

# Pirirakau Hauora Panui

Issue 33

Hakihea 2014



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The Board & Staff at Pirirakau Hauora would like to wish everyone a safe and happy holidays.

We close at 12 noon on  
Wednesday 24th December and open on  
Monday 5th January 2015.



*Me whakaruru tātou  
i raro i te whakaaro kotahi*

## Our Contact Details:

3 Lochhead Road  
RD6 Te Puna, Tauranga 3176  
P: 552 4573 x 208  
F: 552 4572

manager@pirirakauhauora.org.nz  
[www.pirirakauhauora.org.nz](http://www.pirirakauhauora.org.nz)

# General Info

## **Free Hauora Tāne Checks**

These Wellness checks are available to all males between the ages of 20-59.

The Doctor & Nurse will check the following:

- Blood Pressure & Cardiac Risk
- Vision, Hearing & make referrals
- Smoking Status - Cessation
- Height & BMI Ratio
- Weight and Food & Exercise options
- Blood Sugars & Diabetes Prevention
- Blood tests for various health checks
- Alcohol Consumption & Drug Use
- Talk to the Doctor about Cancer Risk for Skin, Lungs, Testicular, Prostate, Bowel condition and anything else that may be worrying you.

It is a great time to ask the Doctor about health issues you would not normally find the time to talk to him about.

Taking advantage of a Wellness Check not only benefits our Tāne but in the long term it benefits the whole whānau.

## **Pirirakau Hauora Opening Hours**

Monday to Friday 8am to 4:30pm

### **Doctors Hours**

Monday to Friday  
Offering Clinics during  
8:30am to 4:30pm

### **Repeat Prescriptions**

You will need to allow 48 hours for any requests and you will also need to see the Doctor for a 3 monthly check up.

## **Telarc Accredited**



Pirirakau Hauora holds ISO 9001: 2008 accreditation which is a worldwide standard of excellence for Quality Management Systems and means our whānau/clients have the reassurance that Pirirakau Hauora can deliver services to a high level of performance and competency. We also have certification under NZ Health & Disability Sector Standards including Mental Health.

## **Cornerstone Accreditation**



The Royal New Zealand College of General Practitioners  
**CORNERSTONE™**

Pirirakau Hauora holds Cornerstone Accreditation which means we have met the high standards set by The Royal NZ College of General Practitioners and ensures our whānau/clients will receive high quality of care.

## **Charges/Fees**

All doctors fees are to be paid for on the day. We are no longer in a position to incur debt. If you have an outstanding account please contact the Manager to make arrangements about reducing.

Direct Credits or Automatic Payments can be made to:

**Pirirakau Hauora Charitable Trust**

**38 9010 0046783 00**

Please use your name as reference.

## **New Prescriptions Process**

We now have a new process for prescriptions, as we no longer provide delivery. You will need to ensure you take your prescription to a pharmacy of your choice and collect your medication.

# *Mihi from Dux*

Tena koutou te whānau o Pirirakau. Nga mihi tino aroha ki te whānau Tangitu, ki te whānau Anderson hoki, i roto i to koutou pouritanga. He wa tino pouri ano mo te hapū o Pirirakau. Kia kaha e te whānau.

It is hard to believe that 2014 is coming to an end. It has been a year tinged with sadness for the whānau of Pirirakau, as we remember all those that have passed on over the last 12 months. Our thoughts and aroha are with all those whanau as Christmas approaches and whanau gather together to share memories, love and laughter.

## **Clinic News**

This month we welcome Maura Conneely our new doctor who started with us at the end of November. At the moment Maura is with us 2 days a week and will be working alongside Dr Nigel Bruce and Dr Runa Rao. We are very pleased that the shortage of doctors is no longer an issue for us and are very grateful that Maura has decided to join our team.

A special welcome also to Natasha Martin, who is with us until the end of January. Natasha is a year 4 medical student currently studying at Otago University and is one of our very own Pirirakau whānau. We are so proud to support her in her studies and look forward to having our own Pirirakau Doctor. Nga mihi tino nui ki a koe Natasha.

Thank you to all our parents who have supported our drive to get all our tamariki immunised on time. It has been quite a big task for our clinic staff but the results have been excellent and we appreciate your commitment. Keep up the good work and ensure that our pepi are protected. Nga mihi ki a koutou.

