



# Friday update



## Captain's Blog

October 6, 2017

### Moana New Zealand tackling mental health awareness head on

One of the saddest sights seen in this country was the 579 pairs of shoes arrayed on Parliament's lawn.

Each pair belonged to a New Zealander who found life such a burden they killed themselves.

That was bad enough but the latest toll is even worse – 606 Kiwis committed suicide in 2016–17, according to the Chief Coroner.

Those in their 20s and early 40s are the most heavily represented in the dismal statistics.

And Maori continue to have the highest suicide rate of all ethnic groups – the 130 deaths in the last year representing 21 percent of the total.

But no age group or sector is immune, from teenagers who may be being bullied to highly successful professionals overwhelmed by their life situation. Moana New Zealand, the largest Maori-owned fishing company, to its great credit has decided to do something about lifting suicide awareness and assisting its staff.

The company has enlisted mental health advocate Mike King to speak to staff about mental health and help remove the stigma around the issue.

He began his road show in Coromandel on Tuesday and will also attend Wellington (Nov 7), Auckland (Nov 8) and Kaeo in Northland (Nov 13).

His talks followed by questions and answers will include the difficulty of

## In the Media



### MPI paua cuts will breach Maori Fisheries Deed of Settlement

The Ministry for Primary Industries is in court over a decision to trigger a process that may break the terms of the Māori Fisheries Deed of Settlement.

Two paua industry groups and Te Ohu Kaimoana are seeking a judicial review over MPI's decision to cut the commercial catch in the Chatham Islands and Marlborough paua fisheries.

A judge agreed last Friday to stay the cuts and discuss the issues further in court. A date for the hearing has yet to be set.

Te Ohu Kaimoana chief executive Dion Tuuta said his organisation supported catch reductions to ensure the sustainability of fisheries.

"However, the mechanism the Minister has decided to use to achieve these reductions sets in place a process which will breach the terms of the 1992 Fisheries Deed of Settlement," Tuuta said.

recognising depression and the triggers to what helps and treatments. His message is that while feeling down from time to time is a normal part of life, depression is much more than the temporary blues.

Clinical depression is a serious mood disorder that makes it tough to function and enjoy life.

Symptoms include apathy, unrelenting despair, hopelessness, loss of energy, concentration problems and changes in eating and sleeping patterns.

"Our people are the life force of our company and we want to give them a safe place to listen, talk and connect, along with comprehensive follow up resources and plans to keep on track," Moana chief executive Carl Carrington said.

He said Moana's people work hard for themselves and their families and their mental wellbeing can be affected by the nature of their job – for example, being away from home fishing for extended periods.

"With one in six New Zealand adults diagnosed with a mental illness at some point in their lives, the fact that our young people and teens have the worst suicide rates in the world, and that Maori and Pacific people are over-represented in mental health statistics, we've got to do something.

"For us, it's about showing manaaki (care) for our kaimahi (workers) and their whanau. We want to make a difference for our people and help create more resilient communities by having an open discussion around mental wellness at work, home and in the community."

Moana's move is doubly timely if a survey of Australian fishermen released yesterday by Deakin University in Victoria is anything to go by.

Fishermen are haunted by depression and stress, the nationwide survey of 1000 registered commercial fishermen found.

The rate of depression was found to be almost double the national average. Uncertainty in the industry caused by the threat of rapid closures, politicised fisheries management and sudden changes that affected their livelihoods were identified as factors, according to lead research Dr Tanya King.

She said there was great awareness of the stresses of living on the land and being a primary producer but fishers did not get that recognition.

"Australians don't culturally value fishers like we venerate farmers," she said. Does any of that sound familiar?

Where to go if you need help:

\*Lifeline (open 24/7) – 0800 543 354

\*Depression Helpline (open 24/7) – 0800 111 757

"Due to the existence of 28N rights in some of these fish stocks, when the Total Allowable Commercial Catch is increased in the future, Māori settlement quota shares will be taken by the Crown and given to the holders of these rights without compensation for iwi."

Primary Industries Minister Nathan Guy went against the industry's recommendation to institute a voluntary shelving of the catch that would have avoided the issue.

Tuuta told *Waatea News* MPI was not acting in good faith and Te Ohu Kaimoana felt obliged to challenge the cuts.

"This issue isn't about reducing the amount of paua that could be caught in a season, this issue is really about the re-allocation of quota that Māori currently own to those 28N right holders."

[Read more](#)

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NZ First MP Shane Jones told *Stuff* new regulations on commercial fishers will hurt small to medium operators. The regulations that require electronically reporting catch and positioning came into effect for trawlers over 28 metres on October 1. The remainder of the fishing fleet will be required to comply from April 2018. Fishing Inshore New Zealand chief executive Jeremy Helson said in principle, fishers were supportive of the regulations, but not in their current form and the MPI should push pause to iron out the details.

A Massey University research team may have found a way to cure blindness in millions by using a fish by-product. The team used a 3D printer and hoki scales to create a cornea – the translucent part of the eye. Development team leader Johan Potgieter told *Stuff* without a cornea you are left blind, a problem 10 million people worldwide are affected by. The printed cornea is created using collagen found in the hoki scales. The Massey team have been given a \$1 million grant from the Ministry of Business, Innovation and Employment, and will use it to test for mass production.

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## Fashion and fishing in New York

The Fulton Fish Market in New York is less a market than a refrigerated warehouse. It is just under half a kilometre long, with almost 30 seafood wholesalers selling more than 300 varieties of fish. Recently, The New York

\*Healthline (open 24/7) – 0800 611 116  
\*Samaritans (open 24/7) – 0800 726 666  
\*Suicide Crisis Helpline (open 24/7) –  
0508 828 865 (0508 TAUTOKO)

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### **Watch: Retiring Sanford worker finally meets long time customers**

For thirty years Sanford employee Jim Routhan has been supplying fish to a penguin rehab centre near Dunedin. But for the first time last week, the retiring Routhan was able to visit the conservation operation and help feed the recovering birds.

Routhan told *Newshub* it was "simply amazing" to see firsthand the penguins getting back to full fitness.

[Watch here](#)

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Times went and visited the fishmongers, wholesalers and dispatchers to talk about what they were wearing.

[Read more](#)

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### **Study shows Aussie fishers struggling with mental health**

A study by Melbourne's Deakin University on health and wellbeing in Australia's fishing industry has found fishers are enduring levels of psychological distress almost double that of the general population.

Lead researcher Dr Tanya King, an anthropologist within Deakin's School of Humanities and Social Sciences, said the results of the study were confronting.

"As worrying as this data is, it isn't surprising," King said.

"For many years those working in the fishing industry have shared their stories of depression, anxiety, substance abuse and suicide, but we've never had the statistical data with which to support the overwhelming anecdotal evidence – until now."

[Read more](#)

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