please email us at least two weeks prior to needing these records.

Also, members can you please advise us if you have a change in contact details for rōpū communications.

Please contact us at if you have a notice you would like to have included in our monthly panui.

[ngamaia.tamakimakaurau@gmail.com](mailto:ngamaia.tamakimakaurau@gmail.com)

## WHAT YOU MISSED AT OUR LAST HUI

WEDNESDAY 13<sup>TH</sup> FEBRUARY 2019

- A friendly reminder that pānui will now be published bi-monthly rather than monthly and that our hui continue to occur monthly with alternating education and guest speaker presentations and Māori midwifery student and workforce development discussion forum.
- Our NMTM Ngā Māia o Aotearoa lanyards can be purchased for \$10 each at our monthly hui, via Facebook or by contacting Jana Kite, one of our NMTM Student Representatives at [jana.kite@gmail.com](mailto:jana.kite@gmail.com)
- Have you had any problems with your NMTM Ngā Māia o Aotearoa lanyard? Unfortunately some people have received lanyards that have broken due to mechanical issues with the retractable reel. We have been in contact with our supplier and are replacing any faulty lanyards. We apologise if you have had this issue and invite you please make contact with Jana for a free replacement.
- It is great having the opportunity to share the amazing stories of our Māori midwives, students and whānau in our Ngā Whānau Taumata Rau o Ngā Māia ki Tāmaki Makaurau pānui segment. If you would like to nominate someone to feature in this segment or have a story you would like to share of your own, we would love to hear from you. Please email us at [ngamaia.tamakimakaurau@gmail.com](mailto:ngamaia.tamakimakaurau@gmail.com)
- To make our rōpū more accessible to our members and supporters outside of the Auckland region we would like to remind you all that joining us via Zoom video conferencing is available. Please contact Kaniwa Kupenga-Tamarama on the day of our monthly hui at [kaniwathemidwife@hotmail.com](mailto:kaniwathemidwife@hotmail.com) to arrange access to the Zoom link.

## NGĀ MĀIA KI TĀMAKI MAKĀURAU MONTHLY HUI NAU MAI, HAERE MAI!

**Date and Time: Wednesday 13<sup>th</sup> March 2019, 1800 - 2130**

**Venue:** NZCOM Auckland Resource Centre.

**1800 - 1930:** Committee and regional business hui.

Ngā Māia ki Tāmaki Makaurau members welcome. MCNZ Accredited.

**1930 - 2130:** Regional hui and education/discussion forum.

All midwives, students and whānau welcome. MCNZ Accredited.

### **Māori Midwifery Student Discussion Forum**

***A forum for Māori midwifery students to network, share and discuss knowledge, experiences and tips***

**Date and Time: Wednesday 10<sup>th</sup> April 2019, 1800 - 2130**

**Venue:** NZCOM Auckland Resource Centre.

**1800 - 1930:** Committee and regional business hui.

Ngā Māia ki Tāmaki Makaurau members welcome. MCNZ Accredited.

**1930 - 2130:** Regional hui and education/discussion forum.

All midwives, students and whānau welcome. MCNZ Accredited.

### **Guest Presenter**

**Melanie McFarlane – The University of Auckland**  
***Infant Sleep Practices Among Māori and non-Māori***

You are welcome to bring a plate of kai to share at our monthly hui.