

CREATE HAPPY

M A G A Z I N E



Aotearoa's coolest teen-run magazine!

Innovation • Aroha • Grit • Impact • Gratitude • Adventure

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Chief Editor

Lola Fisher

Assistant Editor

Sydney Fremista

Journalists

Briana Taylor, Maddison Lynch,
Rachel Roulston, Leisha Hodgeson,
Lily Sang, Lindsey Song, Ariana
Jones, Holly Davies, Sophie Hansen,
Abigail Street, Biunka,
Audrey Goh, Jemma McLeod, Zaria
Pollard

With thanks to

Cameron Taylor, Feona Sayles, Faithe
Hanrahan, Lee, Craig Thompson

Graphic Designers

Lola Fisher, Lindsey Song, Lillian
Graham

Illustration

Illustration: Abigail Street, Ariana
Jones, Ash Wharehoka, Lindsey Song

Cover

Front cover photography: Mandi Lynn
Models: Whakatane Students
Back cover photography: Mandi Lynn
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Welcome to the

AROHA EDITION

Kia ora! Welcome to the Aroha Edition of Create Happy Magazine, we're so glad you're here! Create Happy Magazine is a 100% teen-run magazine designed for youth. In March 2022 8 young founders started the magazine, publishing our 1st ever edition on the 25th of June! This is our second edition, all about aroha, compassion, connection and community. I hope you like it!

Lola Fisher

Co-Founder & Editor in Chief

AROHA EDITION



Girlboss: Alexia Hilbertidou

Words by Leisha Hodgson

From high school student to entrepreneur, Alexia Hilbertidou is encouraging young wahine to step up and achieve their goals.

Alexia Hilbertidou is the founder of GirlBoss NZ, an organisation she started in 2015 as a 16-year-old high schooler. Girlboss NZ came about when Alexia noticed an absence of females in engineering, technology and physics, subjects recognised in STEAM.

"Our mission is to encourage more young women into science, technology, engineering, maths, leadership and entrepreneurship."



Alexia Hilbertidou/Supplied

"I was 15 when I met my first female software engineer. At 16, I was the only girl in my digital technology and advanced physics class," Alexia explained. She started GirlBoss, a company designed to inspire and connect young women, because she knew something had to change.

From those initial experiences, Alexia's company has grown into a nationwide network of thirteen and a half thousand high school-aged members. The GirlBoss program has been implemented in high schools over Australia, New Zealand and the Cook Islands.

Our mission is to encourage more young women into science, technology, engineering, maths, leadership and entrepreneurship."

As well as touring internationally, Alexia has spoken to over 100 high schools across New Zealand.



Alexia with past GirlBoss Award winners/Supplied

She loves travelling in her job, and one of her favourite things about working at Girlboss, alongside working with young women from all over the country. Alexia says it is "really inspiring working with such awesome people who are passionate and who have big dreams about making things happen."

Alexia's dream for the future is for more women to have more choices, purpose, and power. She wants more women to have the confidence to step into business, start their own social enterprise, and go into science, technology, engineering and maths.

"I want more women to realise that their voice, opinion, and thoughts matter and are needed. They can do anything they put their mind to, and for more young people to realise that you already have everything in you to make it happen and to follow your dreams." Alexia is inspired by women who take different paths, for example, starting their own businesses or deciding to study computer science.

"For so long, women have often been put off the path of entrepreneurship due to the stigma of stress and hustle culture portrayed in the media. But I get inspired by women who decide to create their own rules and business in life. They live on their own terms and are driven by a desire to shift the dial for girls and women."

"As long as I was making an impact for women, then I would be happy."

Alexia was always very passionate about women's rights, business and technology. She never imagined that she would be working on her own organisation at such a young age! She always dreamed of running her own charity supporting women, but she was unsure how to achieve this, thinking it would come a lot later in life.



Alexia with past GirlBoss Award winners/Supplied

"As long as I was making an impact for women, then I would be happy."

Alexia received the Queen's Young Leader medal for services to the commonwealth by Her Majesty the Queen. She travelled to Buckingham palace to meet the Queen and receive this award. She got this medal when she was only 19, so she was the youngest person in commonwealth history to receive this award!

You need to choose to be hopeful; you need to choose to make your own project and initiative and to realise that you are never too young to create change and the best time to start is now."

