

**W H A K A U A E**

Research for Māori Health and Development

# From Hāngī to Evaluation: Indigenous Processes

## Evaluation of He Whetū Arataki (Guiding Star) – Ngāti Hauiti Youth Leadership Programme

### Presentation at AES 2019

Teresa Taylor, Gill Potaka-Osborne: Whakauae Research for Māori Health and Development

We acknowledge the Australian Aboriginal and Torres Strait Islander peoples of this nation. We acknowledge the Traditional Custodians of the lands in which we conduct our 2019 conference, the Gadigal of the Eora Nation. We pay our respects to ancestors and Elders, past and present. Whakauae Research Services acknowledges the unique cultural and spiritual relationships to the land, waters and seas.

# How to lay a hangi pronounced "Hang-ee"



fig. 1. Dig a pit about 700mm deep. It should be long and wide enough to fit all the food but not too much gaps. 1 meter x 1.5 meter is a good starting point.

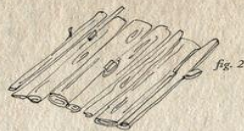
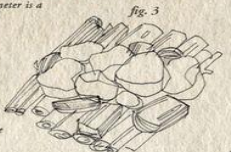


fig. 2. Lay thick wood branches in the pit, it will become the tunnels to suck oxygen in to help the bonfire.

fig. 3. Pile volcanic rocks on top, followed by firewood in between the rocks.



\*Note: you need to use rocks like volcanic rocks that can withstand high temperatures.

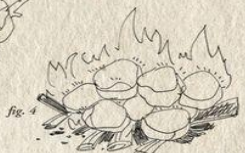


fig. 4. Set it alight and leave it burn, this can take hours. Be extremely careful, the fire can be heat up to 1000°C. When the fire has completely burnt out, the rocks should be white hot and fall into the pit.



fig. 5. It is time to 'lay' the hangi. It is optional to remove the remaining embers in the pit to avoid hot spots for an even temperature cooking. Spread the rocks around the pit to make sure is evenly flat. Then lay flax leaves (or salt bush) over the rocks.

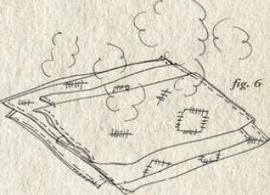


fig. 6. Soak the hessian sacks in plenty of cold water, then fully cover the rocks with the soaked sacks. Be careful as it gets steamy hot.



fig. 7. Wrap food in muslin bags to stop food coming into contact with the earth. Place the food that takes longer to cook like meat and cabbages in the centre of the pit. Then the other bags of vegetables around it, make sure a nice snug fit and not too much loose gaps.



fig. 8. Cover the food (protected with muslin bags only) directly with more damp hessian sacks. Make sure everything is well sealed by covering up the edges of the pit with plenty of dirt. Then sit back and enjoy the smell of earth and food cooking. The hangi needs to be left for about 4-6 hours.



fig. 9. When it is time to uncover the hangi, remove as much dirt from the pit as possible to stop food contamination. Get a few mates to help out on this task, it is a real experience with strong bonding among friends and family.

Hāngi is the name given to one of New Zealand's oldest traditions.

It is a customary Maori cooking method that involves preparing food in an underground pit oven.

This presentation will teach you both how to make a hāngi and deliver a successful evaluation.



