

# BRIGHT SPARKS

**Cover Story: Celebrating the 2020 Fulbright New Zealand Awards**  
**Special Feature: Erena Wikaire on Rongoā Māori, the Traditional Māori Healing System**



*Also In This Issue:* [Fulbright in the News](#) | [Awards of Note](#) | [Fulbrighters in Publication](#) | [Grantee Experience: Fulbright US Grad Molly Magid](#) | [Alumni Spotlight: Dylan Asafo on Transforming Society for Marginalized Groups in New Zealand](#) | [Grantee Experience: Midyear Programme](#) | [Fulbright Events: Independence Day](#) | [Around the office](#) | [Kai and Kōrero](#)

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## FROM THE EXECUTIVE DIRECTOR

In this issue of Bright Sparks, we are delighted to share some images from the Fulbright Awards held on Wednesday 5 August. Considering that Auckland went into Level 3 Covid alert restrictions and the rest of the country went back to Level 2 on Monday 10 August, we feel incredibly fortunate to have narrowly escaped yet another Fulbright Awards postponement!

There was something particularly special about the Fulbright Awards this year. As the shadow of Covid-19 continues to loom large over us all, the atmosphere at the Awards was one of genuine gratitude, happiness and perhaps a touch of relief. Thank you so much to all the friends and family of the 2020 grantees who came along to celebrate. A special thank you also to Harlene Hayne Chair of the Fulbright NZ board who emceed the event, US Chargé D’Affaires Kevin Covert, and to our host, Deputy Prime Minister Rt. Hon. Winston Peters.

The Awards mark the start of the Midyear Programme Fulbright NZ run every year for our new cohort of Fulbright grantees. Alongside the Awards, the programme consists of seminars, workshops, info sessions and general discussion. As we continue to deal with the consequences of the pandemic for an international exchange programme I am constantly reminded that never before in the history of the Fulbright programme has there been so much unpredictability. This year’s MYP gave grantees the chance to share any concerns they may have, as well as share in the excitement of their awards. Many philosophical

conversations were had about what it means to be a Fulbrighter in the time of Covid. What does being an online Fulbrighter look like? What has it been like for the 2019 NZ Fulbrighters who decided to remain in the US and study online? What does Covid mean for international education exchange in general?

By the end of MYP, there was a genuine sense of clarity of purpose, and a wonderful sense of whanau. Fulbright Science and Innovation Graduate awardee Nicole Edwards summed it up beautifully in an email she sent to MYP organiser, Programme Manager Pip Climo:

“I cannot reinforce more strongly just how valuable the Fulbright awards and orientation experience was for me. I feel as though I have been searching my entire life for the people I met in that room last week. It was a quietly emotional experience to feel part of such an incredibly talented and humble group of people. I was so inspired by the level of integrity in that room and the drive of everyone to improve the world through their amazing mahi. Their open and articulate approach to sharing their experiences has truly clarified the path ahead for me and I honestly couldn’t be more grateful for that experience.”

Sentiments such as these remind me of the importance of the work we do at Fulbright in fostering relations and connections that will last a lifetime. We hope you enjoy this issue of Bright Sparks and we hope that wherever you are in the world, you are keeping safe and staying strong.

## EDITOR’S NOTE

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- 2020 Fulbright General Graduate awardee **Riz NurMuhammed** was recently interviewed by Jack Tame for TVNZ current affairs show 'Q + A'. Riz, a Muslim from the Uighur region in China, has bravely decided to tell the story of her brother who was arrested without explanation in China in January 2017. You can watch the episode in full [here](#).
- **Guled Mire's** name has been in the news a great deal lately. Guled is co-founder of Third Culture Minds, a not-for-profit organisation that is dedicated to advancing positive mental health & wellbeing outcomes for ethnic youth in Aotearoa, New Zealand. Guled is one of this year's Fulbright General Graduate grantees and will complete a Masters of Public Administration at Cornell University in New York. He has been an outspoken advocate for minorities and it's fantastic to see his work receive so much media coverage in recent months. Read more about his work [here](#).
- **Rachel Morris**, 2003 Fulbright General Graduate awardee, was recently appointed as editor of the soon to be reinstated North and

- South magazine. Rachel's Fulbright took her to Journalism School at Columbia University. She stayed on in New York and eventually founded Huffington Post's Highline, an online magazine famous for running ambitious long-form articles. Be sure to check out the next issue of Bright Sparks (out December) with a full interview with Rachel.
- Fulbright General Graduate and a recipient of second year funding **Abbas Nazari** (cover star of the last issue of Bright Sparks) is a regular contributor to various print and online media channels in New Zealand. He recently wrote a very moving piece about being in Christchurch on the day of the terrorist attack on March 15. You can read the full article [here](#).
- Canterbury University's **Professor Geoff Rodgers** (2008 Fulbright-EQC Graduate Award in Natural Disaster Research alumni) has been credited with providing the missing link in research that has enabled leading US engineer David Mar to build resilient and economically viable buildings in earthquake zones. Read the full article [here](#).