Alexia is excited to be a part of Generation Z and is very optimistic about the future.

"I think this generation is going to be the generation to make a massive difference. I believe this generation will be the generation to reach full gender equality once and for all. I'm also really inspired by all of the young people who have the confidence to step up and start their own businesses and contribute to the community."

Alexia's message to the world would be:

"Don't be afraid to take the unique path; when I reflect on my journey, one thing is clear, I wasn't the most popular person at school, I wasn't the smartest, I wasn't selected for leadership roles, but I was always never afraid to take the unique path, I wasn't afraid to study physics even though none of my female friends were, and I think this decision to do something different has enabled so many different opportunities I could never have imagined. My greatest piece of advice is to remember if you want opportunities, you need to make choices that not many other people make, and you need to choose to take a unique path. You need to choose to be hopeful; you need to choose to make your own project and initiative and to realise that you are never too young to create change and the best time to start is now." ■

Alexia's favourites

- Movie: Persuasion
- Book: The Defining Decade
- TV shows: The Umbrella Academy and Bridgerton.
- Celebrity: Taylor Swift
- Quote: *"I am no longer accepting the things I cannot change; I am changing the things I cannot accept."*

- Angela Davis

Photograph: Supplied





Amalie's Room - handmade
accessories and gifts
@amaliesroom



Kalon the Label -
'beauty is more than skin deep'
@kalonthelabelnz



Charli's Creations -
handmade gifts
@charliscreations_

MADE WITH LOVE

Supporting Aotearoa's cutest small businesses



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Scrunchies and That-
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@scrunchies.andthat

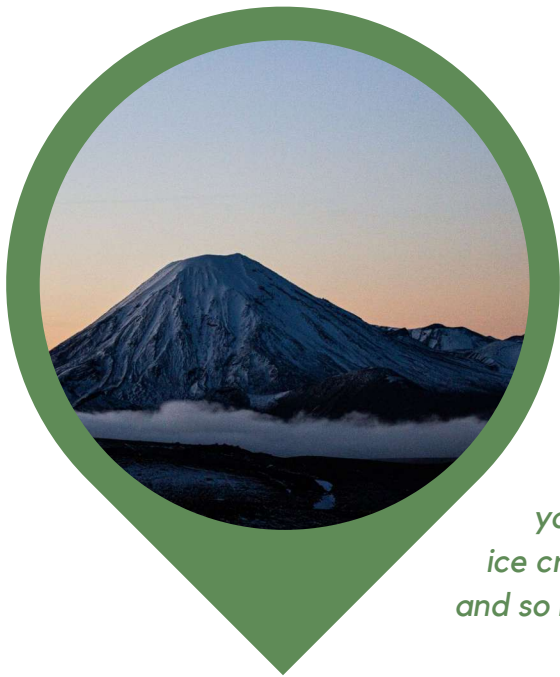


Yachal - Handmade crafts
@yachal.handmade.crafts

The Bees Knees

Words by
Maddison Lynch





Exploring Aotearoa...

From the awa of Whanganui to the skyscrapers of Auckland City, our journalist Leisha Hodgson takes you on a short adventure of the North Island. You'll find ice cream shops, farmers markets, hidden away bookstores and so much more! So what are you waiting for? Hit the road!

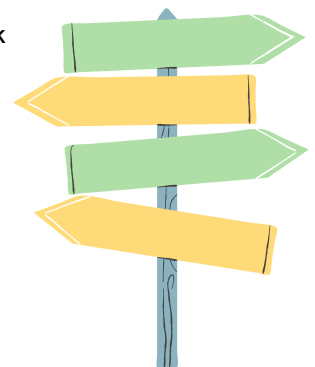
Aotearoa is an undoubtedly fantastic country, in fact, according to theurbanlist.com, it's the 3rd most beautiful country in the world! We're a small island, but there is so much to explore. Here are the best things to do in each region in Aotearoa.

A beautiful lighthouse marks Cape Reinga, the place where Maori spirits begin their final journey.

First of all is Northland, the very tippy top of Te Ika a Māui. A beautiful lighthouse marks Cape Reinga, the place where Māori spirits begin their final journey. In Northland is Waipoua Forest, the place where the biggest tree in New Zealand is, named Tāne Mahuta, also called "God of the Forest". It is a giant Kauri tree and is estimated to be around 2000 years old.