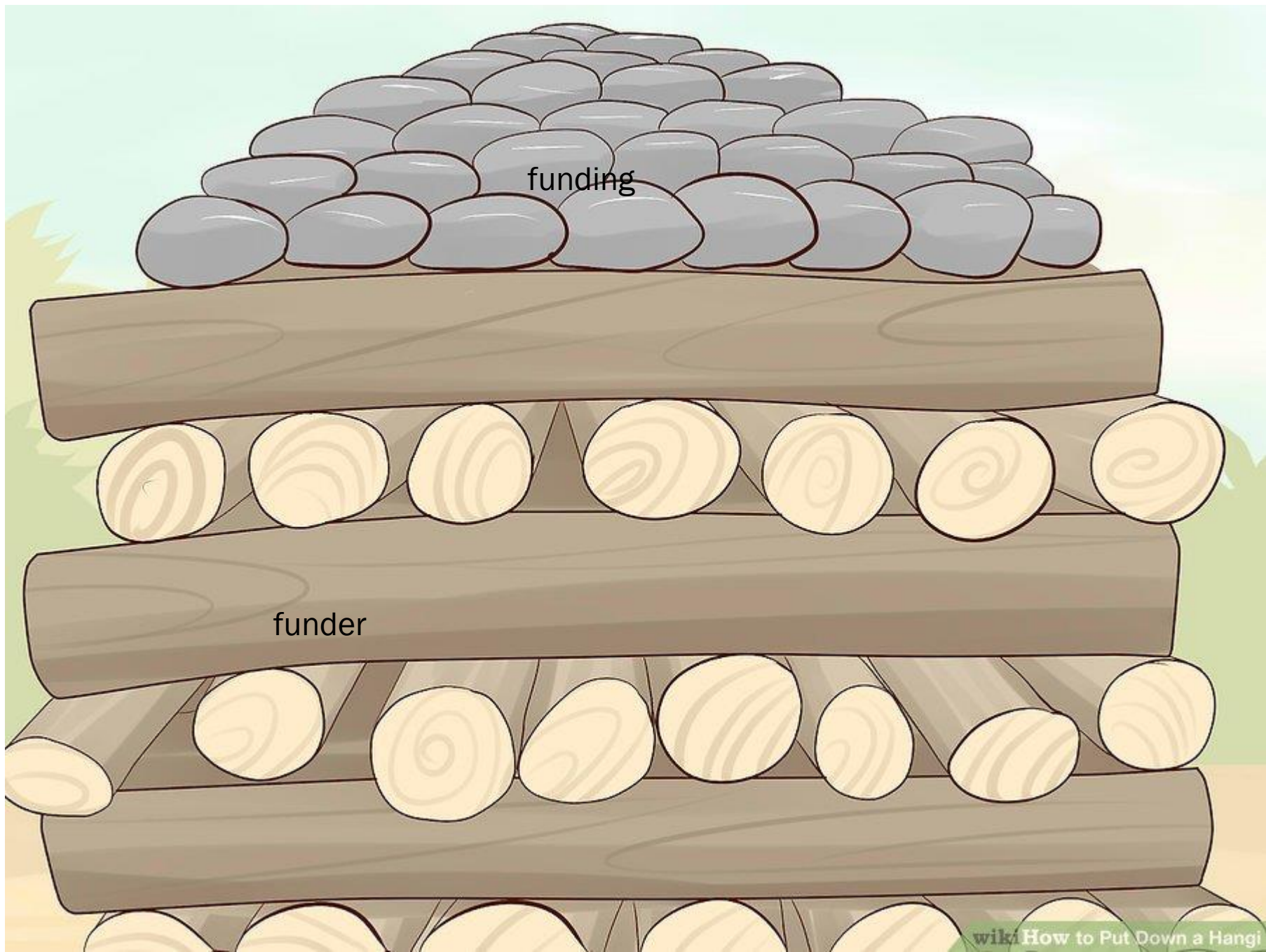
Teresa Taylor & Gill Potaka-Osborne (Evaluators)

