

Māngere's 275 times



Our stories, our people, our Māngere
Kōrero paki ō tatou, Tāngata ō tatou, Ngā Hau Māngere ō tatou



NEW BOOK TO HELP TAMARIKI MAKE MATARIKI CONNECTIONS

A new heartwarming children's book by award-winning Māori-Pacific author Qiane Matata-Sipu will help families pass down traditional knowledge and welcome in the new year. As Matariki has become visible in the skies of Aotearoa, a book that teaches children to understand the season has recently been released.


Qiane Matata-Sipu (Cook Island / Māori) has just published Ngā Kupenga a Nanny Rina (Nanny Rina's Amazing Nets) in both te reo Māori and English, which she says can be a way for families to help their children to better connect with the meaning behind the Matariki. The Ihumātao resident told PMN News that it's

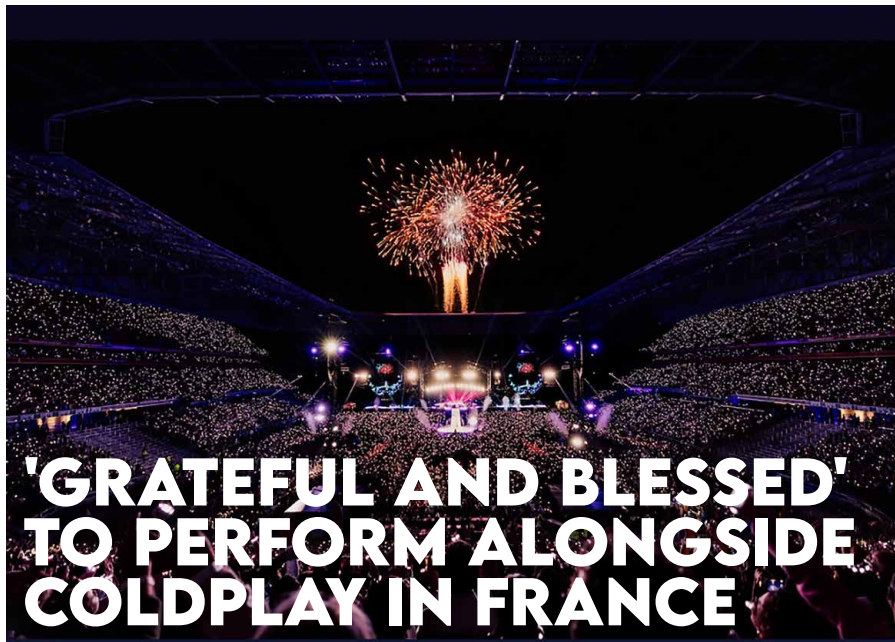
a story close to her heart because the main character is her daughter Haeata te Kapua and the nanny is a reflection of several women in her family. The book is available from bookstores nationwide or from Matata-Sipu's NUKU website: nukuwomen.co.nz

He Korowai Akonga

Nuture the minds of our tamariki

Study Primary Teaching
twoa.ac.nz

Te Wānanga
o Aotearoa 



'GRATEFUL AND BLESSED' TO PERFORM ALONGSIDE COLDPLAY IN FRANCE

Local Tongan artist, climate activist and Head of Music at De La Salle Saia Williams-Folau, recently had the opportunity of a lifetime to perform with Coldplay in Lyon, France in front of 60,000 people. Saia performed on stage with Coldplay at the Groupama Stadium alongside Ponifasio Samoa, Sione Pole, Junior Soqeta and Nathan Peseta as part of the This Is Our Home: Pacific Artists for Climate Justice collective. Saia says he felt the presence of his community as he performed. "It feels like you've been preparing your

whole life for this one moment and you go out there and give it your all knowing that it wasn't just you on stage, but your family, your people, your culture and everything you stand for that has shaped and moulded you to be the person you are today."

"...IT WASN'T JUST YOU ON STAGE, BUT YOUR FAMILY, YOUR PEOPLE, YOUR CULTURE..."