New Zealand's largest city, Auckland is full of fun tourist attractions. The sky tower is a greatly recognisable part of Auckland's skyline, the tallest building in Aotearoa. It has a pretty awesome view from the top, and you can bungee jump off of it if you have the nerve to!

Another great place is Rainbows End, a theme park in Auckland with amazing rides and other cool attractions. Abi, one of our journalists lives in Auckland and she and her family sail to the local Islands in the gulf, her favourite is Waiheke islands.



Next up on the map is the region of Waikato, named after the longest river in New Zealand. For all those Hobbit fans, there in Matamata is the original Hobbiton movie set, where you can see all of the original Hobbit Holes. There are the Waitomo caves, known for their stunning glow worms and you can go rafting in them too!

Of course, there is Taupo, with its beautiful lake - New Zealand's biggest! Also in Taupo, it has easy access to the central North Island mountains, Ruapehu, Ngauruhoe, and Tongariro, with great ski fields, and Tongariro National Park was the first ever national park in New Zealand.

On the western side of the Bay of Plenty is the famous coromandel, known for beautiful beaches, super old gold mines, and excellent fishing. Hence the name - Bay of Plenty, this region is well known for its plentiful fruit, avocados, kiwifruit, and much more. Also White Island, the active volcano, that is temporarily closed for tours as it is dangerous.



Whanganui architecture/Lola Fisher

After this we have UNESCO's City of Design, Whanganui. Immediately as you drive into Whanganui you'll notice the beautiful green awa that runs between either side of this quaint village-like city. Some **must** visits if you stop here include the Saturday Markets on the riverside, grabbing a bagel from Little Curious Bagels on Harrison Street, page..., or driving 25 kilometres out from the city to Bushy Park, Tarapurui, to take a walk in the beautiful native bush.

If you like hiking, then the region of Taranaki is for you. You can climb to the summit of this stunning mountain, and be rewarded with amazing views. Another fun activity loved by the locals is something called Dam Dropping, where you take a kayak or water sledge down the 8-metre Normanby dam.



Taranaki mountains/Abigail Street

Last but not at all least is Wellington. The capital of Aotearoa is well-known for being one of the windiest cities in the world, but as they say, nothing beats Wellington on a good day. You can explore the waterfront or learn something new at the world famous museum, Te Papa. Take the cable car to the Botanical Gardens, and be treated to beautiful flowers and stunning views. And of course, you have to take the film nerds to Weta Workshops, the place where they make a lot of the props from famous movies, such as Lord of the Rings.

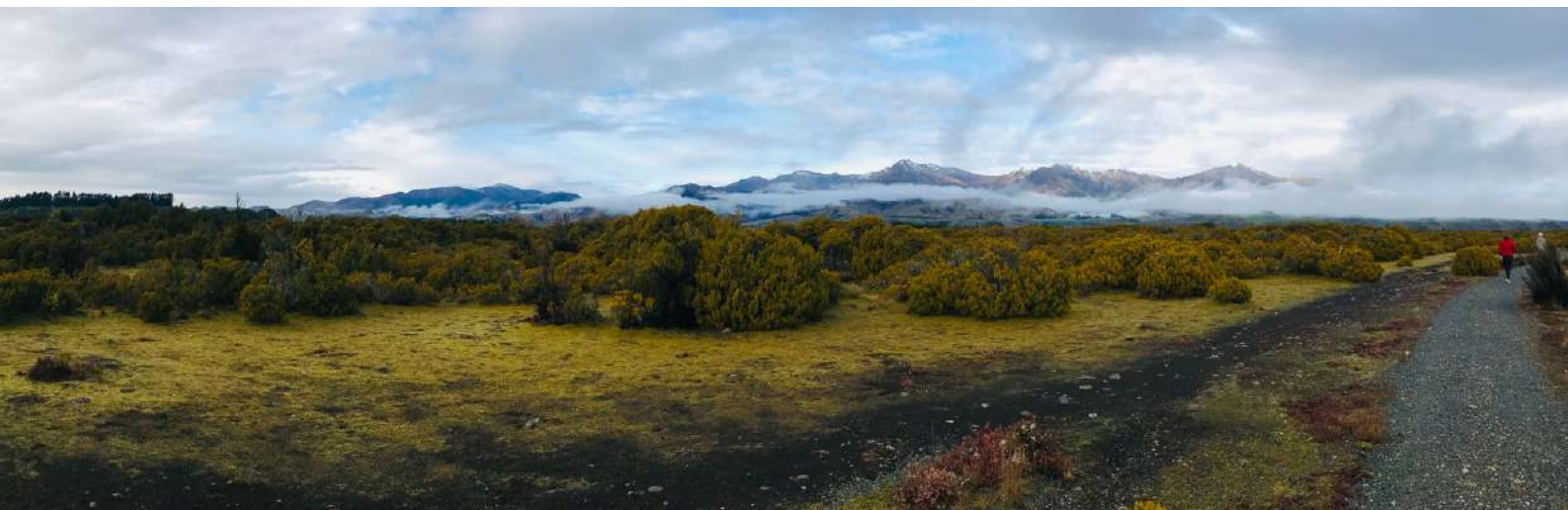
These are some of the best places in Aotearoa, but we know that we missed some out! If you have suggestions for Te Waipounamu, email them in to createhappymagazine@gmail.com. And don't forget to look out for the South Island in the December Issue! ■



