

TE KAI O TE NAMU

Near the carpark at the Pāpāmoa Regional Park a row of trees marks an ancient pā site called *Te Kai o te Namu*.

These trees were used by Waitaha to suspend *tūpāpaku* or the bodies of the dead. Once the bodies had decomposed, the bones were then gathered and cleaned for burial.

The name, *Te Kai o te Namu* refers to the consumption of a person's essential nature. *Kai* means to consume or eat; *namu* was a term used to describe the positive traits of a person which were admired by others. It could describe the negative traits that made them unlikeable.

Waitaha also believed when a person died, these traits or attributes would be inherited and continued by their descendants.

Te Rua o Te Namu, another site in a valley just below Karangaumu Pā, is where Waitaha fought battles and settled quarrels. These incidents ended up in Waitaha's favour and are likely examples where *te namu* was used positively - Waitaha won the battles they engaged in or settled quarrels amicably.