## **Closing Dates:**

The last day of clinic for the year will be Wednesday 24th December for half a day. The clinic will be closed during the statutory holidays and the days between. We re-open on Monday 5th January 2015. If you need to be seen by a doctor during this time, Te Manu Toroa City Clinic will be open, or you may choose to go to Accident and Health on Second Avenue.

## **Te Oturu Closing Dates**

The last day for the Mirimiri Service will be Friday 19th December 2014. The service will resume on Wednesday 14th January 2014.

Although the Hauora will be open from the 5th January staff will be unavailable on 12th and 13th January, as they will all be attending a 2-day Strategic Planning wananga. This will not impact on our GP Service as the doctors will still be working and there will be cover.

## **Programmes**

On 4th to 7th December a Tikanga Wananga was held at Poututerangi Marae as part of our contract with the Department of Corrections. The wananga was a great success and participants went home feeling empowered and with a lot of new knowledge. Many thanks to the whānau who helped with the programme delivery.

The School Holiday programme will be run in the last two weeks of January. If you would like your tamariki to be on the programme, come in and talk to Te Kerekau and Rihi. They will be able to let you know what is happening.

# Mihi from Dux

## 2014 in a nutshell

It has been another busy year for us at the Hauora as we reflect on some of the things that have happened:

- January—Dr Rob Shilston left to work fulltime at his own practice.
- The start of our doctor shortage
- Dr Melanie Wirepa came on board to cover.
- March—Dr Yukio Flinte came on board to cover some of the GP Sessions
- Dr Runa Rao came on board to cover some sessions
- Immunisation drive to improve the up-take of immunisation. Introduced a monthly prize draw.
- Rihi began her community research project.
- MWWL established the community garden
- 26th March—Rongoa Workshop at Te Oturu
- April—Tikanga Programme at Poututerangi (Dept of Corrections)
- School holiday programme incorporating Pukehinahina commemorations.
- Computer in Homes programme with 6 participants (10 weeks)
- Cherelle left for maternity leave and Autumn Falk came in to relieve.
- Dr Yukio Flinte left to travel overseas
- Dr Willy Moss left to follow his dream of skin surgery—and the doctor shortage continues.
- May—Held Cervical Screening Pamper day at Te Oturu
- June—Hone took 6 week leave to travel to Europe and Autumn covered.
- July—Dr Ange Erhorn left.
- Rosemary Minto, Nurse Practitioner covered for a month.
- School Holiday programmes
- Strep Throat outbreak and intervention
- Matenga left to further his career.
- Erena left to have a baby and Te Kerekau started in the role of Rangatahi Coordinator
- Riini Hurkmans-McLeod came on board as the new Clinic Coordinator and Diana McNamara as part-time Clinic reception.
- Successful Drivers Licence programmes run with 30+ gaining their licences.
- Two new Mirimiri Therapists—Erina Walker and Awhimai Brown.
- Aug/Sept—Dr Nigel Bruce started as our regular doctor, two days per week.
- Hinemanu finished as Community Nurse, but has continued to work one day a week to support with immunisation
- Minden Reservoir Art Project completed.
- Te Wharekura o Mauao students on placement.
- School holiday programme.
- MWWL National Conference
- Cervical Screening campaign
- October—ISO Audit—good outcome
- Tauranga Moana Tauranga Tangata Festival held at Maramatanga Park.
- November—Ra Whakangahau hosted by Te Puna School at QE2.
- Dr Maura Conneely started. GP shortage over.

As you can see it has been a very unsettling year for us with a lot of changes in staffing. Hopefully now that the GP shortage is over for us, things will become more settled for next year.

Meanwhile, thank you whānau for your continued support.

Nga mihi mo te Kirihimete me te tau hou.

Nga mihi - **Dux**

## *Massage Services*

# MASSAGE SERVICE



Having a massage can have huge benefits to your health.

Our therapists' holistic approach to massage uses a variety of techniques that cater for everyone's individual needs.

Their philosophy is that along with the right food and exercise, massage therapy is an integral part of reducing stress, managing pain and preventing injury.

Our therapists are qualified Massage Therapist's, and specialise in the following therapies;

- **Relaxation**
- **Sports - pre and post event**
- **Reflexology**
- **Lymphatic Drainage**
- **Acupressure**
- **Pregnancy Massage**

Consider massage appointments a necessary part of your health and wellness plan, and work with your therapists to establish a treatment schedule that best meets your needs.

