



# KARAKIA

E te Atua  
Manaaki ti a matou i tenei wa  
Homai ki a matou  
Te kaha  
Te ora  
Me te maramatanga  
Amine



# AMNOHL

AOTEAROA MAORI NETBALL ORANGA HEALTHY LIFESTYLE TRUST

Kia Hono: Kia Awe,  
Cultivating Connections, Inspiring Solutions  
May 2009, Wellington



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Ngati Hine, Ngapuhi  
Ngati Hako, Hauraki



# OVERVIEW

Karakia

Past - History/Kaupapa

Present – Health Promotion/  
National Event/International Fixture

Future

Waiata

Summary

Acknowledgements



# **Cultivating Sustainable and Supportive Environments**

- **Be healthy, be fit, be proud, be Maori**
- **Tu Ora, tu kaha, tu mana, tu Maori**

**Inspirational whakatauki by June Mariu CNZM, QSM, JP**



# HISTORY


## Mission Statement:

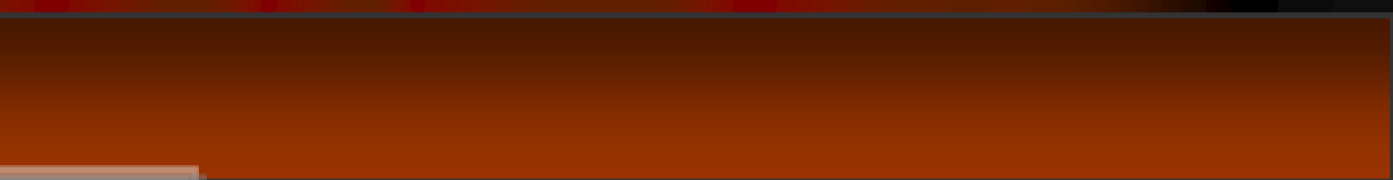
- To encourage Maori whanau wellbeing using netball as the vehicle

## Kaupapa:

- To promote holistic wellbeing of whanau through physical, mental, emotional and spiritual awareness whilst striving for excellence in sport

## Objectives:

- To acknowledge and endorse the articles and principles of Te Tiriti o Waitangi
  - To promote the components of the Ottawa Charter
  - To be supportive of, and promote the kaupapa of AMNOHL
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# KAUPAPA

Oranga – total wellbeing

Tinana – physical health

Hinengaro – mental health

Wairua – spiritual health

Ngakau – emotional health

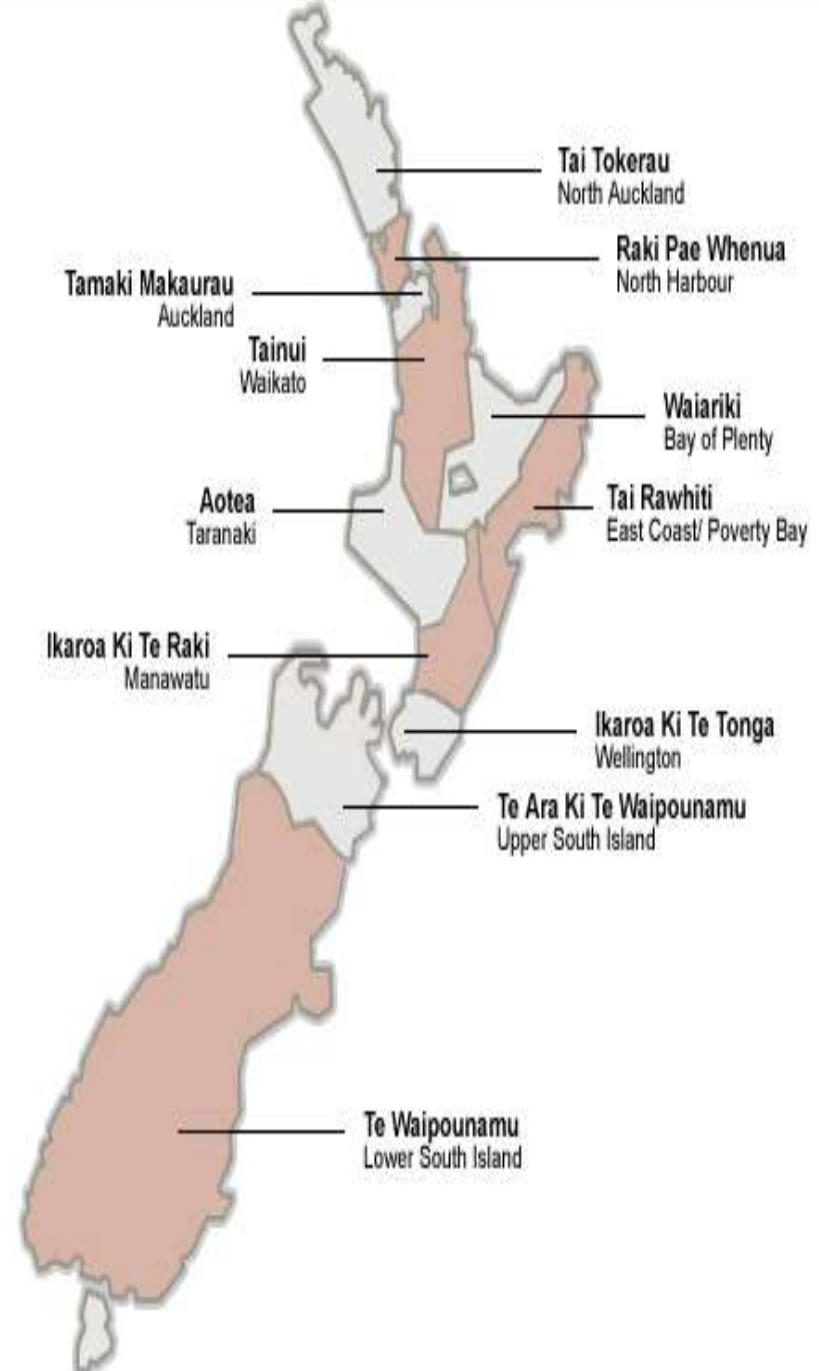
Hiranga takaro – sporting excellence

Awhi, aroha, manaaki, tiaki, tautoko, atawhai



## WHERE WE ARE BASED

- Eleven regions throughout Aotearoa





# PRESENT — “THE BIG THREE”

- Health - improving health promotion by utilising existing programmes, promoting total wellbeing and increasing programme planning, research and evaluation
- Netball – improving regional, national and international events alongside focusing on development camps
- Business - improving organisational structure and business acumen

