1

00:00:02,800 --> 00:00:05,640

He mōrehu tonu ahau.

2

00:00:05,640 --> 00:00:08,480

He wahine horopū ahau.

3

00:00:08,480 --> 00:00:11,600

Ahakoa ngā uauatanga, kei ahau tonu te tikanga.

4

00:00:11,600 --> 00:00:14,600

Ko taku pīrangi ko taku taonga tuku iho kia pēnei, ka taea e koe te

5

00:00:14,600 --> 00:00:18,560

whawhai, ka taea tonutia e koe te kōkiri tonu ahakoa he aha ngā

6

00:00:18,560 --> 00:00:20,800

mahi kino ka pā ake nā ki a koe.

7

00:00:21,280 --> 00:00:22,520

Nā, ko Lisa-Marie tōku ingoa,

8

00:00:22,520 --> 00:00:24,520

whā tekau mā toru ōku tau,

9

00:00:24,520 --> 00:00:28,560

e noho ana ahau ki Stillwater i Tāmaki Makaurau

10

00:00:28,560 --> 00:00:31,640

i te tino pito raki o Te Raki Paewhenua.

11

00:00:32,640 --> 00:00:34,760

I whakanui ahau i taku huritau 40.

12

00:00:34,760 --> 00:00:36,120

I Bali ahau.

13

00:00:36,120 --> 00:00:40,920

I taumau ahau ki taku hoa,

14

00:00:40,920 --> 00:00:42,800

he tino ohorere tērā ki ahau.

15

00:00:42,800 --> 00:00:45,520

I te whakahaere ahau i tētahi whare whakaataahua makawe i

16

00:00:45,520 --> 00:00:47,200

arohaina rā e ahau.

17

00:00:47,200 --> 00:00:49,800

He tama tāku, ā, nāku ia i whakatupu ake ā nō nei nāku ia i

18

00:00:49,800 --> 00:00:50,760

whānau.

19

00:00:50,760 --> 00:00:53,120

Nā, he tino rawe te ora.

20

00:00:53,120 --> 00:00:57,920

I pakaru mai te aneurysm i roto i ōku roro, nā tērā i puta mai ai he

21

00:00:57,920 --> 00:00:59,080

ikura roro nui rawa.

22

00:00:59,080 --> 00:01:01,720

I ngana ahau ki te ara ake i te moenga, engari, ka hinga noa

23

00:01:01,720 --> 00:01:03,120

kē ahau ki te papa.

24

00:01:03,120 --> 00:01:07,800

Nā, ka pōhauhau ahau, ka pōhēhē.

25

00:01:07,800 --> 00:01:11,720

Nā, i mate rātou ki te mea i tētahi mahinga hauora ohotata.

26

00:01:11,720 --> 00:01:14,560

He tino waimarie ahau ki te ora.

27

00:01:14,560 --> 00:01:19,280

Nā te mate ikura roro i rerekē katoa tōku ao.

28

00:01:19,280 --> 00:01:22,280

Whāia nei ka kore kau ōku kaha ki te whakahaere i tōku tinana.

29

00:01:22,280 --> 00:01:28,920

He uaua ki taku roro kia whai i te ia o ngā kōrero me te aroā mea.

30

00:01:28,920 --> 00:01:37,960

Ā, i meinga ahau kia ako ki te kōrero, ki te hīkoi anō.

31

00:01:37,960 --> 00:01:43,640

Ka taumaha rukuruku te kōtonga, ā, kāore au i pīrangi

32

00:01:43,640 --> 00:01:45,480

kia ora tonu.

33

00:01:45,480 --> 00:01:48,480

Kāore au i pīrangi ki te oho tonu i te ata me te mōhio ko taua

34

00:01:48,480 --> 00:01:56,200

āhua weriweri ake nei anō mō taku ake oranga.

35

00:01:58,120 --> 00:02:01,120

I tūtaki tuatahi māua ki a Lisa i te marama o Haratua, i ētahi

36

00:02:01,120 --> 00:02:02,920

marama i muri i tana pāngia e te mate ikura roro.

37

00:02:02,920 --> 00:02:06,800

I haere māua ko Monica kia kite i a ia i tōna kāinga. Ko Monica

38

00:02:06,800 --> 00:02:09,480

tētahi o ā mātou kaitohutohu mate ikura roro hapori. I tō māua

39

00:02:09,480 --> 00:02:11,680

kite tuatahitanga atu i a ia kua tae tōna mate ki weriweri.

40

00:02:12,520 --> 00:02:14,920

Kāore e kore i tino uaua mōna i taua wā nō te mea he nui tonu

41

00:02:14,920 --> 00:02:16,200

ngā āhuatanga i puta mai ai.