### **Pirirakau Hauora - Mirimiri Services Te Oturu Oranga**

4 Paparoa Road  
Te Puna, Tauranga.

Open Monday to Friday  
8.30am - 4.30pm

Phone 552 6238 to make an appointment

# *Mirimiri Therapist*

**Ko Ngātokimatawahaorua tōku waka.  
Ko Ramaroa tōku Maunga  
Ko Hokianga tōku Moana  
Ko Ngapuhi tōku Iwi  
Ko Ngāti Korokoro tōku Hapu.  
Nō Pakanae ahau.  
Ko Hone Moetara tōku Ingoa  
Kei Welcome Bay ahau e noho ana.**

**Tēnā ra tātou katoa whānau ma**



I come from the far North, a little place called Opononi on the Hokianga harbour.

My partner Andrea and I settled here in beautiful Tauranga Moana with our two young children back in 2003. Our family has fallen in love with Tauranga Moana and people we have met from here.

My style of Mirimiri is a holistic approach which combines a variety of different techniques that cater for individual needs or conditions.

Ever since I was a young boy I have been passionate about bodywork and recall walking on my mother's back to relieve her aches and pains. As the years went by I massaged friends and family picking up tips from body workers and healers along the way.

My official training was done through "Aqua Vida" a training institution that was based here in Tauranga, which was for Relaxation Massage also Anatomy and Physiology.

Since then I have worked from Pacifica Massage, Papamoa Ocean Blue Gym, Health 4 You, and alongside Osteopaths, Chiropractors and Physiotherapist.

I look forward to working with Pirirakau Hauora and assisting whānau of Pirirakau. If you have any enquires or would like more information, pop in and have a chat or give me a ring at Te Oturu Oranga on 552 6238.

*Mauri ora*

***Hone Moetara***

# *Mirimiri Therapist*

**Ko Awhimai Brown taku ingoa  
No Tauranga Moana ahau  
Ko Ngati Ranginui me Ngati Pukenga nga Iwi  
Ko Ngati Kahu me Ngaitamarawaho nga Hapu  
Ko Mauao te Maunga  
Ko Wairoa te Awa  
Ko Takitimu te Waka**

I have a strong interest and passion in holistic body work and started mirimiri/massage when I was fifteen years of age. Cherished memories of my Grandmother initiating me into this mahi at our homestead in Bethlehem, with the aroma of kawakawa simmering on the old coal range.

My official Therapeutic Massage training was gained through the Wellington School of Massage Training and Mirimiri Healing through the late Rangimarie Sutherland at the Oasis Centre, Upper Hutt. Along with various workshops through the years including rongoa and other alternative therapies.

Prior to my daughter and I making our journey home to Tauranga, I worked at the Natural Health Centre in Wellington along with many other skilled practitioners offering their services including talk therapies. I have five years study and training experience in Gestalt Psychotherapy.

Mirimiri is an ancient art of Maori healing comprising of massage and energy work, assisting the body on all dimensions allowing the sacredness of the healing to flow. I love to work with people in this way and have been involved with this practise for many years part-time.

I currently work at Te Oturu as a Mirimiri Therapist and look forward to meeting and working with you on your journey.

Mauri Ora

***Awhimai Brown***



# *Mirimiri Therapist*

**Ko Whakaari toku maunga.  
Ko Motu toku awa.  
Ko Horouta toku waka.  
Ko Te-Whanau-A-Apanui toku iwi.  
Ko Te Ehutu toku hapu.  
Ko Te Kaha toku marae.  
Ko Erina Walker ahau.**

I am the youngest of 4 children, born and raised here in Tauranga.

"Fond Memories" with my nanny at Te Kaha (who first introduced me to Rongoa), going fishing, diving and picking blackberries. "Bad Memories" are weeding kumara in hot sun and milking the cows in the rain.

I was brought up with a family that encourages alternative healing, and I enjoy working with traditional modalities as well as introducing new approaches of health to our community of all ages.

After studying and graduating at the Bay of Plenty Poly-Technic, I opened my clinic alongside Dr Anna Rolleston (Heart Specialist) at Manawa Ora Health Clinic as a Mirimiri therapist. I have furthered my studies by training in Ortho- Bionomy, Myofascial Release and becoming a (LET) Lymphatic specialist.

Currently, I also work here at Te Oturu as a Mirimiri and Lymphatic Practitioner using a combination of hand techniques and the Lymph Star Pro giving you a more effective result.