Saia Williams-Folau with Coldplay drummer Will Champion wearing kahoa heilala and ta'ovala - traditional Tongan attire

The This Is Our Home collective is a group of musicians and storytellers using their craft to advocate for climate justice and protect their beloved islands. The project is also part of the Fossil Fuel Non-Proliferation Treaty Initiative and a key component of its campaign is about creating awareness for a global push to see several key climate policies enacted. Reflecting on the experience, Saia hopes his performance can encourage and motivate other young people to chase their dreams and seek the heights in all they do. "I do this so my neighbourhood can say, 'he's from where I'm from, I can do that too!" To find out more about This Is Our Home head to www.fossilfreepacific.org. You can watch the performance with Saia and Coldplay by searching "This is Our Home + Coldplay" on YouTube.

STUDY AIMS TO BREAK STIGMA AND CHANGE LIVES FOR THOSE LIVING WITH GOUT

(sponsored content)



MEDICAL AND HEALTH SCIENCES

DO YOU NEED TO GET YOUR GOUT UNDER CONTROL?



THE UNIVERSITY OF AUCKLAND IS CURRENTLY CONDUCTING A RESEARCH STUDY FOR PEOPLE WITH GOUT

The study is looking at the best way to prescribe allopurinol.

Over one year a team of experienced doctors and nurses will work with you to get you on the right dose of allopurinol to control your gout.

Study visits are free of charge

GOUT

If you have gout, live in the Auckland area and are interested in being part of this research please contact the study nurse Harriet to get more information with no obligation to take part **021 0849 6887**



easyallo@auckland.ac.nz

The University of Auckland is running a study which is helping people get their gout under control using a medicine called allopurinol. They are looking at the best way to get people started or on the right dose of this medication. The programme nurse, Harriet (Ngāti Whātua, Te Roroa, Ngāpuhi) runs the study. She really enjoys making connections with the participants, spending time sharing her knowledge about gout and the medications used to treat it. "There is a lot of kōrero about gout being a lifestyle disease caused by having a bad diet or drinking too much, but there's actually heaps of evidence that gout has a genetic factor, which is why it's more common among Māori and Pacific people." "Because there is a lot of focus on lifestyle causing gout there is a stigma to having it that makes people feel ashamed and stops them from seeking treatment." "I feel passionate about the study kaupapa because it's making a difference not just for the participant but also their whanau, their community and

the study findings will help future generations too." One of the people who recently finished the study shared these thoughts with us about his experiences. "The biggest win from the study is having my gout sorted. I haven't had a problem since December 22." "Gout is a physical condition but there are psychological effects too. My self-esteem and confidence have changed heaps. I feel healthier. Physically I feel way better. I am able now to train again, even run, being able to do what I want to do and not worry about my gout. It's been amazing." "I've really enjoyed it. My interactions with the study team have been good, really positive." **If you have gout, live in the Auckland area and are interested in being part of this research, please contact the study nurse Harriet, (02108496887 easyallo@auckland.ac.nz) to get more information. Harriet is happy to answer any questions you may have about the study without any obligation to take part.**



MĀNGERE YOUTH VOICES PROJECT



This edition launches the Māngere Youth Voices Project! Empowering Māngere's youth through community storytelling, fostering deeper connections between residents and local schools, and bridging the gap by showcasing the excellence within our local educational institutions. A huge thank you to the Māngere-Ōtāhuhu Local Board for sponsoring five editions in 275 Times and a \$50 prezzy card voucher per school's contribution.



AORERE COLLEGE WINS AT SAMOAN SPEECH COMPETITION



Semu, also received the award for best speaker overall. Maxine said the main ideas put forward by her were about encouraging parents of New Zealand-born children to teach their children how to speak Samoan properly. This way she felt her language and culture were kept alive. It was also about informing parents and students about the importance of Samoan Language Week as a time to

Samoan language and she has a strong desire to support students, especially those born in New Zealand, to learn the Samoan language and help retain their language, cultural heritage and identity. It was a great way to start the Samoan Language Week celebrations! Malo lava le tauivi i mea lelei!
Supplied by Aorere College

In the week before Samoan Language Week, four of our senior Samoan students, Ashley Leulua'iali'i, Maxine Semu, Tiresa Tanielu, and Dulcielite Tia Togitasi, took on De La Salle in the Samoan Debates. De La Salle proved to be a challenge, but we came through with the win. Our team leader, Maxine

celebrate and share the Samoan language and culture. Maxine felt surprised and humbled to receive the overall best speaker award and acknowledged the expertise of other speakers. Maxine's plans for the future are to go to university and become a teacher of the