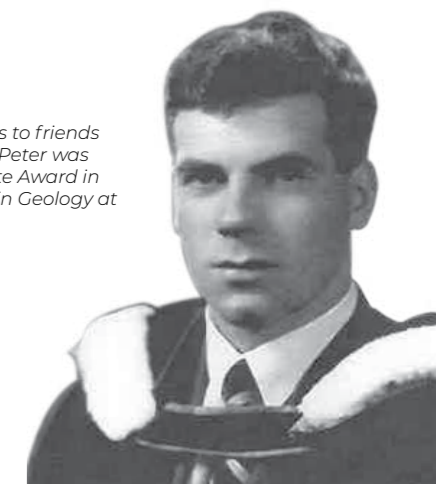


IN MEMORIAM

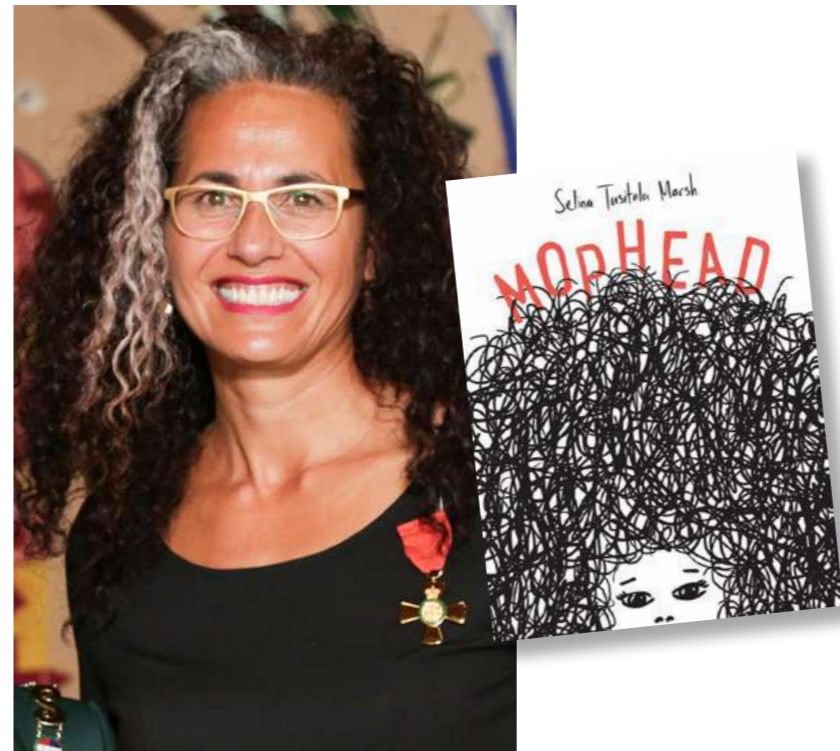
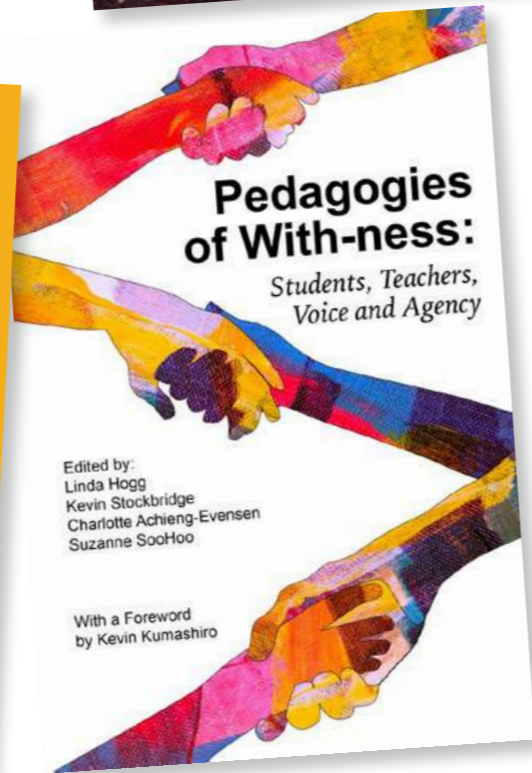
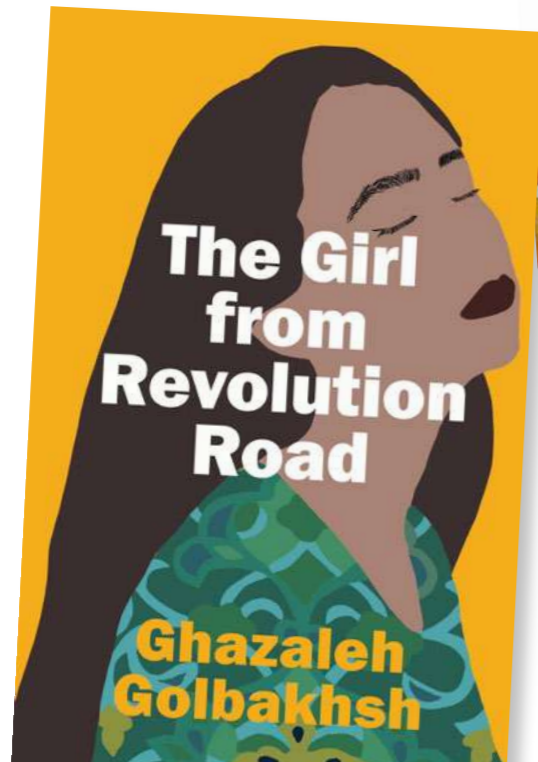
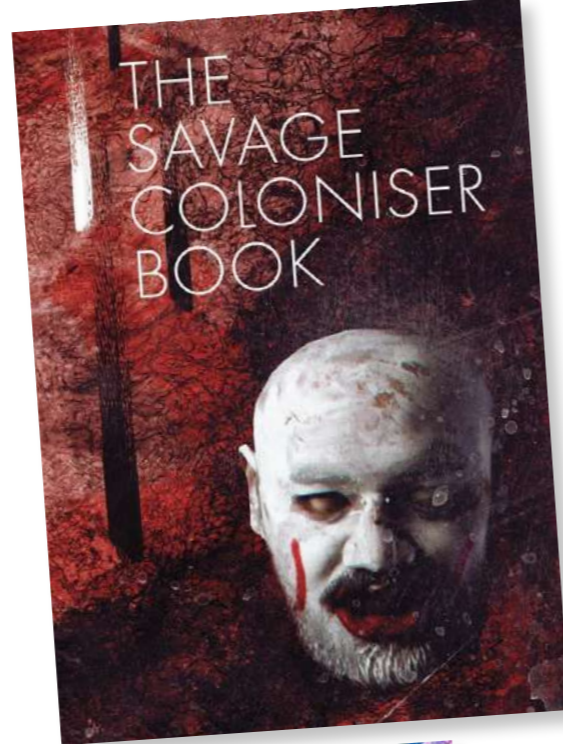
Fulbright New Zealand were very saddened to hear of the passing of Ash Lightfoot. Ash received a Fulbright-Ministry of Research, Science and Technology Graduate Award in 2009 and went to Indiana University to complete a PhD in Mathematics. We send our condolences to his family and friends.