I look forward to supporting you through your journey of better health.

***Erina Walker***





# water safety



**FREE**

***Aqua Aerobics for  
pregnant women***

**AQUA MUMS**

**9 weekly classes**

**from February 9th 2015**

**Baywave, Mount Maunganui**

**Greerton Aquatic Centre, Tauranga**

**Rotorua Aquatic Centre, Rotorua**

**For more information contact:**

**Kirsty Carling [kirstyc@sportbop.co.nz](mailto:kirstyc@sportbop.co.nz) P 07 348 4125 x 609 | M 027 234 2516**

**or register your interest at [www.sportbop.co.nz/aqua\\_mums\\_registration](http://www.sportbop.co.nz/aqua_mums_registration)**

# *Sun Smart & Swimming Lessons*

## **FREE SWIMMING LESSONS**

Please contact TeRina here at the Hauora on 552 4573 for more information about how to register your child for **FREE** swimming lessons.

These will begin in February 2015 thanks to Sport Bay Of Plenty.



## **Sun Smart SLIP, SLOP, SLAP and WRAP**

Skin cancer is the most commonly diagnosed cancer in New Zealand. Melanoma is the most serious type, and our rates are amongst the highest in the world.

Get to know your skin by checking it regularly - It's easy to check your skin and should only take 15 minutes.

### **Just follow these steps.**

- Check your whole body—from head to toe, front, back and sides
- Check your head and neck—don't forget your scalp, ears, face and lips
- Check the trunk, front, back and sides
- Check your arms and hands, including nails
- Check the soles of your feet, between your toes and nails
- Check your buttocks and legs.

### **What to look for**

Look for these things when checking your skin:

- any spot, mole or freckle that has changed in shape, size or colour
- a new spot that is different from other spots around it
- any small, dome-shaped lump that wasn't there before
- an outline of a mole that changes or becomes raised
- the surface of a mole that has become rough, scaly or has become an open sore
- a mole that itches or tingles
- a sore that bleeds, doesn't heal and/or has become an open sore
- a sore that heals and has become an open sore again
- any skin spot that you are worried about. Skin cancers rarely hurt and are more often seen than felt. Develop a regular habit of checking your skin for new spots and changes to existing freckles or moles. Self-examination can find skin cancers in their early stages.

## Choosing the best sunscreen

The range of sunscreens available for use on kids is vast and in New Zealand most sunscreens are good quality. Professionals advise parents to buy sunscreens that are:

Broad spectrum: that is, protects against both UVA and UVB rays.

- SPF 50+: the highest 'sun protection factor' approved for sale in New Zealand
- Water resistant: that is, they provide SPF for a certain amount of time which must be included on the packaging.

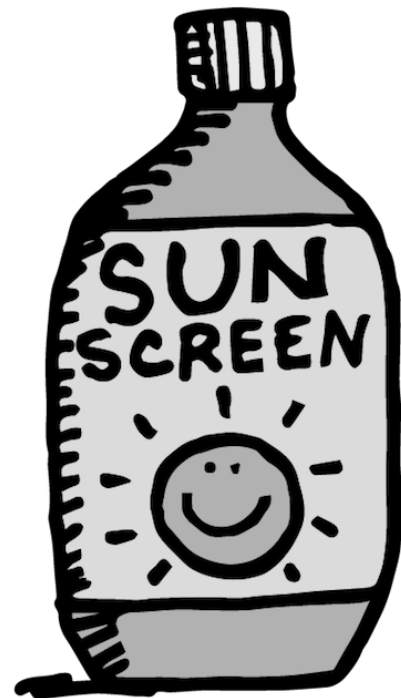
Any product which includes AS/NZS 2604:1998 on the label means it meets Australian and New Zealand sunscreen standards. There is no direct correlation between price and effectiveness.

Some parents also prefer to choose sunscreens that are aimed at kids or people with sensitive skin because these lotions are less harsh on young skin.

