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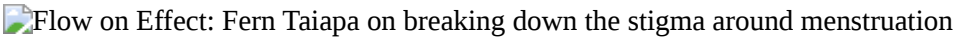

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U17 Basketball rep for Counties Manukau and rower, Fern Taiapa is helping to empower her friends to have tough conversations and reframe their thinking on ikura.

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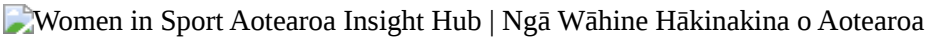
Close panel 

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