Sophie Hansen



Lindsey Song



Abigail Street

Little Curious Bagels

Words by Lola Fisher

From fruit and veggies to a second hand store, 118 Harrison Street has seen many shopfronts over the years. Originally a villa in the 1800s, the front shop was added in the early 1900s to become a corner grocer. More than a century later this historic building is seeing fresh paint and new ideas.

Meet Grace and Joel, proud owners of Little Curious Bagels, your local bagel station with fresh coffee and delicious bagels served with a friendly smile.



Growing up just down the road from the The Old Curiosity Shop second hand store, teenage Grace always thought it would make a cool cafe. She ended



Grace and Joel in the shop/Lola Fisher

up marrying Joel, a chef, and they travelled around the world together. Working in restaurants in Dubai where they made everything from breakfast to dinner, Grace and Joel realised it just wasn't as much fun as it could've been. "We wanted to do one thing and do it well." After travelling for 10 years they made their way back to Whanganui and got the inspiration to open Little Curious from a bagel shop in Ohakune and after seeing a gap in the bagel market. 'We asked the owner if we could buy it [the second hand store], he said yes and here we are'.

"We wanted to do one thing and do it well"



The inside of the shop/Lola Fisher

After what was a year and a half of pandemic planning, Little Curious opened its doors on the 15th of August 2022, selling 120 bagels on their first day! 'The first 2 days were a real relief to be open and get home in daylight for the first time in a while.' Grace says referring to all the late night renovations over the previous year. 'Today was wildly busy which was fantastic and exciting and really cool to see support from the community.'

Open plan, retro, sunlit and with delicious smells coming from the kitchen, Joel and Grace have done an incredible job of re-doing the space. As we sit in the beautifully renovated café, Joel says it's been

amazing 'being able to create a space for people to come and enjoy. A lot of people have memories with this being a bookshop. It's cool that we can open up a space for them and they can come and sit and have some food and reminisce.'

As for their favourite bagels?

"'The King'," says Joel, "that was the bagel I invented, it's like a big breakfast on a bagel."

Grace likes to go simple "it's hard to choose but I'd have to go with the 'Peanuts' bagel which is Peanut Butter, honey and banana on a bagel."

Find the bagel crew from Little Curious at

118 Harrison Street, Whanganui, or on their

Instagram: [@littlecuriousbagels](https://www.instagram.com/littlecuriousbagels). ■



Why should we be compassionate towards bees?

Words by Maddison Lynch

From a novice beekeeper's perspective, bees are pretty cool creatures. We all know the familiar characteristics of our fuzzy black and yellow friends, with their buzzing wings and sharp stinger, but what if I told you that these bees were essential to the survival of the planet? Here, I'll explain...

They pollinate!