# Sunscreen

### 8 sunscreen facts you need to know

- Sunscreen needs to be reapplied every two hours.
- Apply 20 minutes before sun exposure.
- Apply liberally.
- Watch the use-by dates.
- Don't leave sunscreens in the car. Ideally, to prolong their life and effectiveness, they should be stored in cool places below 30°C.
- No sunscreen provides 100 percent protection – sunscreen reduces but cannot block all UV radiation. That's why it's advised to always use sunscreen with other forms of sun protection like hats, shade, clothing and sunglasses.
- Water is not a good sunscreen – UV rays can penetrate to the depth of one metre.
- Sunscreen should be worn if the UV Index is 3 or over – you can download a UV mobile phone app to check real-time measures



<http://www.kidspot.co.nz>

# *Whakapakari Tinana*



We had two Te Puna teams compete at the ¼ Iron Maori on 1 November. Iron Maori was such an inspiration for all of us that competed, we realised that anyone can complete a Triathlon, no matter what age, size or fitness level.

Tri Maori motto "It's for the Whānau" summarises the Tri Maori day we attended on 22 November. A number of events are run to cater for all fitness levels and ages, ranging from a 1km run for the kids through to an Olympic Distance Triathlon that can either be competed as an individual or team. We had a few teams entered in the Olympic distance Triathlon which consisted of a 1.5km swim, 40km bike and 10km run.

Team Bucket List were Cheryl Toma, Moana Tuhakaraina and Tawhai Schuster. Team Ngati Ranginui were Mere Horopapera, Kylie Willison, and Te Rina Joseph. Tiria competed in the 3-9-3 Triathlon which consisted of a 300m swim, 9km bike and 3km run.

It was awesome to have so many competitors and supporters there from Tauranga, it definitely lifts you up when you see competitors you know or hear people cheering for you.

Tiria's highlights of Tri Maori were seeing an old Kui with a walking frame doing the 5km walk supported by her whanau and also seeing a dad and his daughter competing in the 3-9-3 event together.

If anyone has ever wanted to compete in a Triathlon then wipe away the fear of the "unknown" and just do it, you'll love it.

# Whakapakari Tinana

## WOD of the month

Equipment: 2 markers

AMRAP 10min (As many rounds as possible)

Reps x10

- Jumping Lunges (each side)
- Pull ups
- Air Squats
- Bear Craw (10m forward, 10m backwards)

Complete as many rounds as possible in 10min, and the next time you do this WOD do more rounds than the previous time.

# AMRAP

As many reps as possible.



Jumping Lunges



Air Squats

## FREE CROSSFIT SESSIONS

Have a go at crossfit  
every Monday & Wednesday 7pm at  
Maramatanga Park.

**Please note the time change**

**Open to anyone at any  
fitness level**



## Homemade Equipment Dumbbells

For two dumbbells

Equipment: Four identical containers,  
two metal bars/ rods and cement

How: Place one end of the metal rod  
inside one container. Fill the container  
with cement, and let it dry. Once fin-  
ished that side, do the exact same to  
the other side. Preferably use contain-  
ers with a lid, then it is up to you how  
you want it to look.



## Community News

# Two Most Effective Ways to Burn Calories

### HIGH INTENSITY INTERVAL TRAINING

Interval training is a high intensity blast, followed by a active rest. E.g. 1min running on treadmill, 1min incline walk x5.

### PHA TRAINING

Peripheral Heart Action training is mixing different resistance exercises e.g. Squats, Press ups, Deadlifts, Pull ups. Making the heart pump blood in all different areas will encourage an elevation in your Heart Rate, resulting in more calories burnt. Full Body exercise are optimal e.g. Clean and Press.

**COMBINE BOTH METHODS FOR THE BEST CALORIE BURNING WORKOUT!**

## Up and Coming Events



13th December 2014  
13th December 2014

Chace'em up the Mount  
Xmas in the Park (Te Puna Rugby)

10th January 2015  
11th January 2015  
22nd February 2015

Mauao Fun Run  
Paddle Race & King & Queen of Mauao  
Womens Triathlon

For more information please see the links below;  
<http://www.runningcalendar.co.nz/region/bay-of-plenty>  
[www.trichicks.co.nz](http://www.trichicks.co.nz)  
[www.mountfestival.kiwi](http://www.mountfestival.kiwi)

### Vacancy

**Practice Nurse  
Full time**

See advert on our Facebook Page or  
Trade Me Jobs

Applications close Monday 12th January  
at 4:30pm. Ring Claire for  
application form and Job Description

### Te Manu Toroa Tauranga Moana City Clinic

53 Courtney Road  
Phone 571 2026

Open throughout the holiday period

Pirirakau whānau are able to use this service  
if they need to over the Christmas/New Year  
while Pirirakau Hauora is closed.