We also send our condolences to friends and family of Peter Andrews. Peter was awarded a Fulbright Graduate Award in 1962 and completed his PhD in Geology at Austin University.



- Fulbright alumnae **Tusiata Avia** has recently published a new poetry collection, *The Savage Coloniser Book*, through Victoria University Press. Described as “electrifying new work” this is one that New Zealand’s poetry community has been eagerly awaiting.
- **Ghazaleh Golbakhsh** was highlighted in the last Bright Sparks for her fantastic work directing a series of short films about the Muslim community in Christchurch. Now she has turned her attention to the literary arts with a collection of personal essays. *The Girl from Revolutionary Road* is a “book for our times, written with wit, lyricism, cynicism and tenderness.” Published by Allen and Unwin and available at all good bookstores.
- **Gabrielle Popp**, 2017 Fulbright Distinguished Awardee for US Teachers, wrote a chapter about the importance of marginalized student voices in a recently published book called *Pedagogies of With-ness*. The chapter is based on the research she undertook while in New Zealand on her Fulbright award, an experience she describes as “the best professional development I have ever engaged in.” Great to see the fruits of your research Gabrielle!



**AWARDS OF NOTE**

- We were thrilled to see that **Professor Rangī Matamua** (Ngai Tūhoe) was awarded the Prime Minister’s Science Communications Prize from the Royal Society of New Zealand. Prof Matamua was a Fulbright-Ngā Pae o Te Māramatanga Scholar in 2014 and has dedicated most of his career to studying Matariki and helping others to understand its significance. To find out more about his work, you can read his book *Matariki: The Star of the Year* (Huia Books, 2017) or listen to one his many interviews online.
- A huge congratulations to **Dr Selina Tusitala Marsh**, Fulbright alumnae and 2017-2019 New Zealand Poet Laureate for winning the Margaret Mahy Book of the Year at the New Zealand Children’s Book Awards for her book *Mophead*. This is the first children’s book that Dr Marsh has written, but it definitely won’t be the last. Congratulations Selina!



## COVER STORY THE FULBRIGHT AWARDS 2020

*TOP: Fulbright NZ Scholars: Tyron Love, Ashley Sheerar, Stuart Young, Dianne Sika-Paotonu, Karen Barbour, Shona Munro, Huia Jahnke, and Fulbright-Ngā Pae o te Māramatanga Scholar Haki Tuapiki*

*BOTTOM LEFT: Fulbright US Graduate Anna Lehner, Fulbright US Scholar David Schmale, and Fulbright US Graduate Molly Magid*

*BOTTOM MIDDLE LEFT: Fulbright NZ Scholar Dianne Sika-Paotonu and Fulbright NZ Science and Innovation Graduate Aneska Hoskin*

*BOTTOM MIDDLE RIGHT: Carrie Clifford, 2019 Fulbright-Ngā Pae o te Māramatanga Graduate alumnae*

*BOTTOM RIGHT: Deputy Prime Minister Rt. Hon Winston Peters*

***“Fulbright is associated with a long history of achievement. But since the very inception, there has been an equally long history of resilience, tenacity, hope, vision, and leadership through tough times. You were chosen for exemplifying these exact qualities, and we need these more than ever.”***

