



### ***This month's Paddler Profile***

**Chris Maika,** newly appointed  
Chairman for Kokiri Marae Tai Patu  
Waka Ama Club

**Question:** Why does a former rugby player  
give up the adulation and the booze culture of  
footy and decide to throw his energy into waka  
ama?

**Answer:** Because his arthritic gamey knees  
gave him no choice...

Chris Maika has been paddling seriously for the  
past 18 months. One day at the gym he partnered  
Kokiri member Andre Whittaker in a boxing class –  
Andre was resplendent in his Kokiri t-shirt and Chris  
asked a few questions about waka ama not  
knowing much about the sport....*he has been  
hooked ever since.*

Chris has been involved in various sports as a  
competitor, a supporter and in a coaching capacity.  
He is a self-confessed rugby addict and yearns for  
the day that an All Black holds aloft the Rugby  
World Cup in triumph.

He has found that waka ama has fulfilled a lot of  
the things that are important to him –  
accountability, self improvement, team-work &  
focus, goal setting & achievement, strategy &  
planning and whanaungatanga. Plus the fact that  
you get to travel to some pretty wicked places to  
compete, which beats some of the undesirables he  
used to visit when he played rugby.

He is not sure what the role of Chairperson for  
Kokiri Marae Tai Patu Waka Ama Club will entail but  
will provide energy and enthusiasm to the role and  
give an honest account of himself.

His Everest goal for waka ama is to one day paddle  
in the Moloka'i Big Race (132 km's). Now that  
would be something to yarn about!

## ***UPCOMING EVENTS***

July 4, Monday

*Hoe Tonga meeting*

Whats on agenda?

- NKOA governance proposal
- Rule changes - voting
- NKOA update
- Date:Secondary Schools  
hui
- Worlds 2012

10 September, 2011

*Mana Island Challenge*

Hosted by Porirua Canoe and Kayak

Club - Check website for updates  
and panui

1 August, 2011

*Hoe Tonga AGM, Police  
College, Porirua @6.30pm*

Please send nominations for any  
of the positions – President, Vice-  
President, Secretary, Treasurer to  
[hoetonga@gmail.com](mailto:hoetonga@gmail.com) asap!

If you want to see changes or give  
feedback on the work currently  
being done now is your chance!



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***\*Matariki***

***‘TE WIKI O TE REO’***

*4 July – 10 July 2011*

***‘MAANAKITANGA’***

***HOE TONGA NEWS***

***NEWSLETTER -Issue 2***

What a fantastic day on the water, thanks to Hikoikoi Sports and Culture Club for your manakitanga ‘Matariki’ a time for our starts to shine ...



A big thanks to our sponsors for Matariki - Wellington City Council, InformFitness and Altitude Inc.

With over 130 competitors a great days racing was had by all. With weather predictions being a little messy leading up to the event a pretty much last call was made on Friday to change venues from Te Wharewaka on Wellington Waterfront to Hikoikoi Sports and Culture Club in Petone. This was largely to ensure safety of our junior and novice paddlers as for many it was their first 10km event. This decision was well received and paddling conditions varied throughout the day. Prizegiving was a big hit along with the catering. Thanks to all our volunteers – you were awesome!



W1 Richard Pehi, Whangarei

Richard enjoyed this race and was happy to take up north the taonga sponsored by Maatua whangai Trust and 1<sup>st</sup> place in the Mens W1 event.



Fluffies on tour - Kirikiriroa

Lee Bradcock and Rick Grocott winners of the W2 - 20km event  
‘Can’t wait to return to Wellington 2012 to contest this win and hope to see more paddlers venture down from the North!



W6 Fastest Women - PCKC

Congratulations to Porirua Canoe and Kayak Club winners of the W6 womens taonga sponsored by Hoe Tonga Pacifica Waka Ama  
Beautiful smiles girls...

Improve your performance on the water with Altitude Inc 499  
email: [wellington@altitudeinc.co.nz](mailto:wellington@altitudeinc.co.nz) [www.altitudeinc.co.nz](http://www.altitudeinc.co.nz)

Looking for some help with your fitness? Cold air flaring up your asthma? Early mornings playing havoc with your sleeping patterns?

Come and see us at Altitude Inc and find out how we can help you improve your health and fitness, from the comfort of an armchair. Altitude Inc is a natural programme proven to:

- Enhance recovery
- Improve endurance
- Improve breathing control and reduce asthma symptoms
- Improve sleeping patterns and energy levels

Social or serious, we can help you train harder for longer, enjoy waka ama and be your best!

Congratulations to our Spot prize winners: Gary Paul & Alaena Dixon

# Matariki Marathon 2011



Winners Hoturoa Barclay Kerr taonga for Best Junior Team - J16 10km event - ‘Turama’ from Porirua Canoe and Kayak Club.

From Left: Simon Allen (Tawa College), Elijah Brooking (Tawa College), Ihaka Topia (Mana College), Tyran Te Paa (Tawa College), Turi Hodges-Tulepu (Tawa College), Matai Wetere (Tawa College)

Turama ('To Shine' in the Cook Island language) is a squad of 12 J16 boys with a mix of novice and experienced paddlers made up of family and close friends. There is a core group of boys who have paddled together for a couple of years and all of the novice paddlers in the team are either family or school friends.

The squad is building towards competing at Vaka Eiva in November and will represent Porirua Canoe Kayak Club (PCKC) at this event. Part of the squad's build-up has included competing at the Secondary School Nationals in Rotorua, Tai Tonga marathon and the Matariki marathon. They have also started racing in the local Harbour Series events which they will continue to do for the remainder of the season.

The squad has a focus on building communication skills, self-confidence, fitness and technical skills required in both sprints and open water paddling. There are other attributes though that the boys bring to the squad dynamic themselves such as brotherhood, trust, friendship and an irrepressible sense of fun.

Turama are coached and Managed by local paddlers Tere Hodges-Tulepu and Fahina Tulepu.

## History of Matariki

Matariki has always been an important time in the Māori calendar. Heralded by the rising of the star constellation known as Matariki, the Māori New Year signalled a time for connecting with, and giving thanks to the land, sea and sky.

It was a time for the community to come together to farewell those departed and acknowledge the year gone by. It was also a time to turn to the future, welcoming the new generation to the world and planning for the year ahead. In addition Matariki was a time when people would gather to share kai, rituals, entertainment, hospitality and learnings