42

00:02:16,200 --> 00:02:21,600

I te wā i tīmata ahau ki te mahi i ngā mea i tonokia mai ahau, kua

43

00:02:21,600 --> 00:02:22,320

mārama ake taku ao.

44

00:02:22,960 --> 00:02:26,640

Nō reira ko tā maua i aua wāhanga tuatahi he noho tūturu ki tōna

45

00:02:26,640 --> 00:02:27,240

taha i te kapa.

46

00:02:27,240 --> 00:02:29,960

He whakarongo pīkari atu kia mōhio ai he aha ngā mea ka tino pā

47

00:02:29,960 --> 00:02:31,080

atu ki a Lisa.

48

00:02:31,080 --> 00:02:34,080

He aha tana tino hiahia, he aha ana tino whāinga, nō te mea ka

49

00:02:34,080 --> 00:02:35,800

panonitia ērā i te takanga o te wā.

50

00:02:35,800 --> 00:02:37,720

Engari ko te ngana noa ki te mōhio he aha ngā mahi ka tino whai

51

00:02:37,720 --> 00:02:40,360

hua, me te tautoko i a ia i aua wāhanga tōmua.

52

00:02:41,280 --> 00:02:46,280

I uru atu ahau ki tētahi rōpu mōrehu ikura roro ki te hauāuru.

53

00:02:46,280 --> 00:02:49,280

Nā Rachelle nō te Stroke Foundation ahau i

54

00:02:49,280 --> 00:02:50,720

whakamōhio ki a rātou.

55

00:02:50,720 --> 00:02:51,880

Nā, he mea whakamīharo tēnā tūāhua.

56

00:02:51,880 --> 00:02:53,600

I haere ahau ki reira, ā, ka pōwhiri mai rātou i ahau me ngā

57

00:02:53,600 --> 00:02:55,040

ringaringa tuwhera.

58

00:02:55,040 --> 00:02:59,360

He whārangi rōpū Pukamata tā mātou, ka hui mātou i ia wiki.

59

00:02:59,360 --> 00:03:01,640

He tino whakaihiihi te wheako.

60

00:03:01,640 --> 00:03:05,360

I tīmata ahau ki te haumanu ki te kāinga i muri mai i te putanga i

61

00:03:05,360 --> 00:03:09,360

te hōhipera, ā, nō te hapori tērā, ā, ka kōrero ake rā rātou ki ahau

62

00:03:09,360 --> 00:03:12,120

mō ngā wāhi pēnei i te ABI.

63

00:03:12,120 --> 00:03:15,520

Nō reira ko te whara o te roro te iho, arā te whakahaumanutanga.

64

00:03:16,480 --> 00:03:19,480

Ā, tūhīkoi.

65

00:03:19,480 --> 00:03:21,400

E ngana ki te neke hoki i ō ringaringa.

66

00:03:22,240 --> 00:03:24,720

Mēnā kua mate ikura roro koe, ka ngoikore tētahi taha ōu.

67

00:03:24,720 --> 00:03:28,880

Nā, ko ngā mahi whakapakari tinana e mea ana mātou, he

68

00:03:28,880 --> 00:03:34,560

whakapakari i ō hūhā me tō puku, mō te tūpono ka taka koe, ka

69

00:03:34,560 --> 00:03:38,080

taea e koe tō wae te whakatū, kia taea e koe te whakaara ake.

70

00:03:38,080 --> 00:03:40,360

Ināianei, ka whakapakari tāua i tō taurite.

71

00:03:40,360 --> 00:03:43,360

Nō reira, mō ngā uaua o tō waewae o raro me tō taurite

72

00:03:43,360 --> 00:03:44,840

anō hoki.

73

00:03:44,840 --> 00:03:47,840

Kāti, ka tū koe i ō matimati, ā, ka ara ake tō ringa ki runga, ā,

74

00:03:47,840 --> 00:03:50,840

ka tū taurite.

75

00:03:50,840 --> 00:03:53,000

Kaua e kangakanga.

76

00:03:55,920 --> 00:03:59,720

I hono tuatahi ahau ki a Lisa rā roto i te Stroke Foundation.

77

00:03:59,720 --> 00:04:02,680

I hono rātou i a mātou ki a Lisa, me te kī iho he tino hīkaka ia ki te

78

00:04:02,680 --> 00:04:04,240

uru ki te mahi.

79

00:04:04,240 --> 00:04:08,200

He maha tāna kōrero mō tana wheako ki te whakapaipai makawe

80

00:04:08,200 --> 00:04:11,200

me tana haerenga, ā, he tino tuwhera tana ngākau ki ahau nō

81

00:04:11,200 --> 00:04:11,920

te tīmatanga.

82

00:04:11,920 --> 00:04:15,040

Nā, Lisa, he aha te tikanga o te mahi ki a koe?

83

00:04:15,040 --> 00:04:17,560

Te mahi, te utu i āu ake pire.