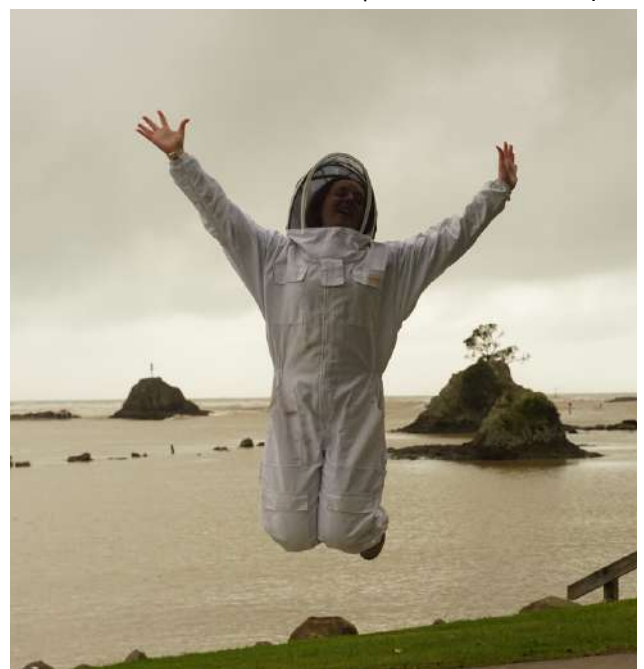
When bees travel between flowers in order to gather food for their hive, they also carry pollen which is essential to the reproduction of many plants. Through pollinating, bees allow us to grow produce and fruit for us to eat, help our own gardens grow as well as many other plant species that are essential in order to control climate change. It has been estimated that it would cost farmers over 3 billion dollars per year to pollinate crops without bees, which could cause a huge economic downfall.

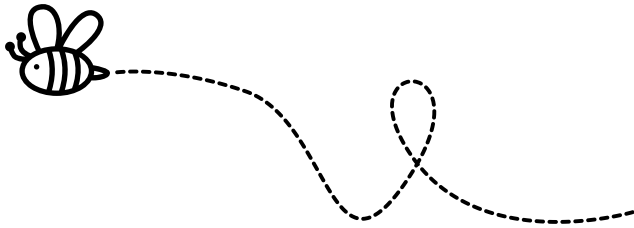
They provide us with honey!

Not only is honey great for eating, but it also has many health benefits for the human body. It is rich in amino acids (the building blocks of protein), vitamins, minerals, iron and zinc. Honey is also rich with anti-inflammatory, antibacterial and antioxidant (this is a compound which fights against cancer, heart conditions etc.) properties. More so, there are many illnesses and conditions easily treated by honey.

"...what if I told you that these bees were essential to the survival of the planet?"

Bee photoshoot!/Maddison Lynch





Crops are dependent on them!

Around three quarters of all our crops produced are dependent on different pollinators and while these pollinators aren't always bees, bees are our main pollinator. If these crops were unable to be grown, we would enter a global food crisis, the rate of poverty and homelessness would surely increase and whole civilizations would be wiped out.

What is happening to our bees?

The population of bees has been decreasing over recent years as a result of increased use of pesticides, insecticides and because of factors such as global warming, increased number of droughts and deforestation. In 2020, nearly 46% of honey bee colonies were lost. This could result in a global crisis, economic-wise, food-wise and would even affect the medical system. The more formal name for this decrease is bee colony collapse.

So how can we save them?

Planting bee-friendly gardens

By doing this, we are providing bees with a source of food and can henceforth increase bee population growth.

Restricting use of chemicals in the garden

A major cause of death in bees is being poisoned by chemicals often used for pest management. Eliminating the use, will result in reduced bee colony collapse.

Be(e) Eco-friendly

Global Warming and pollution is taking a large toll on our bee population, therefore, if we can create a healthier environment we can increase the health of our bee population.

To learn more about beekeeping, we interviewed Noelani Waters; an experienced beekeeper and bee welfare advocate from Comvita. Read on to see the interview below!

What can the average New Zealander do to help maintain the bee population?

A single honey bee colony requires around one billion blooms to thrive for the entire year, so one of the best things you can do is to plant pollinator friendly seeds that bees can count on throughout the year. Sourcing food locally from an organic or spray-free source will also benefit your local bee population.

What benefits do bees have to the community aside from pollinating and providing us with honey?

They are vital for food production and food security. They help to recycle nutrients in our soil, they serve as critical pollinators for our food supply, and act as important food for other wildlife to thrive.

What is Comvita doing for bee welfare?

Comvita's Harmony Plan is a holistic and continuously evolving goal to leave the world better than we found it. This includes a plan to become carbon neutral by 2025 and carbon positive by 2030. We have just released our first GHG inventory report which we hope will set a new standard for the beekeeping and honey industry in New Zealand.

