



HE ARA ANŌ

THERE IS ANOTHER WAY

MEDIA KIT





Synopsis

“There is a demon on its way. It is a demon that will arrive stealthily and deviously; you will not even see it coming. So when you see the effect in the eyes of your mokopuna, do not punish them, instead clothe them with a korowai of love.”

These words, prophesied in 1883, could easily have been written about Jesse’s and Rochelle’s story. Close sisters, they share their moving and at times painful journey, opening up about lost childhoods, marital abuse, destructive behaviour and finally the road to recovery. Their story is all too familiar to Dame Naida Glavish DNZM, who uncovers long-forgotten truths Aotearoa has buried - revealing how a disconnection with wairua (spirituality) creates fertile ground for addiction to take hold of young wāhine such as Jesse and Rochelle.





The Prophecy

“He taniwha kei te haere mai, he taniwha tai kuhu tai huna, kore rawa koe e kitea kia kitea rano i nga kanohi a au mokopuna, ina tae ki tena, ko te rongoa, me hipokingia to mokopuna ki te kahu aroha a te whānau”.

“There is a demon on its way. It is a demon that will arrive stealthily and deviously; you will not even see it coming and you won't even know it is here until you see it in the eyes of your mokopuna. And when you do, the only solution is to clothe your mokopuna with the cloak of aroha, of the love of the whānau”.





Director's statement

"Kia ora, I am a recovering addict I have spent the past 19 years struggling with addiction. You could say I was struggling with disconnection from my wairua and loss of beliefs. I finally decided to reach out for help and my road to recovery started. I want to share with others, through the power of documentary, that we are in this waka together and that we can help / tautoko each other by sharing our stories.

Through this interview-driven documentary we follow the stories of two wāhine toa: Rochelle Van Niekerk, 32 years old, married with children, who decided to get clean with her husband; and her sister, Jesse Tahau, a health worker who has had her own struggles with addiction, and experienced addiction from the other side, supporting her sister, father and ex-husband.

We also hear from Dame Naida Glavish DNZM, who shares the history of Aotearoa and brings to light the long-forgotten traditions and values our tupuna lived by.

The stories in this documentary will show others that there is another way of experiencing life - He Ara Anō - the way of recovery. Addiction is living within our whanau and communities; it is now time we share our stories to help heal one another."





Jesse Tahau

"I still battle with my demons. I still have massive amounts of insecurities and anxieties that take me down, but that monster is gone, like I don't feel that bottomless pit of nothing anymore."

Jesse is from Tuwaretoa, lives in Pukekohe with her whanau, has raised two beautiful daughters, and works at the Manukau super clinic. Jesse's 10-year journey through drug addiction, martial abuse has finally come to an end. She has found her pathway of recovery which has empowered her to lead a life of hope and helping others. It has now been 1½ years that she has been clean from destructive patterns and addiction.





Rochelle van Niekerk

"My kids keep me sober, my husband, my relationships that I have now keep me wanting to keep sober"

Rochelle is from Tuwharetoa, she is also living in Pukekohe close to her sister. She has 4 children and works at the church. Rochelle's 17-year struggling with addiction had finally come to an end when her husband and her decided that's they couldn't keep living in addiction. Their marriage was at rock bottom and life had become a struggle. They made the decision to get clean together. Coming up 1½ years they are both living a fulfilling life in recovery.





Dame Rangimarie Naida Glavish DNZM JP

*"There's not a family in New Zealand that can say they are not affected
by some sort of addiction"*

Whaea Naida Glavish is a New Zealand politician and Māori community leader from the Ngāti Whātua iwi. From 2013 to 2016, she was President of the Māori Party. Whaea Naida Glavish first came to national attention in 1984 when she was a telephone operator for the New Zealand Post Office, and used the Māori language greeting "kia ora" when dealing with callers. She was threatened with dismissal by her supervisor but the Prime Minister of the day, Robert Muldoon, supported Glavish's use of the phrase.

Whaea Naida is now involved in a project called Te Kahu Aroha Ō Rongō which, when opened, will be the first natural healing rehabilitation centre in New Zealand Aotearoa or for that matter, the world. It will align with Maori Kaupapa and welcomes the Kaupapa of other cultures.



Director / Producer



Holly Beckham

"Its now time we share our stories to help each other, we are all in the waka together."

Holly Beckham is one of those rare individuals who not only loves factual storytelling but has her own unique story as well. An aspiring documentary director, Holly's life experiences drive her determination to help others; a creative desire to give others a voice.

