



Hiwinui Heke Māori Pharmacy Scholarship 2013



In partnership with Ngā Kaitiaki o te Puna Rongoā o Aotearoa, the Māori Pharmacists' Association Inc. and PHARMAC, this scholarship was established to support the education of Māori Pharmacy students studying toward their Bachelor of Pharmacy degree and to promote pharmacy as a career. The scholarship is named after Hiwinui Heke, a retired pharmacist in Rotorua. For more details on Matua Hiwinui please go to www.mpa.maori.nz or www.tewhaioranga.co.nz

All applications must be received no later than: 5pm Wednesday, 3rd July 2013, with a final decision being made by Monday 29th July 2013. [Click Here to request an application form.](#)



Dr Lance O'Sullivan is an iconic advocate for health north of

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The Human Rights Commission promotes the Treaty of Waitangi as: The "promise of two peoples to take the best possible care of each other" (*quote from Bishop Manu Bennett*) It belongs to all of us It is the founding document of our nation



Disposing of unused medicines

Have you got any unused or expired medicines in cupboards or lying around the house? Don't know what to do with them? Did you know you are able to take all expired and unused medicines to any pharmacy for disposal? It is free too. Pharmacies can dispose of old and unused medicines in

Auckland's harbour bridge. But in February this year, his profile stretched nationally, if not internationally, after being named Supreme Māori of The Year, by Māori Party co-leader Tariana Turia. The Kaitaia based doctor is known for drawing public attention to the link between poverty and child health. In particular, his successful campaign for Government funding to combat rheumatic fever amongst Māori communities.

Formally a GP with Te Hauora o Te Hiku o Te Ika, Dr O'Sullivan and his wife Tracey have since opened a free health clinic at Kaitaia Hospital.

PHARMAC is proud to have Dr Lance O'Sullivan 'on click' General Practitioner for anyone seeking answers on a range of health related topics.

Community Events are a tried and true aspect of the New Zealand village psyche. Usually neighbors, friends, families and local businesses congregate at a central and community venue to celebrate being a connected and varied group living in close proximity. Added to the mix is entertainment, food, fun and the community spirited activities thrive.

At Porirua's Creekfest, Wellington city office administrator by day and volunteer fireman out of office hours, Eric Houlihan revels in the opportunity to attend Creekfest, promoting volunteer Firefighters and getting his heart checked. [Watch the video here](#)



PHARMAC's head of IT Manager of Technology and Information, Ian Craigie volunteered to help in the OHML tent at Porirua in early March. Enlisting his son, (Jacob) aged 10 and daughter (Emily) aged 13 for the Saturday excursion Ian says "It was truly a remarkable experience. It was amazing to see all of the agencies and volunteers interacting as a single unit in partnership and seeing the community engaging with such enthusiasm. It was also important for me to continue to gain valuable firsthand experience of the front line work that goes on within our organisation so that my team and I ensure that we deliver the right technology and tools to support this important work."

David Makea and Steve Katene are big men with sights on being big time athletes. At first glance, their age group is not out of whack with the hundreds of others who lined up for the prestigious Taupo 2013 Ironman event in March. Their obesity, however, would make the 3.8km swim, 180km bike ride and 42.2 km run grueling, if not

a safe way that does not harm the environment. Please don't throw them out in the rubbish or flush them down the wharepaku (toilet).



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CareSens meters uptake

The uptake of the new CareSens meters and strips surpassed a 50% uptake by mid March as scheduled. An encouraging result following the roll out campaign and given the CareSens meters and strips will be the only products subsidised by PHARMAC after June 1.



Feedback welcome

Firefighter, You may, or may not, have noticed our new look Te Whaioranga ePanui, please feel free to give us your feedback.

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near impossible.

But the Ironman motto is 'anything is possible' so motivated to achieve this extraordinary feat, the pair took their respective places at the start line. Physical demand, it seems was only part of the challenge says Dave. "I considered quitting three times during the swim which saw me break my goggles, go off course, hyperventilate and panic more than a couple of times." Then getting out of rhythm on the bike ride sparked the idea of quitting twice more before a third time when his buddy Dave had to pull out. "I contemplated quitting and helping him out or continuing but then I reminded myself, I was doing this for me."

This posed yet another hurdle in what was already a difficult and fraught with emotional journey, coupled with physical pain and mental endurance. Wanting to quit was considered twice again during the third and final leg (the run) but Dave says he "bit the bullet", and persevered. Despite finishing outside the official 17-hour timeframe and well after midnight, proud family and friends waited anxiously for Dave to cross the line after 18.5 hours. At which point a haka was performed. "The haka was amazing to finish with and of course the relief it was over, not just for me but for everyone there." When asked if he would do it all over again, Dave immediately quipped "Yup! I've got unfinished business and I'm already registered for next year."

Waka Ama Paddlers Ready for Challenge



The Men's Squad from Porirua Canoe Kayak Club (PCKC) are about to test their paddling skills against the best of the best at the 2013 Active Post Long Distance Waka Ama Nationals being held in Auckland in April 2013.

The 12-man strong squad will represent their club in the crew and individual events at this weekend's national regatta and are eager to see how they will fare against some of the top crews in the world. PCKC Men's Squad will also be spending time with the One Heart Many Lives team checking out their individual heart health and promoting the healthy heart kaupapa amongst their fellow paddlers.

Waka ama is currently the fastest growing sport in New Zealand.

Crew member, Turi Hodges, says it is easy to understand why.

"Waka ama is a fantastic sport for the whole whanau to do together. It's really common to see two and three generations of whanau participating competitively in this sport, so it provides the basis for a really healthy lifestyle."

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