We have created a Comvita Bee Welfare Code, based on the five primary freedoms of animal welfare as well as international best practices to ensure we are continuously improving our practices to have bee wellbeing at the heart of what we do. ■



Opera Princess

From watching Barbie movies to World Champion - this is Jazz Vidamo

Jazz Vidamo /Summer Okey

Words by Lindsey Song

Eleven years ago, a fiery girl at the age of two felt entranced by the musical Barbie episodes displayed on her screen. Today, the same girl takes up the stage as a world famous opera singer, known as the 'Opera Princess.' We call her Jazz Vidamo.

"I used to watch America's Got Talent, and I was really intrigued when I saw this young kid singing. I thought it was so cool how young people can be opera singers."

At a young age, Jazz had always been exposed to music in her family, you could say it was in her blood.

After all, her parents and their parents were all musicians. She and her family were active in bands, churches, and sang often overseas. Though it had always been in her life, Jazz first felt the musical spark with the help of her incredible grandma, and the thrill of pop culture.

"I used to watch America's Got Talent, and I was really intrigued when I saw this young kid singing. I thought it was so cool how young people can be opera singers."

Wanting to be so much like the kid on the stage, Jazz's opera journey began. Though some people may question why such a young child chose opera as the genre of her singing, Jazz felt sure that it resonated greatly with the talent deep inside her.



Jazz receiving her award/Supplied

"Opera is something people are drawn to, especially as a kid. I feel like people will pay attention if I'm a kid, they don't really expect it."

Before her first competition, Jazz's father promised her something godly.

"If you win, Jazz, you'll get an Ipad."

"Opera is something people are drawn to, especially as a kid. I feel like people will pay attention if I'm a kid, they don't really expect it."

He sensed his daughter's anxious self before her performance and gave her another piece of good advice.

"Imagine everyone in the audience as ipads, because that's what you want right?"

Jazz did indeed end up winning her singing competition. After the excited chatters and congratulations on Jazz's win, she ushered her family to quickly buy her prize.

Soon enough, Jazz went on to compete, and win more singing competitions.

Blues, Jazz's younger sister, always felt the need to proudly raise Jazz's trophies as her own. The siblings have a great connection, and they love each other as much as Jazz loves vintage cars. In late 2018, Jazz received the teachings of a voice coach, along with her supportive family.

A year later in a brutal July, 10-year-old Jazz competed in the World Championships of performing arts competition in America. Jazz competed in six categories which include gospel, opera, traditional, own selection, musical theatre, and World. Contestants were given only 60 seconds to catch the attention of the judges. Any kid barely reaching their double-digits would dig up a hole and cry in it from pressure.

The whole situation was extremely overwhelming.

Jazz Vidamo/Mandi Lynn





Jazz Vidamo/Mandi Lynn

Poor Jazz kept forgetting her name tag and which floor she was supposed to be on. Scouts from the Voice and musical producers were eyeing the contestants that they liked the most.

Jazz's jitters became more than jitters, and by the time she was about to sing, she was sweating buckets. Instead of singing the right note, Jazz sang the note higher than it was supposed to be. After the song, Jazz's mother found her daughter crouching backstage with tears running down her cheeks.

"That was her first song, so I said 'Jazzy, it's OK. You made a mistake and it's all done. You still have 5 songs left, pick yourself up and do your best.'"

Jazz made it to the semi-finals and the judges purposely chose the first song again for Jazz to sing, because they wanted to hear her sing it right.

"They probably want to hear it again, to do better."

Jazz had thought, and though this time she rid her singing of any mistakes.

In the end, Jazz won the 2019 Junior World Champion Division winner with one gold and 4 silver medals.

Recently, she was awarded as one of the TOP 100 Global child prodigies in the world in the field of Singing which was held in Dubai last August.

“My dream is to sing in the Met Opera, Royal/Sydney Opera House and Carnegie Hall.”

This loving girl made it millions further than her peers, yet, staying humble and pursuing her love of singing.

People who continually support Jazz in Opera singing include Black and White Golf Charitable Golf Trust, her family, relatives and friends and of course her singing teacher Jayne Tankersley who she says is "very cool"

As for the future?

"My dream is to sing in the Met Opera, Royal/Sydney Opera House and Carnegie Hall."

13-year-old Jazz Vidamo, keep singing, for us and for your Barbie episodes.