*- Carrie Clifford, Fulbright alumni speaker*



**“When the Covid-19 pandemic hit New Zealand shores in February, the reality of our daily lives changed almost in an instant. Living through such unpredictability and disruption, I believe Senator Fulbright’s vision for the Fulbright Programme is more relevant than ever: “To bring a little more reason, a little more compassion into world affairs and thereby to increase the chance that nations will learn to live in peace and friendship.””**

**- Harlene Hayne, VC of the University of Otago and Chair of the Fulbright NZ board**



TOP LEFT: US Embassy Chargé D'Affaires Kevin Covert with Haki Tuaupiki (Fulbright-Ngā Pae o te Māramatanga Scholar 2020)

TOP RIGHT: Fulbright alumna and Principle Investment Manager at MBIE Eric Walton, Fulbright NZ General Graduate Guled Mire, US Embassy Chargé D'Affaires Kevin Covert

BOTTOM LEFT: Fulbright-Wallace Arts Trust awardee Campbell Patterson

BOTTOM MIDDLE LEFT: Fulbright-Ngā Pae o te Māramatanga Graduate Erena Wikaire

BOTTOM MIDDLE RIGHT: Fulbright-EQC grantee Jesse Kearse (left) with friend

BOTTOM RIGHT: Fulbright NZ Distinguished Teachers Joy Kitt and Maiken Calkoen





## CELEBRATING THE 2020 GRANTEE COHORT

*The 2020 Fulbright New Zealand Awards was a truly magical event giving us the chance to celebrate 37 out of the 49 grantees that received Fulbright scholarships this year.*

The number of grantees in attendance was less this year because most of the US Fulbrighters had to return to the US at the outbreak of Covid.

While we felt their absence keenly we were still thrilled to be able to honour the remaining cohort. The night went off without a hitch thanks to the expert planning by Fulbright NZ Events and Alumni Advisor Sarita Magan with help from Programme Manager Pip Climo.

*TOP: 2020 Fulbright NZ Science and Innovation Graduates Nicole Edwards, Duey Xu, Emily Gordon, Hamish Prince, Anezka Hoskin, Tom Devine, Alice Marsh, Robbie Morrison, Isobel Campbell, Rhys Compton*

*BOTTOM: 2020 Fulbright NZ General Graduates Ana Lenard, Nathaniel Otley, Elyjana Roach, Riz NurMuhammed, Laura MacKay, Guled Mire, Milena Petrovic, Blaine Western*



## 2020 FULBRIGHT NEW ZEALAND AWARD GRANTEES

### New Zealand Science and Innovation Graduate Awards:

- Isobel Campbell
- Rhys Compton
- Thomas Devine
- Nicole Edwards (Ngāi Tahu, Ngāti Kahungunu)
- Emily Gordon
- Anezka Hoskin (Te Aitanga-a-Hauiti, Ngati Porou, Ngati Kahu)
- Alice Marsh
- Robbie Morrison
- Hamish Prince
- Duey Xu

### Fulbright-EQC Graduate Award in Natural Disaster Research

- Jesse Kearse

### Fulbright-Ngā Pae o te Māramatanga Graduate Award

- Erena Wikaire (Ngāpuhi, Ngāti Hine, Te Hikutu, Te Kapotai)

### Fulbright New Zealand General Graduate Awards

- Ngarangi Haerewa
- Ana Lenard
- Laura MacKay
- Guled Mire
- Rizwangu NurMuhammad (Uyghur)
- Nathaniel Otley
- Milena Petrovic
- Elyjana Roach
- Blaine Western

### Fulbright New Zealand Scholar Awards

- Karen Barbour
- Huia Jahnke (Ngāti Kahungunu, Ngāti Toa Rangatira, Ngai Tahu, Ngāti Hine)
- Tyron Love (Te Atiawa)
- Shona Munro
- Ashley Shearar
- Dianne Sika-Paotonu
- Stuart Young

### Fulbright-Ngā Pae o te Māramatanga Scholar Award

- Haki Tuaupiki (Waikato, Ngāti Tuwharetoa)

### Fulbright Distinguished Awards in Teaching Programme for NZ Teachers

- Maiken Calkoen
- Joy Kitt

### Fulbright US Graduate Awards

- Amanda Coleman
- Noah Collins (White Mountain Apache Tribe, Cherokee Nation)
- Carmen Hoffbeck
- Marina Komarovsky
- Taylor Lee
- Anna Lehner
- Molly Magid
- Naomi Wasserman

### Fulbright US Scholar Awards

- Keith Camacho
- Andrea Dutton
- David Schmale III

### Fulbright Distinguished Awards in Teaching Programme for US Teachers

- Stephanie Graham
- Brynn Johnson
- Servena Alleyne Narine

### Fulbright-Wallace Arts Trust Award

- Campbell Patterson

### Ian Axford (New Zealand) Fellowships in Public Policy

- Rachel Galanter
- Melissa Favreault

### New Zealand Harkness Fellowship

- Jess Birdsall-Day



## GRANTEE EXPERIENCE

# MIDYEAR PROGRAMME

Every year, Fulbright New Zealand runs Midyear Programme (MYP) which includes a variety of seminars and discussions run by both staff, Fulbright alumni, and outside guests. MYP is our orientation for the new cohort of grantees.