# HEALTH PROMOTION

- Kaupapa based on Maori models of health such as Te Whare Tapa Wha and Te Pae Mahutonga – For Maori by Maori
- Integral focus of HLP is nutrition and physical activity
- Pioneers of Auahi Kore campaign



# HEALTH PROMOTION

## Where and When?

- Regional trials
- Noho marae
- Health wananga
- Development camps
- Co-ordinators hui
- National events
- International fixtures



## What?

Nutrition, exercise, auahi kore, cancer/diabetes/heart disease, drug and alcohol abuse, injury prevention, SIDS



# National Tournament 2009

Hosted by Tainui Waka Netball Inc at Minogue Park, Hamilton  
Proudly supported by Kingi Tuheitia and  
AMNOHL Patron, Te Atawhai Paki

## Players/team management:

Under 13	150
Under 15	150
Under 17	120
Under 19	135
Premier	135
Whanau/supporters	510
Total in attendance	1200

# NATIONAL TOURNAMENT 2009

## SUPPORTED BY:

- Tainui Trust Board
- Maori Women's Welfare League
- Cancer Society
- Breast Screen NZ
- Auahi kore - Smokefree
- Te Kohao Health Centre
- Waikato DHB
- Public Health Promotion Unit – resources/giveaways
- Tu Toa – TCS



Healthy kai options for spectators, healthy kai provided for umpires, dignitaries and kaumatua

Tents, gazebos, umbrellas and sunscreen provided

# NATIONAL TOURNAMENT 2009

**Premier Grade: Winners – Ikaroa ki te Raki**

Runners Up – Tainui

**Under 19: Winners – Tainui**

Runners Up – Tamaki Makaurau

**Under 17: Winners – Ikaroa ki te Tonga**

Runners Up – Tamaki Makaurau

**Under 15: Winners – Tamaki Makaurau**

Runners Up – Ikaroa ki te Tonga

**Under 13: Winners – Tamaki Makaurau**

Runners Up – Ikaroa ki te Tonga

Best Uniform: Tai Tokerau/Tainui

Waiata Tira: Tai Tokerau

Aggregate: Tamaki Makaurau

Fair Play: Aotea Under 15



AMNOHL SECONDARY SCHOOLS TEAM 2009  
COMPETING IN TRANS TASMAN SECONDARY SCHOOLS  
NETBALL TOURNAMENT  
AUT CAMPUS, NORTHCOTE 5-7 JUNE 2009

- Coach: Gaylene Dorssers - Tainui
- Asst Coach: Mary-Jane Araroa - Waiariki
- Manager: Melody Wilson - Waiariki
- Asst Manager: Tina Woodgate – Te Waipounamu
- Primary Care: Teresa Te Tamaki

Team: Tera-Maria Amani (Tamaki Makaurau), Ariana Cable-Dixon (Tainui), Whitney Cassidy (Ikaroa ki te Raki), Ngawai Eyles (Tainui), Rhiarna Ferris (Ikaroa ki te Raki), Tuaine Keenan (Tamaki Makaurau), Linda Kells (Tainui), Josie Matuku (Aotea), Harley Smith (Waiariki), Kirra Taane (Tainui), Miaana Walden (Aotea), Portia Woodman (Tamaki Makaurau)

Games against: NZ Secondary Schools, School Sport Australia , Pasifika, Indigenous School Sport Australia, Netball North Invitation Team

Four AMNOHL players in NZ Secondary Schools team

# FUTURE

Continue to build relationships and strengthen networks and linkages for  
“The Big Three” at a regional and national level

## **Health**

District Health Boards, Public Health Organisations, Non Governmental Organisations,  
Maori Health Providers, Iwi/Trust Boards

## **Netball**


Netball New Zealand, Regional Netball Centres and Associations, SPARC, Regional Sports  
Trusts

## **Business**

Further consultation with major stakeholders, seek alternative funding options, develop  
sustainable and viable business options



# SUMMARY

- Hopes, dreams and aspirations do happen
  - Sustainability is possible
  - Total wellbeing is achievable
  - Celebrate the uniqueness of being Maori
  - Collaboration, consultation and communication are the essence of sharing ideas about living Maori
- 

# WAIATA



## Magic – Composer Dave Para

In this crazy old world that we live in today, power seems to have all  
the say

People don't care about the good clean air just blowing all our troubles  
away

So I wonder inside where the answer may lie I turn to the young and I  
say

I say come on kids, come and give us a try, you show me the way  
Because you're magic, you're magic people to me, you're magic people  
to me

So lift your head up high, let your voices cry, "I'm proud to be Maori"  
Because you're magic, you're magic people to me, you're magic people  
to me

So lift your head up high, let your voices cry, "I'm proud to be Maori"  
Because you're magic, because you're magic, because you're magic...

# ACKNOWLEDGEMENTS

- Ministry of Health
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- Te Puni Kokiri
- Maori Women's Development Inc.
- Smokefree
- Te Hotu Manawa Maori
- Evaluation Associates Ltd