MĀNGERE COLLEGE BUSINESS STUDENTS SEEK TO INSPIRE



CREATIVE NEST

Say goodbye to chaos in your car with our reliable backseat storage organizer. We are Year 13 students attending Māngere College and our business name is Creative Nest. We are advertising here for our Young Enterprise challenge. Our group consists of seven members, Janaia Levao (CEO), Mekarenna Fidow (Production Director), Faleila Paniani (Sales Director), Litia Ah Chong (Marketing Director), Ben Pahulu and

Oscar Smith (Operations Directors), and Kamaliyah Sirazul Islam (Finance Director). Our product is designed for maximum convenience and efficiency, and is a must-have for anyone who wants to keep their vehicle clean and clutter-free. It comes in 3 different sizes, If you are keen to buy our product please contact us on our Facebook page "Creative Nest" or email us on levaorianayah@gmail.com
Written by: Janaia, Mekarenna, Faleila, Litia and Ben.



LE 'AUTE SISTERS

Every year, the Lion Foundation Young Enterprise Scheme runs an initiative where students set up and run a real business product. Talofa lava, I am Monica Lemalu, CEO of Le 'Aute Sisters business group. There are six team members in our group, and we are all from the same background, which is from the beautiful island of Samoa. Our business group decided to make sustainable pot plants out of upcycled basketballs collected

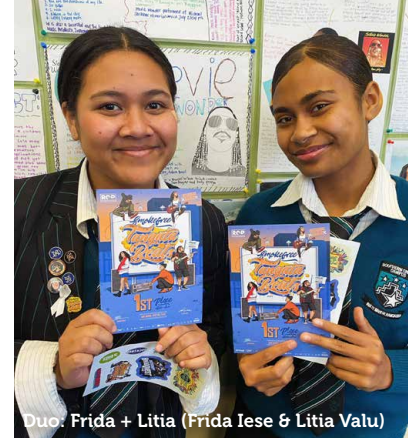
from families and communities. This idea was brought up when we saw a lot of indoor plants that grew in front yards get affected by natural disasters like flooding and cyclones. We decided instead of filling landfill, we should use them. Our business believes in sustainability. We will be selling it for \$35.00 at Mangere Local Markets on Saturday. If you are interested, please contact us at our Facebook Page: Le Aute. Or email: leautesisters@gmail.com.

COMMUNITY HIGHLIGHTS

Email 275times@gmail.com if you want to include a photo here.



SC Collective Band: Gloria Faimalo, Faith Faimalo, Christian Faimalo, Tupou Tolutau, Samson Lenati, Freddy To'ofoho, Pouvi Leanna, Petelo Saia and David Uhatafe



Duo: Frida + Litia (Frida Iese & Litia Valu)

SOUTHERN CROSS CAMPUS PERFORMING ARTS STUDENTS SHINE

Southern Cross Campus Year 12 & 13 students have had great success at recent music competitions. They have become semi-finalists for the Tangata Beats competition and Finalists at the New Found Sound Competition. These young

musicians are taking the stage with their dynamic original songs that incorporate powerful vocals with complex instrumental arrangements in a soul, funk and r&b style. They pride themselves in weaving their Samoan, Tongan and Fijian languages and

identity into their all original material. You can catch them performing at the New Found Sound Grand Final on 31 August at Spark Arena's Tuning Fork. For updates on their journey, check out [@scc_performing_arts](#) on Instagram.



Māngere Arts Centre: Matariki Market (above), South-Versed 24: Diasporisms Artist talk (right)



Congratulations to the De La Salle rugby league team for winning the Auckland Rugby League Premier Boys Grand Final against St Paul's College, making history and becoming the champions!



MĀNGERE PRIMARY SCHOOLS CONNECT AND THRIVE THROUGH DANCE

During the last week of the school term, six Māngere Primary schools performed together with the support of a dance incentive called Let's Siva at the Due Drop Events Centre with 400 students in total on stage.

Māngere Central Primary School were behind organising this programme in collaboration with Māngere East Primary School, Viscount School, Koru School, Nga Iwi School, Jean Batten School and, Mountain View Primary under the direction

and guidance of Let's Siva dance mentors. Principal of Māngere Central School, Jacqualene Maindonald says that the show was a huge success.