MYP was particularly special this year. Bringing all the grantees together for the first time felt gratifying after so many months of Covid-related uncertainty as to whether any gatherings would be possible at all.

One of the purposes of MYP is to provide detailed information about what the grantees can expect during their time in the US. Naturally a few changes had to be made to this year's programme to reflect the different circumstances and the fact that most of the 2020 cohort will be starting their programme online.

Programme Manager Pip Climo (aka Aunty Pip, aka Scholarship Mum) facilitated the three day programme, overseeing discussions around cultural competencies, ambassadorial leadership, and much more. Highlights included the full-day session led by Facilitator and Development Consultant Trish Lui, and the meeting (both in person and via Zoom) with Fulbright alumni and current second years Nandini Nair, Carrie Clifford, Ema Hao'uli, Mel Puka, Abbass Nazari, Grace Francis, and Dylan Asafo.





## FEATURE STORY

# DYLAN ASAFO – TRANSFORMING SOCIETY FOR MARGINALIZED GROUPS IN NEW ZEALAND

Written by Audrey Kunycky for Harvard Law Today and reprinted with permission.

Over the past year, Dylan Asafo LL.M. '20 has focused his coursework, research and extracurricular activities on racial and environmental justice, immersing himself in his “particular passion”—the study of critical race theory, and how it can contribute to social change.

Asafo is a Samoan living in New Zealand and his Pacific Island identity is central to his work. “As a Pacific Islander, which is a racial minority in New Zealand, you grow up with realities of grave inequality, higher rates of poverty, disproportionate incarceration, and growing health and educational disparities, and that all becomes part of your experience,” he observes.

“It’s so pervasive, whether it’s being stopped by security guards when you’re shopping, or coming into educational spaces and seeing no one who looks like you.”

Beginning his law studies at the University of Auckland, “I realized that I was given opportunities that other Pacific Islanders weren’t given, but at the same time I wasn’t able to turn a

blind eye to what was happening in my community,” he recalls. “I knew that I wanted to do something to transform society for marginalized groups in New Zealand.”

“Critical race theory is a movement mainly of people of color—not only scholars, but activists as well—who are passionate about and committed to understanding and transforming the relationship between law, power and race,” he explains. “Other racial and ethnic groups have made their own offshoots—Latinx critical legal theory, South Asian critical legal theory, Asian American critical race studies, and others. And reading about this, I was inspired to try to build a blueprint for Pacific Island scholars to develop a Pacific critical legal theory movement, to take on what I think is one of the biggest challenges facing Pacific Islanders right now: climate change.”

“We are one of the first peoples to experience climate change-related displacement. Our homelands are being threatened, and at the same time, wealthy, high-contributing countries are continuing to ignore their obligations to minimize emissions and support the most vulnerable countries,” he observes.

Asafo has been writing and speaking about these interconnected subjects for several years. While he was pursuing his first LL.M. in Auckland, he traveled to HLS to present a paper at the annual conference of Harvard Law School’s Institute for Global Law and Policy.

“Harvard has been the intellectual birthplace of a lot of radical movements for students of color—not only critical race theory, but also Third World approaches to international law. That strong tradition—of having scholars of color come together to uplift, support

and strengthen each other, and therefore their communities—is what brought me to Harvard,” he adds.

Last fall, Asafo took a course on race, politics and the law, with Lecturer on Law Stephanie Robinson ’94. “In New Zealand, we’re not really used to the Socratic method, or to discussion groups. As a shy person, it was definitely something I found difficult at first. However, being able to openly discuss and debate contentious subjects has allowed me to develop confidence and find my voice as an aspiring racial justice advocate.”

***“It’s so pervasive, whether it’s being stopped by security guards when you’re shopping, or coming into educational spaces and seeing no one who looks like you.”***

He also learned invaluable insights in Communication, Law and Social Justice with Professor of Practice Alan Jenkins ’89, a course which explored how social justice in the law can be achieved with communications strategies that disseminate positive messages of change through the news, social media and pop culture, and in Art of Social Change, with Professor Elizabeth Bartholet ’65, where speakers from different disciplines and areas of expertise discussed the elements necessary to bring about positive change, especially for vulnerable children and youth. “It was incredibly beneficial for me to learn that lawyers are only one part of the puzzle, that there all these different agents that need to come together to effectively change the law,” he observes.

This spring, Asafo enrolled in the Critical Race Theory reading group with Professor Kenneth Mack ’91. “It gave me a good grounding in scholarship and praxis, in the seminal pieces that you really need to understand and discuss at length in order to apply them to your own scholarship,” he notes. Learning about storytelling, implicit bias and intersectionality in that course helped Asafo to apply these concepts in writing his LL.M. paper, in which he frames climate change-related displacement as a racial justice issue.

Outside of the classroom, he served on the organizing committee for the second annual Critical Race Theory Conference at HLS. Although the conference has been postponed due to the coronavirus outbreak, he says, “I was able to meet and become inspired by fellow young, aspiring lawyers who are interested in critical race theory and in taking up the challenge of racial justice in their communities.”