Friendly, confident, and with real-life leadership experience, it's Holly's enthusiastic nature that makes her stand out from other candidates.

Holly's passion for the film and television industry is matched by her authentic ability to reach out to others. This she puts down to her proud Ngapuhi, Ngati Rangi heritage, knowing that it's what makes her multi-cultural approach so strong.



He Ara Anō crew

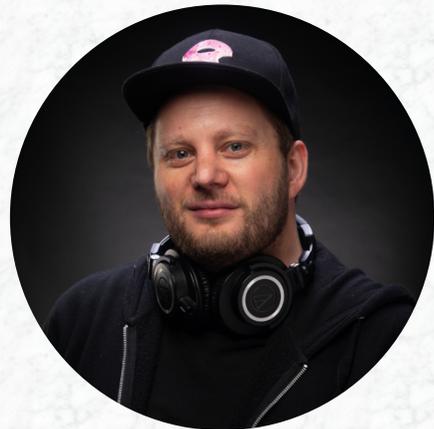


Vita Reynolds

Born and raised in central Auckland, Vita discovered her passion for film through the varied beauty and contrast she discovered in her global travels.

Her experiences meeting people across a vast range of countries allowed her to understand a global human connection, and how across languages and cultures we can share the joy in both our differences and similarities.

In her body of work as a filmmaker she employs techniques in camera, lighting and audio as her universal language to translate these stories into film and ultimately connect people where distance and difference fail to.



Kelly Weaver

Kelly Weaver was born and raised in Christchurch and has called Auckland home since 2009. He has been passionate about film and television since childhood, with a particular interest in editing and the power it has bringing stories to life.

Whilst working various customer service jobs, he kept his creative juices flowing through his hobby of cosplay and dabbling in a bit of writing and video editing. In 2020 he seized the opportunity to turn his passion into a future career by studying at South Seas Film & Television School, specialising in Post-production. Kelly feels at home in the edit suite cutting together footage, and while drama editing is what he initially thought he would like to focus on, his time at South Seas has sparked a growing love of documentary editing as well.



He Ara Anō crew



Daniel Nathan Kapoki

Dan first found his passion for film through documenting skateboarding on his SonyVX1000 that goes by MiniDV tape & learning a process for capturing footage & editing that footage. Dan is always striving to be better at what he does with every experience & who is willing to take the time to learn techniques in film & outside of film.

He has always been drawn to anything creative which has opened a path into film so in 2020, Dan decided to study film full time at South Seas Film & Television School on, specialising in camera lighting & audio. Studying films has only cemented Dans passion for film making and hopes to be able to keep making films for the foreseeable future.



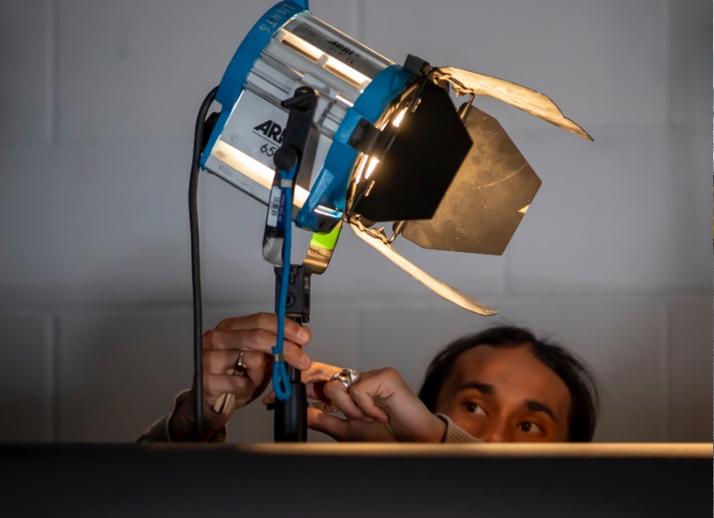
Ben Howard

Born in Palmerston North, bred in Auckland, and developed overseas. In 2019 after years travelling the world and scampering up the corporate ladder to nowhere, Ben Howard decided to follow his true calling.

Ben sees himself as an artist first and foremost and has chosen film as his preferred medium due its emotive possibilities.

With a deep-set self-belief backed up by a solid work ethic, Ben is willing to take on any challenge that will move him forward creatively and bring his ideas and visions to the screen.







FAQs

What was your inspiration behind He Ara Anō?

I had recently come out of rehab and while I was in there I wished there was something I could have watched on TV about addicts and how they can recover. I wished I'd known that it is possible to live another way of life. I didn't know any better - I grew up with alcohol and drugs being the normal thing to do. All it does is temporarily hide your existing pain and create more pain. So I made it my goal to get through rehab and make a documentary about addiction.