To find more about Jazz visit her Instagram, Facebook, TikTok and YouTube pages @jazzoperaprincess ■

A Neurodiverse Perspective

Growing up is a challenge, but growing up neurodiverse makes that challenge that bit harder.

I am a hard of hearing, slightly autistic 17-year-old girl with a coordination disorder (commonly called dyspraxia), and dyscalculia (like dyslexia but numbers but I have dyslexia too to add to the confusion) and believe me, that has caused quite the issue over the years!

Though dyscalculia didn't cause many issues, I could never tell you the difference between $\frac{1}{5}$ (one over five) and $\frac{5}{1}$ (five over one) because to me, they look the same.



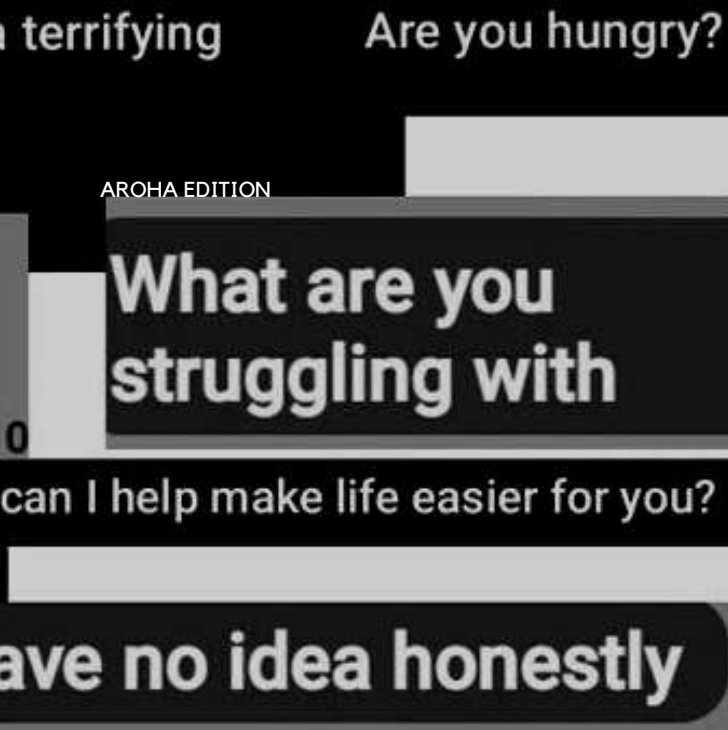
Sign language for 'I love you' / Supplied



"I had a tendency to miss social cues and end up in an argument after accidentally and unknowingly offending someone."

The dyslexia made me struggle to read as the pages looked like words were cut in half and moving and my brain often made the words in yoda sequence!

My coordination meant that I could not draw at all and whilst most people consider PE to stand for physical education, for me PE stood for public embarrassment as I could not for the life of me catch that annoying dodgeball! I figured out that since I took so long getting changed, I could often get locked in the changing rooms and just hide there and instantly change back to my regular uniform and stay in there doing homework from the previous class.



A sample of the notes written in class when the authors hearing aides died/Supplied

When this didn't work as the teacher realised I was missing, I would stand in the corner and refuse to move as my classmates often beat me up for being "the weakest member of the team"

Although I love music, every time I listen to it, I am at risk of losing more hearing. This was a big deal for me as I grew up as a performing arts student who spent most of my time in the band room, best friends with this crazy loud musician!

It makes me terribly upset to think one day I possibly won't be able to hear the stupid songs that we would write at lunchtime! Until this year, my 17th year, I barely knew enough sign language to hold a conversation, past names, what I ate for lunch which would have to be a bacon sandwich because that was the only food I knew how to sign. If my hearing aids died in class, I relied on my best friend to write down what others were saying, or I would try to read lips, which over time I got good at.

When joining deaf club this year, my knowledge of NZSL did affect relationships in the group. Growing up nobody would learn sign language for me.

