

# Kia Ora Whaea

Caitlin Rose Donnelly  
Piupiu Maya Turei  
Alix Ashworth

Vicki Marie Lenihan  
Kate Stevens West  
Emma Kitson



Ehara a ‘Kia ora’ i te mihi noa iho. Kei tōna iho ko te whakanuitanga o te oranga o te tangata, ā, te mana me te tapu o te tangata anō hoki. Kia ora, e mea ana, e whakanui ana ahau i a koe.

Ko Kia Ora Whaea he whakapuakitanga o te ngākau nui ki ngā wāhine e kawe nei i te onamata me te anamata, he whakapūmautanga o te wāhi waiwai ki ngā māmā i te hauora o te katoa. Waihoki, he maharatanga kingā wero huhua o te māmātanga. E toro ana ngā mahi i tēnei whakaaturanga i te oranga hinengaro kōpūtanga mai i te tirohanga Māori, ka mutu, te whakaatu i ngā pānga o te tāmitanga ki te hapūtanga taketake

E mahara ana ēnei whakakanohitanga me ēnei whakapuakitanga o ngā wheako hapūtanga o te ringa toi ki ngā pīkautanga ā-tinana, ā-kare ā-roto, ā-hinengaro, ā-wairoa hoki o te māmā. Waihoki ka toro i ngā tirohanga auraki ki te hapūtanga taketake, ka mutu, te whai kia taketake anō, ngā mōtika ā-ao o te wahine me te hauora hapūtanga. E pupuri ana mātou i te mana o ō mātou tūpuna, o mātou tonu, ā, o ā mātou mahi.

Kia ora is not just a greeting, an acknowledgement of someone’s presence, a hello, or a thank you. More deeply, it acknowledges one’s well-being and, through that, their mana and the tapu that surrounds them. Kia ora – “be well” – is a way to say I celebrate you.

Kia Ora Whaea is an expression of affection for the wāhine that carry our pasts and futures, an affirmation of the vital role mothers play in the hauora of us all, and a recognition of the various inherent challenges of motherhood. The works in this exhibition explore maternal mental health from wāhine Māori perspectives, while substantiating the effects of colonialism on indigenous maternity.

These representations and expressions of the artists’ maternal experiences consider the physical, emotional, mental and spiritual workload we as Māori mothers carry, and explore how indigenous maternity is viewed and treated through a mainstream colonial lens, alongside convictions of reindigenisation, global women’s rights and maternal health.

We uphold the mana of our tūpuna and thus ourselves and our descendants through the sharing and normalising of our stories and our practices.

## Acknowledgements:

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**Caitlin Rose Donnelly**  
Kāi Tahu, Kāti Māmoe, Pākehā

1. *Ōritetanga, 2022*  
Sheets and nappies washed in paint, cotton  
1700 x 1700mm

**Kate Stevens West**  
Kāi Tahu, Pākehā

2. *Moe, 2022*  
Gesso, coloured pencil and oil paint on canvas  
530 x 680mm

3. *Sword Triptych, 2023*  
Mil Gesso, oil paint on canvas with brass eyelets  
1670 x 570mm

*Kaeaea & Piharo (with Irihapeti)*  
Gesso, oil paint on canvas with brass eyelets  
1670 x 570mm

*Isabella (with Ivan)*  
Gesso, oil paint on canvas with brass eyelets  
1670 x 570mm

4. *Taoka 1-24, 2024*  
Gesso, oil paint and ink (Rautawhiri berries, Tarata gum, soot, kato and linseed oil) on canvas  
1380 x 740mm

**Piupiu Maya Turei**  
Wairarapa, Te Ātihaunui-a-Pāpārangi

5. *Rangimārie, 2024*  
Printed polysilk, duct tape, rope, PVC pressure piping  
1200 x 1800mm

6. *Whakaponu, 2024*  
Printed polysilk, duct tape, rope, PVC pressure piping  
1200 x 1800mm

**Alix Ashworth**  
Kāi Tahu, Kāti Māmoe, Waitaha

7. *Kōrero mai x5*  
*How do we tell our kids the world is burning?, 2024*  
Hama beads, cuisenaire rods, soft pastel, pencil, cotton thread and sunshade, felt pen, coloured pencil, graph paper  
1720 x 1260mm

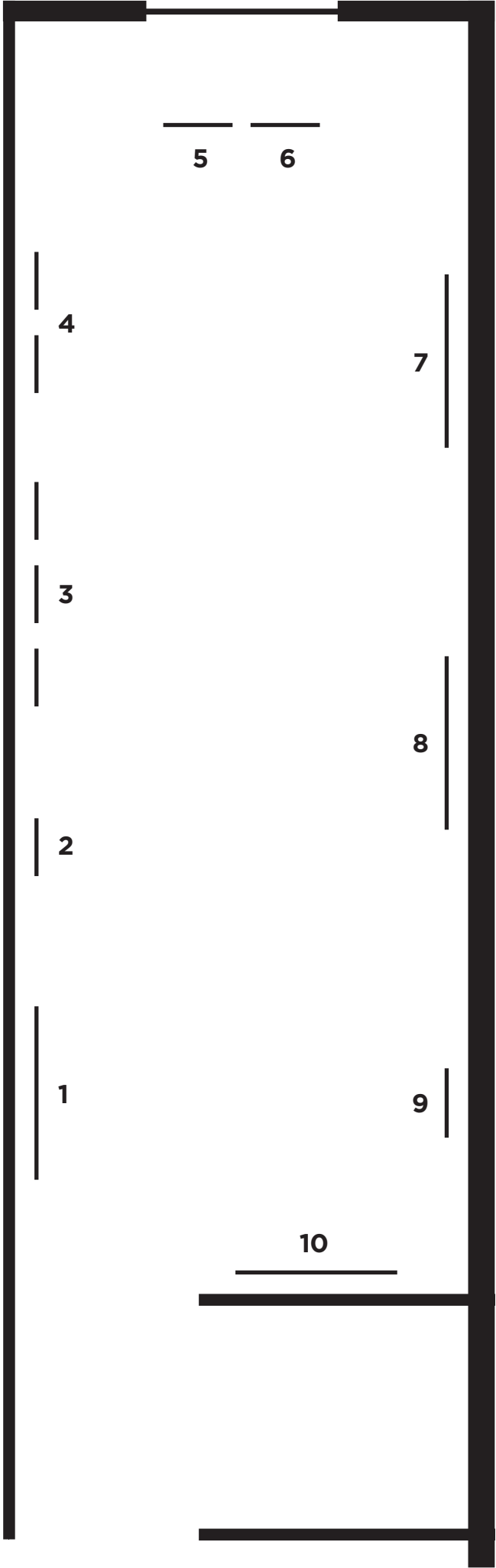
**Vicki Lenihan**  
Waitaha, Kāti Māmoe, Ngāi Tahu

8. *He Aroha Whaerere | Safety Blanket, 2024*  
Whītau, kakara, miro, reiaku, weu pareaku, huruhuru hīpi me whao  
1700 x 2080mm

**Emma Kitson**  
Kāi Tahu, Kāti Māmoe, Waitaha

9. *Maku koe e tāwharautia, 2022*  
Woodcut print on hand-dyed Awagami extra thick Kozo  
400 x 400 x 1200mm

10. *I te māra o te pō, 2022*  
Monoprints on rice paper  
Varying dimensions



Kia Ora Whaea is presented with support from: