

Golden Oldies take the field

July this year sees the Third International Golden Oldies Rugby Tournament in Po Hakena Sydney.

It's expected that many nations will be represented, United States, Canada, Bahamas, Ireland, England, Holland, Spain, Italy, Fiji, Cook Islands, Tahiti and many others. The host nation Australia will also have a number of teams but New Zealand will send in excess of thirty teams.

Included amongst these teams will be numerous Maori greats of past years. There'll be a number of All Blacks, Maori All Blacks, representative and prominent club players.

Two years ago the tournament was played in Long Beach, California. It was suggested somewhat jokingly to past Maori All Black, King Country and long serving Maori selector, John Mariner that he select a Maori All Black team from those present. Here is what that team could have looked like from those players present.

Full back	: Frank Jones — Hawkes Bay
Wings	: Jim Nicholls — Manawatu and Maoris : Teroi Tataurangi — Auckland and Maoris
Centre	: Milton Cunningham — Hawkes Bay
2nd	: Bill Gray — Bay of Plenty, Maoris and All Blacks
1st	: Barry Flood — Bay of Plenty
Halfback	: Hepa Paewai — Bay of Plenty, Maoris
No. 8	: Eru Beatty — Bay of Plenty, Maoris
Loose	: Ard Rogers — North Auckland, Maoris
Forwards	: Fred Jackson — Wellington, Manawatu
Locks	: Jim Maniapoto — Auckland, Bay of Plenty, Maoris : Nu Winterburn — Horowhenua, Maoris
Props	: John Porima — Waikato, Maoris : Dinny Mohi — Bay of Plenty, Maoris
Hooker	: Rongo Wi Repa — Wellington, Maoris

However there were many other players who had prominent rugby careers, Topi Reid, Bill Jones, Johnny Nicholls, Schuster brothers, Doc Wirepa, Moses Cherrington and many others.

The Po Hakena tournament will not only see many Maori players but because of the large Maori population in Sydney, there will be many reunions recalling past deeds and a tangi for

members of families who have passed on.

Rugby will however be the main goal and despite being over thirty five years of age and in many cases closer to fifty, you will see many prominent Maori players pounding the roads and rugby fields endeavouring to recapture their form of the past.

Nga kai a te Maori

The traditional foods of the Maori people built splendid men and fine looking, strong women and all of these foods were gathered from New Zealand's soils or waters. With the coming of the pakeha and his food, however, the Maori people are forgetting some of their own foods and adopting more and more of the pakeha foods.

But Maori food is good, very good. Kumaras are, in almost all respects, as valuable to the body as the white potato. Of course, if kumaras, or potatoes, are peeled thickly much of the nourishment is lost. The best way of all to cook kumaras is in a Maori oven, in their skins, after careful washing. Every Maori knows that this is the way to get the true flavour of kumaras.

Secondly, *puha* or *rauriki*, is a green vegetable which can be compared favourably with cabbage, silverbeet or spinach. In addition the Maori method of cooking *puha* in which all the liquid is drunk is superior to the common pakeha practice of straining off and throwing away the vegetable water. The more *puha* is eaten the better.

The Maori people have always been great fish eaters. May they ever remain as fond of it for fish is a fine food — one of those which build strong muscles. *Octopus, sea eggs, rock oysters, crayfish, kuku, pua, pipis, toheroas, pupure* — only milk beats these as a body building food; they are much better than red meat for building strong bones and teeth.

Again, New Zealand coastal waters are rich in such fish as *hapuku, rawaru, tarakihi, snapper, kahawai, mango, patiki, kuparu, kanae, tope* and countless others. Fish since mankind began has been one of his staple foods if he was fortunate enough to live near the sea or a river, and if he did not he was prepared to barter much of his possessions for the precious fish, or dried fish. Long before we knew that fish was good for building muscles and for preventing the disease known as goitre.

Fresh water eels should never be despised for they, like the oil from the livers of fish, contain a substance which makes our bones strong and straight and helps to keep our teeth

However the Maoris will be joined in their training, as many overseas teams would love to beat a New Zealand team which will of course contain a fair percentage of Maori players.

We have the proverb 'Ka pu te ruha, Ka hao te rangitahi' but there are a number who don't mind stepping aside for the younger players as long as they don't completely end up on the scrap heap.

This then is Golden Oldies rugby.

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free from decay.

Pakeha food such as meat, bread and tea has come and come to stay, but do not neglect your own excellent foods, your *puha*, your fish and your kumaras.

Ko nga kai ake a te Maori he kai whakatiputipu tangata, hei te tane te pakari o te tangata a hei te ataahuna. Ko aua kai no Niu Tirenenei nei ano no te oneone no nga awa no te moana ranei. No te taenga mai o te Pakeha me ana kai kua wareware haere te Maori ki ana ake kai a kua kaingakau ki a te Pakeha.

He tino kai nga kai a te Maori, ko te Kumara e rite ana ki te riwai tona pai hei kai. Otira mehemea e matotoru ana te piira i te kumara i te riwai ranei ka moutou te nuinga o te whaipanga o te kai. Ko te tino tunu o te jumara me hangi kiri me ata horoi i te tautahi. E mohio ana te Maori ko ia nei te tunu reka o te kumara.

Ko tetahi tino kai he *puha*. E rite ana tona pai hei kai ki te kapiti, ki te silverbeet ki te spinach ranei. A ko ta te Maori tunu i te *puha* kei ko noa atu i ta te Pakeha tunu i te kapiti, notemea ka kainga te *puha* a ka inumia te wai kohua, tena ki te Pakeha ka ringihia atu wai kohua.

He kai kaingakau na te Maori te ika. A he mea pai tenei notemea he kai whakapakari te ika i te tangata. Ko te wheke, te kina, te tio, te koura, te kuku, te pua, te pipi, te toheroa a ko te pupure etahi o nga kai a te Maori, a mo te whakapakari i te tinana tangata ko te miraka anake kei runga atu i enei. Kei runga atu enei kai a te Maori i te miiti mo te whakapakari i nga iwi a i nga niho o te tangata.

Ka nui tenei tu ika kei Niu Tirani nei, te hapuku, te rawaru, te tarakihi, te kanae, te kahawai, te tamure, te mango, te patiki, te kupara, te tope, te aha noa te aha noa. Ko te ika, mai rano tetahi o nga tino kai a te tangata, mehemea kei te taha moana ki te taha ranei o te awa kainga a mehemea kaore ka hemoa nuitia e ia te ika. Kua mohio noatia atu he tino kai te ika.

He kai pai ano te tuna wai maori, notemea he kai whakapakari i nga iwi a i nga niho o te tangata. Kua noho nga kai a te Pakeha hei kai pumau engari kua te Maori e wareware ki ana kai papai.