

every night to let her know he was thinking of her. Eventually she couldn't take it anymore and swam across the lake. She hid in a hot pool and pretended to be a taniwha to frighten Tūtanekai's water-bearer. When Tūtanekai came to see what was going on, Hinemoa revealed herself to him. Long story short, they ended up together and produced many descendants who live on today in their papa kāinga (original home) and around the world. The wharenuī (meeting house), named Tūtanekai and the wharekai (dining hall), named Hinemoa, stand as sentinels to these tūpuna in the exquisite setting of Ōwhata.

Hinemoa took a big risk in swimming across the lake. She risked the anger and rejection of her whānau.

This whakataukī reminds us that love is all about risk. Love has no guarantees. Love requires a massive leap of faith. I have made that leap a few times in my life.

Like the waters rippling on Lake Rotorua, love must feel free and unconstrained. If I should ever take that leap again, I will try to hold onto that. 'Try' being the operative word, because that is the other thing love does, it throws everything you think you have learned out the window.

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Ehara! Ko koe te ringa e huti punga!

Yes, yours is the arm best suited to pull up the anchor!

You have it in you!

Giving praise is something we can all do more of. This whakataukī highlights an important skill – to take notice, to pay attention and to describe the good things you see others doing. Pulling up the anchor on a waka is not an easy task. Most often the anchors were massive, heavy stones. Pulling up the anchor is also not something that you can bail out of half-way and decide, this is not the right