84

00:04:17,560 --> 00:04:19,800

Te kimi i tō wāhi ake.

85

00:04:19,800 --> 00:04:23,240

Ā, ki taku whakaaro, ko te āhei anō hoki ki te tautoko i a koe anō,

86

00:04:23,240 --> 00:04:24,160

ā, he mea tino nui tērā.

87

00:04:24,880 --> 00:04:28,800

I kōrero ia ki ahau mō te tupuranga o tana āhukahukatanga

88

00:04:28,800 --> 00:04:31,800

ki tōna āhuatanga me te hauora o tōna tinana,

89

00:04:31,800 --> 00:04:35,360

e kore e taea e ia te hoki tōtika atu ki te mahi

90

00:04:35,360 --> 00:04:36,080

whakapaipai makawe.

91

00:04:36,080 --> 00:04:38,160

Ā, koia rā tētahi mea i āta āhukahukatia

92

00:04:38,160 --> 00:04:38,880

e ia.

93

00:04:38,880 --> 00:04:41,880

Nā, ka kōrero mai ia ki ahau mō te pōuritamga o te ngaronga atu

94

00:04:41,880 --> 00:04:45,320

o tērā taha ōna, ki taku whakapae.

95

00:04:45,320 --> 00:04:49,080

Arā, ko te toro atu ki tana haukiri rawe me te manawaroa ki te

96

00:04:49,080 --> 00:04:53,000

mahi mōna ake anō me te noho motuhake te iho.

97

00:04:54,720 --> 00:04:59,120

Kei te mahi ahau i Westfield i Albany Mall, ā, he māngai āwhina

98

00:04:59,120 --> 00:05:00,600

kiritaki ahau.

99

00:05:00,600 --> 00:05:03,600

Ki taku maumahara he nui taku kanikani i te wā i whiwhi ai au i

100

00:05:03,600 --> 00:05:05,680

tērā mahi.

101

00:05:05,680 --> 00:05:09,080

Mōku ake, he pai ki ahau ki te āwhina i ngā tāngata.

102

00:05:10,200 --> 00:05:11,560

Ka pai, kua rite koe?

103

00:05:11,560 --> 00:05:12,480

Ka pai.

104

00:05:12,480 --> 00:05:13,960

Hopi makawe maroke.

105

00:05:13,960 --> 00:05:15,600

Pai.

106

00:05:15,600 --> 00:05:17,120

Puritia.

107

00:05:17,120 --> 00:05:18,160

Tangohia te kōpani.

108

00:05:18,160 --> 00:05:20,160

Kāore au i kaha ake ki te pupuri i tērā i mua.

109

00:05:20,160 --> 00:05:21,760

Tangohia te kōpani.

110

00:05:21,760 --> 00:05:22,960

Hurō!

111

00:05:22,960 --> 00:05:23,800

Rupea, rupea, rupea.

112

00:05:24,920 --> 00:05:29,240

Mō taku anamata, kei te whakapakari tonu ahau i taku ringa.

113

00:05:29,240 --> 00:05:31,680

Koia tonu taku tino whāinga.

114

00:05:31,680 --> 00:05:33,840

Te hoki ki taku mahi makau, taku e ngākau nui nei – arā, te

115

00:05:33,840 --> 00:05:36,200

whakapaipai makawe.

116

00:05:36,200 --> 00:05:38,480

E hiahia ana ahau ki te whakapaipai makawe anō.

117

00:05:38,880 --> 00:05:41,760

Nā, i hokona e ahau tētahi perehana iti māu.

118

00:05:41,760 --> 00:05:44,760

Nā, kia rongo tonu koe ki tō noho huānga ki tō tātou kapa i

119

00:05:44,760 --> 00:05:46,520

HairNow i Apollo.

120

00:05:46,520 --> 00:05:49,080

Ka tutuki i ahau, ka riwha mārika i ahau!

121

00:05:49,080 --> 00:05:49,680

Kaua e mānukanuka.

122

00:05:49,680 --> 00:05:50,760

Ka riwha i ahau.

123

00:05:50,760 --> 00:05:53,080

Kua whiwhi ahau ki taku ake whare.

124

00:05:53,080 --> 00:05:54,600

Kei te mahi ahau.

125

00:05:54,600 --> 00:05:55,960

Kei te harikoa ahau.

126

00:05:55,960 --> 00:05:57,960

Engari kei te ora ahau, kei te ora ahau.

127

00:05:57,960 --> 00:06:03,520

He āheinga tuarua tōku ki te ora, kāore kau au e horokukū.

128

00:06:03,520 --> 00:06:06,200

Ko te kōrero a taku māmā, ki te titiro whakamuri koe, he kakī

129

00:06:06,200 --> 00:06:09,000

mārō noa iho te otinga ake nō reira me haere whakamua.