Soon after graduation, Asafo will begin a tenure-track position as a law lecturer at the University of Auckland. As of now, his university expects that students can return to campus when the next semester begins in late July, but the pandemic means that “it will be a whole new landscape with social distancing measures and lecture theaters looking a lot different,” he predicts. Inspired by his studies at HLS, Asafo hopes to introduce courses on climate justice, race and the law, critical race theory, and social change, and plans to continue to mentor and support Pacific Island students. “I want to use the privileges and experiences I’ve been given to address the inequalities facing communities of color in New Zealand and the wider Pacific region.”



## GRANTEE EXPERIENCE

# ERENA WIKAIRE ON RONGOĀ MĀORI: THE TRADITIONAL MĀORI HEALING SYSTEM

*Erena Wikaire (Ngāpuhi, Ngāti Hine, Te Hikutu, Te Kapotai) is the 2020 Fulbright-Ngā Pae o te Māramatanga Graduate Award recipient. Erena is from Te Tai Tokerau and will research traditional Indigenous healing systems at the University of Hawai'i. Fulbright NZ spoke to Erena about her research into Rongoā Māori.*

**Can you tell me how long you've been interested in Rongoā Māori, and, when you were growing up, was Rongoā Māori a part of your daily life?**

In 2011 I moved back from Australia and at the same time my cousin Melissa was diagnosed with ovarian cancer. As a part of her treatment, she sought help from a Tohunga (Māori healer) in Orākei in Auckland. Whilst seeking traditional Māori healing she realised that traditional Māori healing – or Rongoā Māori – is not very well supported or resourced by the current New Zealand health system. So she started working on a business plan to make Rongoā more available and accessible to the local Māori community. When Melissa passed away in 2013, I became more involved in trying to realise her aspirations for Rongoā by continuing her plans.

At the same time, I was completing my Masters in Public Health and working in Māori Health Research at the University of Auckland. My work was focused on Māori health workforce development, so getting more Māori and Pacific peoples into health professional training and out into the workforce as a way to address Māori health needs.

At the time, I realised that most of the health professional training programmes in NZ are actually Western medical professions (i.e. medical doctors, nurses, physiotherapists) and that there is very little in the way of training to do with traditional Māori healing. That didn't really make sense to me given that Māori are the Indigenous peoples of Aotearoa and we have a right to access our own traditional systems of health and healing.

When I was young I remember my nana

having these ways of living that kept her healthy and well. She would boil up and drink Kūmarahou and give it to her kids. Kūmarahou is very bitter. People tend to think that unless something tastes nice, it can't be good for you, which is not the case. She wasn't a healer though, those traditional ways of living that kept her healthy were just an everyday part of her life.

Reflecting on this, it made me interested in everyday ways we can maintain our health and wellbeing that are informed by traditional Māori ways of healing, rather than relying on Western medicine as our first port of call.

Whilst Rongoā has become more popular recently, it's sad that sometimes people are discouraged from using Rongoā Māori until it becomes a last resort option. Accessing Rongoā Māori at a late (end of life) stage means that the outcomes are not necessarily what we'd want.

**Can you tell me more about what Rongoā Māori is, and do you feel that as a system it is under threat in New Zealand currently?**

What we need to understand about Rongoā Māori is that traditional Māori or Indigenous healing systems are complete health systems. What's happening in New Zealand at the moment is that Rongoā Māori is fragmented. It's currently funded as a health service and the services offered are limited to providing support for mirimiri, karakia, and kōrero; so 'massage', 'talking', and 'prayers/incantations'.

So it's very limited in terms of the scope of Rongoā Māori and the benefits of that system when only a part of that system is available. In particular, when we talk about Rongoā Rākau, which is the making of traditional medicines or

remedies with the use of natural plants, we need to understand that in order to have that part of Rongoā Māori available we need to have plants. That means we need to have access to them. We need to have sustainability and we need to have knowledge passed down through generations, and we need people trained in how to identify and gather and harvest and prepare and administer them. So it's important to understand this is an entire system based on understanding the world through Māori eyes, through Māori world views. It's based on Māori knowledge and Te Reo Māori and Tikanga Māori. You need to have all of that in order to understand Rongoā Māori.

In terms of threats to Rongoā Māori, throughout history there have been multiple threats to Rongoā Māori, but broader than that, actual threats to being Māori, to Māori knowledge, to speaking Māori, such as the Tohunga Suppression Act in 1907 which basically outlawed Māori specialists and their practice.

Often you'll see stories on the news questioning the scientific evidence or clinical efficacy of Rongoā Māori practices. There's an ongoing critique of Māori ways of healing from a non-Māori perspective. This is a contentious issue that needs further exploring. The critique centres on the idea that all healing practices should be 'proven' using Western scientific methods, implying that this is the 'only' way of thinking about health and healing solutions. However, not all health and healing is explained or measured by Western scientific methods. Māori and Indigenous peoples have a long and credible track record of thousands of years of scientific research and development that informed all aspects of knowing, being and doing.