"This was a collaborative opportunity using dance, hip hop and our Pasifika culture to nurture the strengths, pride and natural skill within our children to develop confidence, teamwork, communication ultimately empowering our young tamariki to take flight as learners and leaders. Our children got fit, learnt co-ordination,



Students performing in front of their families



timing and teamwork and were able to use their artistic expression while having fun." Allister Ngawati-Salaivao, the Director of Let's Siva, an education, health & wellbeing dance academy, said that the production was a real credit to the schools and their pupils.

"My expectation for these guys was just literally, if they're turning up, they're winning. Like, this whole show on top of it is a bonus development. It's been cool. I've enjoyed it."



Students at Māngere Central School dressed in PJ's for the day, fundraising for Jammies for June. This is an initiative from Middlemore Foundation, aiming to give 15,000 kids with respiratory illnesses pyjamas this winter.



māngere east community centre presents

Matariki in MĀNGERE EAST

SAT 27 JULY
5PM - 9PM

MĀNGERE EAST COMMUNITY CENTRE
372 MASSEY ROAD (behind the library)

MATARIKI WORKSHOP

FREE HANGI DINNER

POI MAKING STATION

PERFORMANCES

HARAKEKE WORKSHOP

supported by

Ohomairangi Trust
"Ehara taku toa i te toa takitahi engari, he toa takitini"

Māngere-Ōtāhuhu Local Board
Auckland Council

FRIENDS OF THE FARM UPDATE: MATARIKI LANTERN WALK AND RECYCLING INITIATIVE

MATARIKI LANTERN WALK

Friends of the Farm at Ambury hosted another very successful Matariki Lantern Walk last month. This year's event had even more people come to enjoy a free family night of fun on the farm.

Around 250 people came and made lanterns, as well as being treated to the best bangers in the bridge (local butchery sausages), onions and hashbrowns, then an epic adventure walk across farm paddocks and around the foreshore with lanterns in hand. Even over the chatter and excitement we could still hear the manu in the harbour and were delighted by a beautiful still starry night.

It was a fantastic turnout of locals.

As we got to the end, the children flocked like sheep – they ran and rolled on the grassy mound. We saw the chickens sleeping in the trees, the horses, pigs and cows were all awoken to the crowds of people wandering the laneways seeing where the animals sleep.

We ended the evening with hot chocolates and literally hundreds of homemade biscuits.

How good!



him and the boys to start collecting old washing machines, driers and fridges and dismantling them to access the scrap metals. Flynn and Ollie saw how their work paid off and saved their share of the takings to buy

computer equipment and upgrade their bikes.

If you want to contact Ian you can reach him by email at scrap4pocketmoney@outlook.com.

Auckland Council also has an inorganic collection that you can book online and there are also 'e-waste days' held every month in Auckland where you can take your e-waste and dispose of it for free.

SCRAP SALVAGERS

Māngere Bridge local Ian Campbell is a keen recycler and his two sons Flynn and Ollie follow his lead. The recycling bug started when they were renovating their house and found themselves with loads of plumbing and building materials that many people would take straight to the tip. Instead, Ian took some to a scrap metal yard and was surprised by how much it was worth. Digging deeper and learning more led

IMPROVEMENTS TO HARANIA CREEK AND TE ARARATA STREAM

(sponsored content)

MĀNGERE FLOOD-REDUCTION PROJECTS

Flood-affected neighbourhoods around Harania Creek in Māngere East and Te Ararata Stream in Māngere Central could benefit from major flood-reduction projects under consideration.

Auckland Council's has proposed new projects in these areas to improve pipes and channels around waterways and parks that give rainwater space to flow.

If approved by government and council's Governing Body, this will help reduce flooding for hundreds of homes in surrounding neighbourhoods.

Work is also underway to streamline consenting so that these projects can be delivered as soon as possible.

RISK ASSESSMENTS FOR FLOOD SUPPORT

In the meantime, residents outside these areas that had more than half a metre of flooding inside their home are encouraged to register for a council flood risk assessment. Under council's

property categorisation programme, they could qualify for a council buy-out or construction grant. Streets of particular interest for registration include Caravelle Close, Valiant Street and Solent Street. It's important these homeowners consider their options ahead of the 30 September deadline for registrations. Visit ourauckland.nz/storms to find out if you should register. Check your address on the Auckland Flood Viewer Map using the QR code below to find out your flooding risk and how you can prepare.