Reopen on Monday 5th January at 830am

# General Info

## Te Hā Ora Antenatal Classes



Kaupapa Maori  
Antenatal Classes  
Course is free  
Booking Essential  
Register your interest  
with TeRina extn 211

## Smoking Cessation

If you ever wanted to stop smoking but didn't know how, contact TeRina or Valerie.

## Kaumatua Programme

Our Kaumatua Programme is for Pirirakau Whanau or Māori Kaumatua living in Pirirakau Rohe and receiving our services.

We meet fortnightly on a Tuesday.

If you know of any of our Pirirakau Kaumatua that would like to join our group please contact Mahia at Te Oturu 552 6238

## Panui Articles

You will find our latest news and past newsletters on our website. Check it out:  
[www.pirirakauhauora.org.nz](http://www.pirirakauhauora.org.nz)

If you have any comments about this panui, or story ideas that you would like us to share with the hapū, please email or bring them into Claire by the end of the month.

[info@pirirakauhauora.org.nz](mailto:info@pirirakauhauora.org.nz)

All efforts are made to ensure all information in this newsletter is current at time of publication.

## Pirirakau Hauora Values

Our values guide us on how we conduct ourselves as we strive to achieve the overall strategic vision for Pirirakau Hauora.

### ***Whanaungatanga***

Ensure our people and those that we work with are given their mana, by showing respect, hospitality, support and inclusiveness.

### ***Whakapapa***

Promote a sense of belonging, while ensuring that the principles of whakapapa (tuakana/teina; Ira Tane/Ira Wahine) are in place and the obligations associated with whakapapa and hononga (links) are recognised.

### ***Rangatiratanga***

Acknowledge and respect the mana of those that we work with, and encourage them to be empowered to determine their own destiny. Support and advocate on behalf of whānau to reconnect to their own values, whenua and korero.

***“Everything that we do will reflect good practice and will always be underpinned by our Pirirakau Hauora tikanga and kawa”***

## Our Mission

***“Ruia te kākano kia puāwai ai tātou”***  
Sowing the seed of unity so that we can flourish together.

## After Hours Doctor Service

Accident & HealthCare  
19 Second Avenue  
Tauranga  
Ph: 07 577 0010

# Pirirakau Hauora Panui

Current Price List as of 1st August 2014

## Registered with Pirirakau Hauora GP

Children (0-5 years)	Free
Children (6-12 years)	\$7.00
Children (13-17 years)	\$11.00
Adults	\$17.00

## General Fee for Casual Users

Adults	\$37.00
Children	\$17.00

## Other Charges

Non Cancel Appt	\$17.00
Nurse Consult	\$10.00
Script Charge	\$5.00

## Mirimiri Therapist Charges

### GP Registered Clients

1 Hour	\$30.00
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### Casual Clients

1 Hour	\$60.00
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Non cancel appointment charge	\$10.00
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Ring Mahia to make an appointment  
on (07) 552 6239

## Hauora Kaimahi

Kaimahi based at 3 Lochhead Road

Donna Motutere	Manager	extn 208
Claire Reihana	Manager's Assistant	extn 202
Pare Burt	Financial Assistant	extn 202
Tiria Nicholas	Admin Support	extn 214
Riini Hurkmans-M <sup>c</sup> Leod	Clinic Coordinator	extn 201
Rachel Bidois	Cleaner	
Hera Brown	Practice Nurse	extn 210
Valerie Ngatai	New Grad Nurse	extn 209
Dr Runa Rao	GP	
Dr Nigel Bruce	GP	
Dr Maura Conneely	GP	
Jan Polley	Tamariki Ora Nurse	extn 211
Moana Rayner	Whānau Ora	extn 212
TeRina Joseph	Tamariki Ora	extn 211
Rahera Biddle	NASC Whānau Ora Coordinator	extn 220
Te Kerekau Nicholas	Rangatahi Coordinator	extn 213
Rihi Motutere	Rangatahi Coordinator	extn 213

Kaimahi based at Te Oturu, 4 Paparoa Road

Phone 552 6238

Mahia Wilson	Te Oturu Oranga & Kaumatua Coordinator
Hone Moetara	Mirimiri Therapist
Erena Walker & Awhimai Brown	Mirimiri Therapist
Sylvia Wilson	Tamariki & Rangatahi Mental Health

## Pirirakau Hauora Board of Trustees

Reona Anderson	Frank Borell	Janice Kuka	Tame Kuka	Colleen Leef
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