From a Māori perspective it's not helpful to compare Māori and non-Māori, or Western and non-Western medicine. What is helpful for Māori is to say, we're looking at ways we can revitalise and renormalise Rongoā Māori and our traditional ways of healing, including revitalising everything else Māori: for example, mātauranga Māori, whakapapa, connection to the atua and the natural environment. So when you ask "what is the threat to Rongoā Māori", the threat is the barriers to accessing traditional Māori knowledge as well as our ancestral lands. Those are the things that make us healthy and well.

One of the key questions from my PhD research was "from a Māori perspective, what is Rongoā Māori?" In order to talk about traditional

healing you first need to talk about what is a traditional Māori concept of health and wellbeing. Central to this is Tāonga Tuku Iho, or ancestral knowledge and tāonga being passed down through generations, and having that system of inter-generational knowledge translation be active and revitalised and encouraged.

Another key is understanding our connection to Atua Māori; so for example, Tangaroa, Papatūānuku, Ranginui, all of whom are natural resources that sustain life. Our positioning in terms of Te Ao Māori is that humans are the younger siblings to the natural environment, who are our tipuna/ancestors. In addition to that, whānau in my PhD research talked about our wellbeing as directly influenced by and linked to the natural environment where our ancestral ties lie, i.e.; our tūrangawaewae, my maunga, my awa, is specifically linked to my health and wellbeing, and that this is different from connection to natural environments or places that are not my ancestral home.

**What are the main reasons you chose John A. Burns School of Medicine at the University of Hawai'i as the place to undertake your Fulbright scholarship?**

It builds on what we were just talking about. So at the end of my PhD I realized that if we're going to have control over our own wellbeing, that that is linked to the natural environment, that all of that is based on Indigenous world views. It became quite clear that Indigenous peoples all around the world have a lot of similarities with how they understand the world. And where do they get all of that information from? The key is that everyone gets their information from the same place. The world is the same world for all of us. If you understand your natural environment and your place in it, and you have a philosophical understanding of that that is specific to your Indigenous peoples, then that's the foundation upon which you build your healing system.

We know we want to revitalise our ways of healing and we know that due to colonisation there are gaps and lost knowledge. We also know that in our history of the world, we already had a knowledge base that was informed by somewhere else. So the idea of going to Hawai'i and learning about their healing (as well as Native American healing) is that if you can understand other Indigenous systems of healing it can be helpful for Rongoā Māori.

As Māori, we have a close affinity to Hawaiians.

We have similar languages, and a long history of navigation across the Pacific, so I'm interested to understand some of the concepts they have there.

**Do you think Rongoā could have practical applications in the search for a Covid-19 vaccination?**

I don't know if vaccination is the best place to focus our attention. Covid-19, as I understand it, is a communicable disease, and in terms of Rongoā Māori and our approach to wellbeing, Māori ways of living are very much informed by good health practices: ensuring the health and wellbeing of our communities and the longevity of our people. That's why our pa sites were designed as they were, why marae are designed as they are. So adhering to Tikanga where you separate kai from sleeping, from ablution blocks, our ways of being are very sanitary already. There are also routines that contribute to health so for example, some people (like my nan) might routinely drink kūmarahou at the start of winter, or the first indication of being ill. Kūmarahou is very bitter and drying so that if you have the flu or consolidation on your chest which is wet and heavy, the action of kūmarahou will technically address those symptoms.

The other part is that connection to the environment—swimming in the ocean, being in the forest—all of those things are healthy for you as well. In terms of Covid, its transmission happens primarily through unhygienic practices, so it's not hard to figure out how to not get Covid! The underlying issue is not something that a vaccine can help. The underlying issue is unhealthy ways of living which allow communicable diseases to flourish.



## GRANTEE EXPERIENCE MOLLY MAGID

*When Covid-19 reached New Zealand shores, most of our 2020 Fulbright US grantees returned home. Fulbright US Graduate Molly Magid decided to stay and here she offers a snapshot of her time in Aotearoa.*

My Fulbright experience has been nothing like I expected, which is true for everyone in 2020. In January, I arrived in Christchurch to start my project at the University of Canterbury with my supervisor Tammy Steeves. My project focused on the fairy tern, an endangered bird here in NZ. I planned to research the evolutionary and genetic relationships within fairy tern populations in New Zealand, Australia, and New Caledonia.

When the COVID-19 lockdown happened, I shifted to working on a computational project. However, the general theme of my research stayed the same—to analyse genomic data for threatened native birds and work with DOC and relevant hapū and iwi to improve conservation for these species. And with support from my supervisor, I was able to transform this research project into a master's thesis. I also began work on a podcast series called UC Science Radio to highlight the voices of professors and students working in science. It was a great way to engage in science communication and to create connections at the university even while in lockdown.

At the same time, it was difficult to be away from family. While loved ones in the US were more available to talk, I still felt somewhat isolated. Still, I was lucky in so many ways and entering into Level 1 a week before my birthday was the best gift I could have asked for.

Some highlights of my experience here so far have been hiking in the Southern Alps, spending Saturday morning at the farmer's market, and exploring Wellington during the mid-year Fulbright celebration. I'm also looking forward to traveling around the South Island during a summer road trip I have planned with some friends.