How did you find your subjects?

I put a message on the Anti-P Ministry Facebook page and got a lot of interest from all over New Zealand. I video-called Rochelle because we were in lockdown due to COVID-19. I got to know her and listened to her story, then we made a time to meet. I then went to her house and met her and her sister Jesse Tahau. I feel it's about getting to know your subjects, building a relationship and gauging whether it's the right time for them to share their story. You need to do the right thing by your subjects.

What was your biggest challenge when making the documentary?

I found it very difficult during the pre-production stages because I went through so many subjects, as they weren't feeling strong in their recovery or they had relapsed. Relapse is a part of recovery and it is very normal to relapse. Unfortunately, some people don't make it back to recovery and the addiction wins.

Who is your target audience?

The addict, the recovering addict, the whanau of the addict, anyone who is struggling and needs help. Also, the person who doesn't understand an addict.





FAQs

Why do you think this story needs to be told?

We need to do something, and this is my way of doing something. Addiction affects 1 out of 5 Maori, communities are struggling with high crime rates, whanau are struggling with domestic violence, grandparents are having to bring their mokopuna up. This is happening all around us and it's time we share the stories that people are too scared to talk about.

What do you hope to achieve from He Ara Anō?

My hopes for He Ara Anō is that it helps at least one person find another way of living.

If you had a chance to do it differently, would you?

No, I think it all came together nicely. I learned a lot and am very grateful for how it has turned out. This is the very first of many more to come.

How did you find out about the prophecy?

Dame Naida told me about Aprehamatoanui's prophecy, which she has pledged to fulfil by opening the first rehab in New Zealand that will be a traditionally healing-based recovery rehab: Te Kahu Arhoa Ō Rongō.

Do you think there is enough support for alcohol and drug addicts?

From my own personal experience I do not think so. It took months for me to get into rehab. The waiting lists are too long, and there just aren't enough beds or staff to facilitate to the high demand.





FAQs

Where to go for help?

There are great communities and friendly people at these places listed below, all wanting to help. The best place to start is to look up somewhere local, pick a time and turn up - that's all you have to do.

- <https://aa.org.nz/meetings/?tsml-view=map>
- <https://nzna.org/meetings-lists>
- <https://al-anon.org.nz/>

Also:

- <https://alcoholdrughelp.org.nz/directory/>
- <https://www.cads.org.nz/>
- Anti P Ministry (private group) Facebook add as a friend they are an amazing bunch of people

- <https://www.kinnectgroup.com/puna-whakataa.html>

If you have a south Auckland address you are eligible to access Puna Whakaata's services free for 2 weeks .Puna Whakaata is a great place to rest and recover the lovely staff will help you make a plan on what to do next. This was my favourite place to stay, the staff really care about you and your future.





Press Release

He Ara Anō is a story about the demon of drug and alcohol addiction, Maori Wāhine and the power of recovery. Jesse Tahau and her sister Rochelle van Niekerk tell their story of addiction, opening up about what it really is like to live with addiction. Dame Naida Glavish DNZM uncovers the long-forgotten truths Aotearoa has buried, and reveals how a disconnection from wairua can lead to the path to addiction.

Director Holly Beckham was inspired to make a documentary about addiction while going through her own struggles. While in rehab Holly came across many wāhine toa and decided that their stories of hope and strength needed to be told. Holly believes it is now time to share these stories to help each other on their healing journey. This is where Holly's unique journey and her story \telling passion come together to allow a space for the wāhine of Aotearoa to have a voice.





Technical Specifications

Aspect Ratio: 16:9

Shooting Format: 1080p 25

Exhibition Format: 1080p 25

Sound: Stereo

Running Time: 16 "14

Country of Production: New Zealand

Date of Completion: December 2020

Language: English and Te Reo Maori

Genre: Documentary

Any enquiries, please contact:

Holly Beckham

Director / Producer

Ph: +6422 0506761

hollybeckham@gmail.com



HE ARA ANŌ



Special thanks to

Jesse Tahau

Rochelle van Niekerk

Dame Naida Glavish

Director/Producer – Holly Beckham

Editor – Kelly Weaver

Camera – Vita Reynolds

Second Camera – Daniel Nathan Kapoki

Drone – Ben Howard

Photographer – Guy Needham

With Thanks To

Maria Cotter : Tarati Design



HE ARA ANŌ



NGĀ MIHI