

Tihei Mauri Ora!

Be honest with yourself

Ka whakarērea te puha, ka whai ki te matariki

Inferior toetoe is discarded while that of high quality is sought after.



Ngai Tahu's Ben Couch (1925 – 1996), was an All Black in the 1940s and a Member of Parliament from 1975-1984. Couch's own rugby career had been affected by apartheid policies somewhat optimistically argued as Minister of Police that rugby contact with NZ during the 1981 Springbok tour could promote change for the better in South Africa. Perhaps lacking the guile and sophistication of other politicians 'Honest Ben' as he was affectionately known as said "if you believe something is true, you just do what is right and let the consequences follow; one thing I have been taught is to be honest with myself and with others".

"This above all, to thine own self be true" said Shakespeare's Hamlet. It means to first know yourself, who you are, why you behave, act, speak and react in the way you do. Despite the slings and arrows of outrageous fortune' that may oppress you – the falsehoods, deceptions, cheats, lies - don't be a phony and act different in front of other people. Do what you know is the right thing at all times. You have to live with yourself. So you should be proud of who that person is. Keep a healthy conscience. Kia pai tō wiki!



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