SCAN FOR
AUCKLAND FLOOD
VIEWER MAP



MĀNGERE PLAYWRIGHT BRINGS THE MĀFANA TO CENTRAL AUCKLAND



Red, White and Brass: The Play, the first Tongan production to be held at the ASB Waterfront Theatre (Photo by Andi Crown)

Māngere playwright Leki Jackson-Bourke was interviewed by Māngere College performing arts students Nise and Quade during a matinee show of the heartwarming and hilarious play Red, White and Brass - which he adapted from the movie. Nise kicked off the interview by asking Leki about his experience

of bringing a show from Māngere to central Auckland. Leki expressed his joy and pride in sharing stories and Tongan culture with a wider audience. "It feels awesome to bring our stories to central Auckland because we come here unapologetically to bring our stories. To bring our energy and our language and our

Auckland to the world stage." When questioned about his advice for young Pasifika aspiring to join the arts community, Leki shared a profound insight he received from Oscar Kightley at a young age. Despite Oscar telling him "don't do it" and feeling discouraged, Leki decided to do it anyway to prove him



Leki (centre) with Māngere College students and teachers

passion here to the CBD, which is an awesome experience for those people who might not necessarily know our culture or our community. And it's awesome just to have representation here and to show people we are from south Auckland but we go from south

said that to you is because if you can silence my voice and not listen to me then you belong in this industry because it's not easy, a lot of people get broken hearted and their dreams shattered but you've got to be resilient and you've got to have the mindset and thick skin to not listen to what anyone else tells you what to do."

Reflecting on the concept of "Māfana," Leki says it holds deep significance in Tongan and Pacific culture..

"It's a feeling of warmth, joy, passion, pride. It's all of that put into one and understanding that it's not about us as an individual but all those who came before us."

As Mangere continues to be a hub of creativity, Leki Jackson-Bourke stands as a shining example of the power of story.

TE AHIWARU MUCK IN AS THEY GIVE BACK TO THE TAIAO THIS MATARIKI



Tree planting along the riverbanks of the Oruarangi Awa

This Matariki, Te Ahiwaru were giving back to our taiao (environment) by focussing their actions this season on planting native trees and looking after our waterways. The two projects that were conducted to look after our local taiao were an awa clean up with The SeaCleaners and tree planting along the Oruarangi river banks in Ihumatao. Sophia Olo-Wahaanga from

Te Ahiwaru Taiao team was surprised to see the local turn-out for the planting. "We've got a little bit more than we probably expected to come. But yeah, it was a good day for it today. We're trying to plant 2000 trees today on our Tupuna awa." The tree planting was culturally significant as it tied in with Matariki. "We do [the planting] to acknowledge Puhutakawa,



Awa and coastal rubbish clean up

which is one of the Matariki stars that acknowledges those that have passed away. So the purpose of this is for people to plant a tree in remembrance of their whanau or people that have passed away." The ocean clean up was successful with one tonne of rubbish removed from the ocean and waterways around Ihumatao with the help of The SeaCleaners. As you can see in the images above, volunteers

were often knee deep in mud to pull out the rubbish. To find out more about Te Ahiwaru Trust and the mahi they do, head to <https://www.teahiwaru.co.nz> or check out their facebook page for future events! <https://www.facebook.com/TeAhiwaruTrust>

COMMUNITY NOTICES

MĀNGERE EAST COMMUNITY CENTRE

Before & After School Care & Holiday Programmes:

Transport, Kai and Activities for 5-13 year olds.

Pick Ups & Drops offs: Māngere East Primary, Papatoetoe North Primary, Kingsford, Kedgley Intermediate, Aorere College.