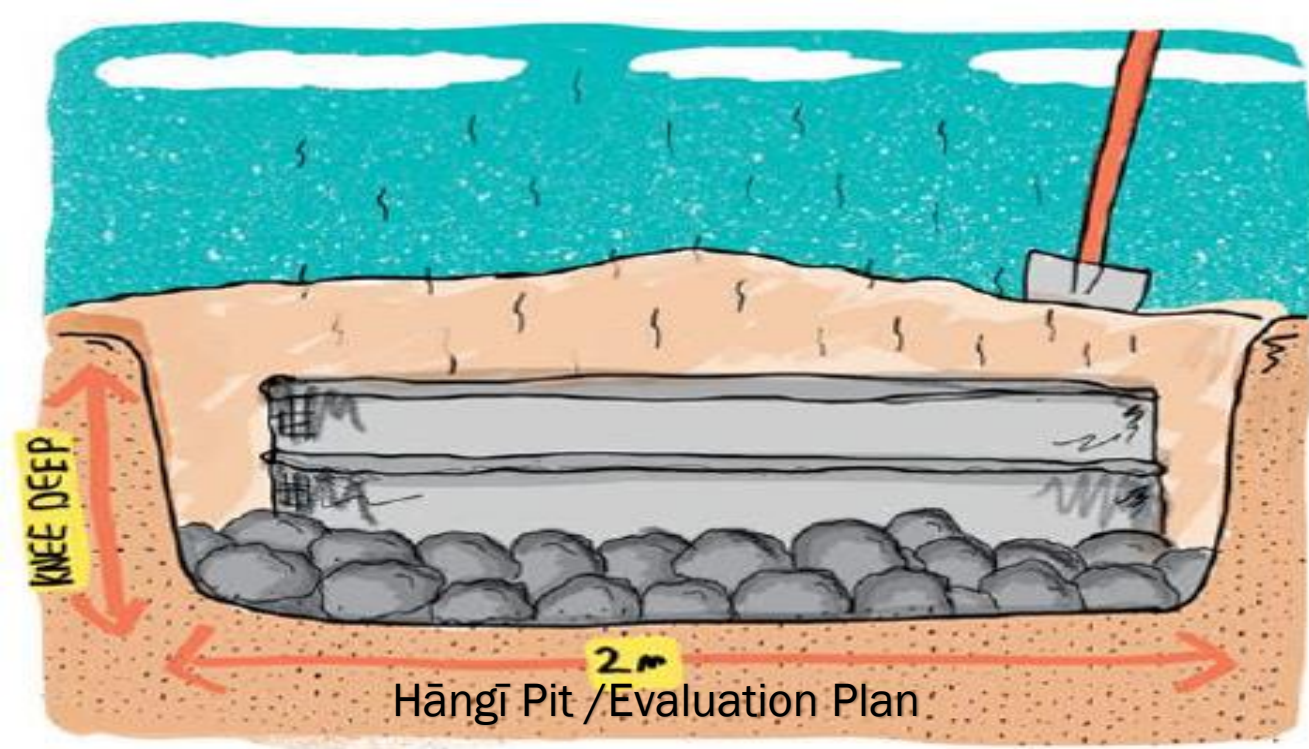


Cousin Ben Potaka -  
Pungarehu Marae expert  
hāngī maker extraordinaire



Advisory Group and senior researcher









Administrators



Cultural practices



Relationship Agreements



Food/data collection tools



HĀNGĪ LOGIC MODEL





Analysis of completion



Presentation and Dissemination



Feast









NGĀTI HAUITI

# He Whetū Arataki

Ngāti Hauiti Youth Leadership Programme 2011-2013

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Te Rūnanga o  
Ngāti Hauiti

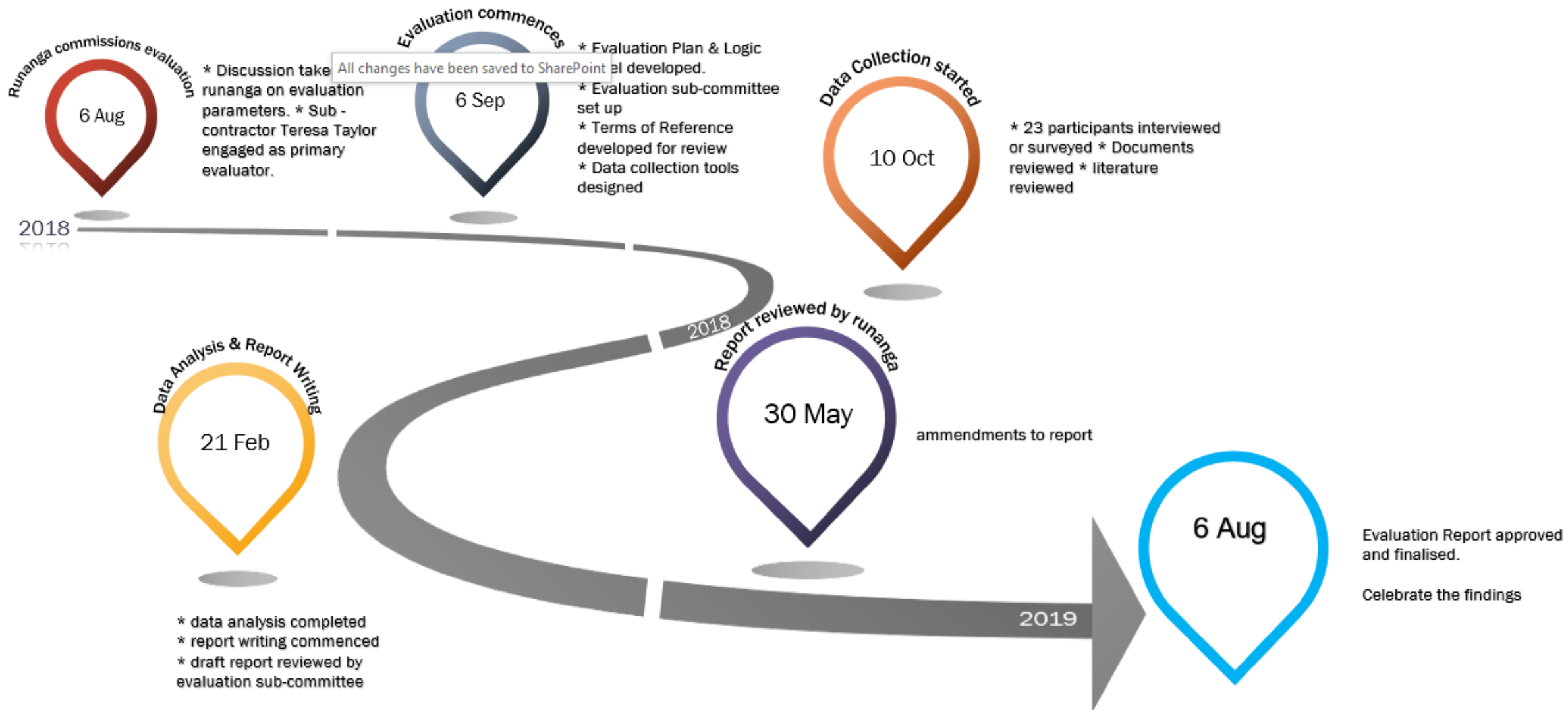


Whakauae  
Research



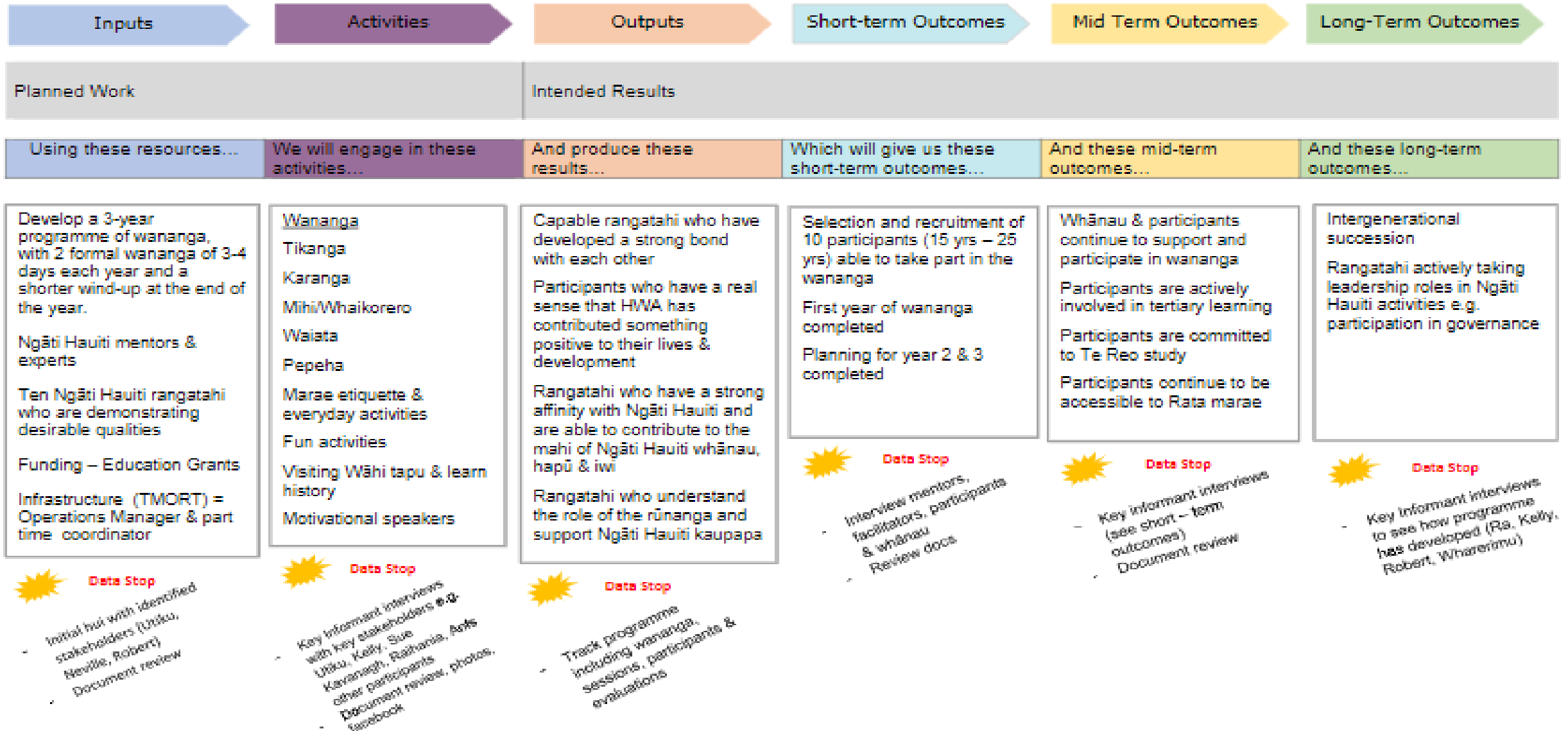
Te Maru o  
Ruahine Trust

# EVALUATION TIMEFRAME



**Problem statement:** Ngāti Hauiti is struggling to entice and secure a sustainable pool of capable and committed members to help rebuild and