So while a lot has happened during my Fulbright that I didn't expect, I'm happy with where I ended up.





## FULBRIGHT EVENTS INDEPENDENCE DAY

*Every year, the US Embassy host an Independence Day celebration in Wellington, although this year, New Zealand had the peculiar honour of being the only country in the world able to have an in person celebration of the Independence Day (thanks to Covid).*

Held at the Lower Hutt Events Centre with a guest list numbering 1400 people, this party certainly didn't disappoint. Vintage American cars lined up in front of the event's centre, and inside the tables were laden with Krispy Kreme donuts, KFC, Pizza Hut, and other assorted American themed goodies. The Fulbright staff turned up in all their finery and a fun night was had by all.

## ANNOUNCING A NEW FULBRIGHT NZ ALUMNI SEMINAR GRANT

*The Fulbright New Zealand Alumni Seminar grant allows for Fulbright alumni based in NZ to apply for a grant of up to \$1,150.00 towards the planning and delivery of a seminar/presentation in New Zealand on a topic related to their specialist field.*

*This grant will support you to share your research, build and grow connections, and contribute to the wider NZ community through your mahi.*

**TO FIND OUT MORE, OR TO RECEIVE AN APPLICATION FORM, EMAIL [ALUMNI@FULBRIGHT.ORG.NZ](mailto:ALUMNI@FULBRIGHT.ORG.NZ)**



## A VERY SPECIAL GIFT

2020 Fulbright General Graduate awardee Elyjana Roach has chosen Harvard Graduate School of Design as her host university where she will complete her MA in Urban Design. However, Elyjana's artistic talents are not limited to architecture and design; she is also an extraordinary painter.

At the end of Midyear Programme, Elyjana Roach, on behalf of the Fulbright Graduate cohort, gifted the Fulbright NZ team with a stunning work she painted during lockdown. The painting is called 'Domestic Growth' and the Fulbright staff were moved to tears upon receiving it.

The painting is a gift of thanks and an acknowledgment of all the difficult circumstances presented by Covid, and the hard work the Fulbright NZ team have put into trying to find solutions for this year's cohort.

We still haven't decided where to hang the painting in the office, but we know that every time we look at it, it will be a reminder of the resilience, empathy and patience of our 2020 Fulbright awardees. Covid has been incredibly destabilizing for people all over the world. Our Fulbrighters have had to roll with the punches as we continue to ask questions, find alternatives, and offer possible solutions in an ever-changing landscape. It goes without saying, that the team are incredibly grateful for this thoughtful and generous gesture. Thank you!



Magnolia Wilson – here in spirit if not in person!



## KAI AND KORERO

# MORNING TEA GUESTS

As with all things Covid, we've had to rethink our office morning teas and decided to put them on hiatus while most of the country observes Level 2 restrictions.

Luckily we managed to sneak in a visit from Melanie Puka and Carrie Clifford before (temporarily) shutting our doors to visitors.

Mel Puka is one of the first recipients of a generous core funding increase instigated by MFAT in 2018. Carrie has recently returned to New Zealand and it's wonderful to have her back!

**WANT TO JOIN US?**  
EMAIL [ALUMNI@FULBRIGHT.ORG.NZ](mailto:ALUMNI@FULBRIGHT.ORG.NZ)

We always welcome those in the neighborhood to drop by and join us for a morning cuppa and the Dom Post quiz. Drop us an email at [alumni@fulbright.org.nz](mailto:alumni@fulbright.org.nz) if you plan on stopping by and we'll make sure there's enough coffee in the pot.

# KNOW A FUTURE FULBRIGHTER?

Fulbright New Zealand offers a range of exchange awards for New Zealand and United States citizens wanting to study, research, teach or present their work in each other's country. We love for our alumni and contacts to share their experiences, and spread the word about our programme to potential applicants.

## AWARD TYPE

Fulbright New Zealand General Graduate Awards  
Fulbright Science & Innovation Graduate Awards  
Fulbright-EQC Graduate Award in Natural Disaster Research  
Fulbright-Ngā Pae o te Māramatanga Graduate Award  
Fulbright Specialist Awards  
Fulbright US Scholar Awards  
Fulbright New Zealand Scholar Awards  
Fulbright-Ngā Pae o te Māramatanga Scholar Award  
Fulbright US Graduate Awards  
Fulbright-Scholar in Residence Program  
New Zealand Harkness Fellowships  
Fulbright Distinguished Awards in Teaching Programme for US Teachers  
Fulbright-Creative New Zealand Pacific Writers' Residency  
Fulbright Distinguished Awards in Teaching Programme for NZ Teachers  
Ian Axford (New Zealand) Fellowships in Public Policy  
Fulbright-Wallace Arts Trust Award  
John F. Kennedy Memorial Fellowship

## APPLICATION DEADLINE

1 August annually  
1 August annually  
1 August annually  
1 August annually  
1 August and 1 April annually  
16 September annually  
1 October annually  
1 October annually  
9 October annually  
14 October annually  
15 October annually  
20 January annually  
1 March annually  
15 March annually  
1 April annually  
End of July annually  
By appointment only

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