FREE CLASSES

Mondays: Te Reo Māori (10am – 12pm & 6pm-8pm), Pono Boxfit for ladies (6pm – 7pm), Sewing for beginners (5pm – 8pm)

Tuesdays: Te Reo Māori (12.30pm-2.30pm), Hulafit (6pm-7pm), Ethnic Arts & Crafts (6pm-8pm)

Wednesdays: Parenting Programmes (various times & days)

Thursdays: T.R.E.E.S Hub (Gardening, waste, kai etc) (12-2pm), ZUMBA (7pm – 8pm)

Fridays: Korowai Class (10am – 2pm), Sewing for Beginners (1130am – 2pm)

Bus Hire (32 Seater bus & 2 Mini Vans), Hall & Venue Hire

FREE Parenting Programmes (Ante Natal, 3yr-8yr etc...)

Daily ESOL Classes (English for speakers of other languages)

CONTACT/REGISTER TODAY: www.mangereeast.org |

email info@mangereeast.org | phone 275 6161 or drop in 372 Massey Road, Māngere East

ME FAMILY SERVICES - RANGATAHI REPAIR CAFE

Local rangatahi flaunt sustainability using their talents.

Date: 28 September 2024. 10am - 2pm. 16-18 Fergusson St.

WHARE KOA MĀNGERE COMMUNITY HOUSE

141 Robertson Rd, ph: 09 379 2030, FB - @WhareKoa

MONDAY/RĀHINA - Film Club with Brōwnalfā (6pm-7pm)

TUESDAY/RĀTU

Ukulele Class (10am-12pm), Tongan Youth Trust (3pm-7pm)

WEDNESDAY/RĀAPA

Diamonds in the Rough (10am-3pm), Te Vaerua o te Rangi (5pm-9pm)

THURSDAY/RĀPARE

Tiare Taina Māmā's (10am-2pm), Eva Ma Le Koko (10am-2pm)

Raise Up Youth (4.30pm-6.30pm), Tongan Youth Trust (3pm-7pm)

FRIDAY/RĀMERE - Polynesian Creative Arts (10am-2pm)

CLASH OF THE SIRENS - BADER INTERMEDIATE

Bader Intermediate School have a production coming up called 'Clash of the Sirens' at the Māngere Arts Centre.

Dates: Tuesday 6 August - 6.30pm, Thursday 8 August 6.30pm. Tickets available on www.eventfinda.co.nz.

PAPATUANUKU KOKIRI MARAE

TE MATAPAEPAE O MATARIKI: Sunday 28th July is our Te Matapaepae o Matariki from 10am to 2pm @ Papatuanuku Kokiri Marae 142R Robertson Road. Open Mic in the Koha Cafe, Storytelling, cooking demonstrations, Rongoa, Mirimiri, and more.

KAI IKA PROJECT: Every Wednesday and Friday, 10.30am at Māngere Centre Park, Robertson Rd. FREE fish heads and frames + sometimes veggies and other food. Bring aluminum cans to swap.

MĀNGERE ARTS CENTRE - JULY

New Exhibition at the Mangere Arts Centre's Gallery: Calling Heaven, by the talented artist Fa'amele Etuale:

Experience the profound themes of sadness, love, healing, triumph, and connection at Fa'amele exhibition.

FREE WORKSHOPS:

- Paint about Happiness with Me: Saturday, 13 July, 11am - 1:30pm

- Build Small Objects with Me: Saturday, 20 July, 11am - 1:30pm

- Make a Bouquet with Me: Saturday, 27 July, 11am - 1:30pm

- Lunchtime Lei: Saturday, 3 August, 11am - 1:30pm

Exhibition Opening:

Saturday 6th July | 11am – 1pm, Māngere Arts Centre Gallery, 6th July - 10th August



EDITORIAL

Te Pane o Mataoho at dawn during Matariki

Recently we attended the 2024 Pacific International Media Conference in Suva, Fiji. One thing that stood out as we listened to the different media organisations across the Pacific was the struggle journalists face to protect media freedom and true democracy in our wider region. Also in times of polarisation and misinformation across the globe it was discussed that we as media need to continue to report respectfully, truthfully and to aim to build community resilience - which also applies to small local magazines such as 275 Times.

When it comes to this publication, we hope we can live up to that ideal and trust that you, the community will keep us accountable.

It's fantastic that we can now celebrate Matariki, the Māori New Year as a public holiday, with many events happening across the community - a few of which we have featured in this edition.

The seven stars appearing on the horizon signify a time of remembrance, reflection and renewal, and although this has been celebrated for generations by Māori, Matariki is a special time for all NZers to come together and reflect.

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