sustain Ngāti Hauiti culture, economy & society. Te Rūnanga o Ngāti Hauiti have determined that intervention is required to secure new inputs and new leadership to build upon the work that has been done already and to take Ngāti Hauiti to a secure future. Succession is not occurring naturally, so intervention is required to stimulate and create succession.

**Goal:** In response the rūnanga has developed a succession plan and intervention – He Whetu Arataki (the guiding star) to grow a pool of capable Ngāti Hauiti leaders across cultural, social, environmental and economic domains





# HE WHETŪ ARATAKI PRINCIPLES & PROGRAMME

Noho Marae/overnight stays

Waahi Tapū/Sacred places

Haerenga/trips

Mahi Toi/arts

Hakinakina/sport

Hauititanga

Rangatiratanga

Manaakitanga

Kaiarahi/mentors

Mahi Tahi/Team Building

Whanaungatanga

Kotahitanga

Tikanga & Kawa/traditions

Whakapapa/ geneology

Tuakana/Teina

Wānanga/workshops



# PARTICIPANTS



Building apprenticeship



Board Director Whakauae



APEC Leadership Summit



Overseas work

# POSITIVE OUTCOMES



Retail Manager



Winner ANZAC RSA Speech



undertaking masters study

We would like to thank everyone who took part in this evaluation

- Te Rūnanga o Ngāti Hauiti whānau, rūnanga, kaumātua and kuia who supported the programme
- Programme facilitators and participants
- My Ngāti Tuera whānau and Ngāti Kahungunu whanui whose photos have been shared
- Australian Evaluation Society for giving us the opportunity to present this Kaupapa
- All indigenous populations attending this conference in particular Aboriginal and Torres Strait Islanders of Australia on whose land this conference is held.