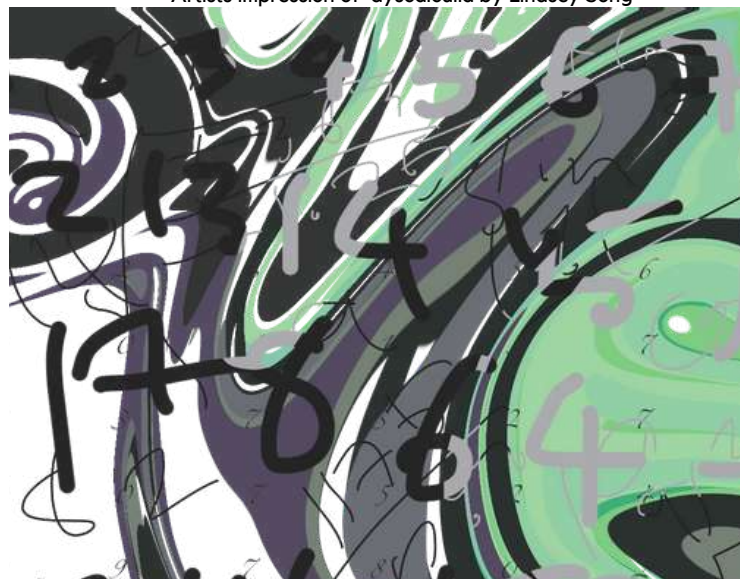
COMMUNITY

There is a real loss of identity when all your life people at school have been saying you were too deaf to be around them and the people at deaf club say you don't know enough sign language to be deaf. Hard of hearing people are part of the deaf community too, especially ones with hearing aids!. I have a high-functioning autistic friend, my best friend has ADHD, and another one of my best friends also has hearing devices. I even eventually found my best friend who was willing to learn NZSL for me and helped me in any way they could to get across the line with NCEA.

Even though these things made it hard to communicate and study, I am proud to be neurodiverse because it does not make me disabled it just means I'm differently abled, and I have different ways of doing things, but I am still able!

At the end of the day being neurodiverse makes the outcomes and the success feel so much more beautiful because the journey to get there wasn't easy. I may not understand social cues. I may need extra time on exams just to get the right amount of credits, but I am still capable of achieving the same things a neurotypical person does whilst using a different process to get there. ■

Artists impression of dyscalculia by Lindsey Song



Exploring Underwater

Abi tells us about what it takes to get your diving license, and what she did when she went to Fiji last month!

The blue waters of Fiji/Abi Street

Diving to see the wonders that lie beneath the waves. Diving to experience the freedom of the underwater world. Diving to learn something new. Diving to understand our world, our home. Diving to just dive. There are many reasons why people dive, these are just a few.

I'm a 15-year-old certified PADI diver. This year, my family, some friends and I travelled to the Yasawa islands in Fiji for us kids to gain a PADI open water diving certification. Experiencing the underwater world like never before through diving makes me come to understand just how precious and beautiful our home is.

PADI stands for Professional Association of Diving Instructors, an organisation that trains people like me to become certified scuba divers. To become a certified diver, you start by signing up to PADI through their website. You can then purchase the 'open water diver' course, completing theory work on the PADI eLearning website or by a book and DVD which takes 5-10 hours to complete.

After completing this, and passing the exam, you begin 5 confined water dives with a PADI-certified shop or resort. This teaches you all the skills you'll need as a diver in a pool before transitioning to the ocean. There, you do 4 open water dives, doing various exercises with your instructor underwater.

PADI is a certification that is widely recognised around the world and enables you to dive nearly anywhere across the globe.

Some exercises include taking off your mask completely, before being able to put it back on underwater in case you lose it, setting up your equipment, descending, ascending, managing your buoyancy and hand signals. Once completing all the exercises to the standard of your instructor, you become an open water PADI diver. PADI is a certification that is widely recognised around the world and enables you to dive nearly anywhere across the globe.



Getting ready to dive/Abi Street

The Kit - everything you'll need to make your dive successful

A general diving kit comprises of many instruments that work together to form your scuba kit.

Oxygen is compressed inside a tank, that rests on your back, attached to your BCD or buoyancy control device. This allows you to stay level underwater and not sink at the surface with the weight of your kit. It wraps around you like a lifejacket, with a hose connected to your air supply to add air or get rid of air from your BCD.

Next is the regulator: connected to the tank, it inserts into your mouth like a snorkel. Another regulator called an alternate air source is also connected to your tank in case your buddy runs out of oxygen, which they would then use to get to the surface.

TRY SOMETHING NEW

The last thing in your kit is your SPG, a device that shows you a multitude of things including the depth you are at underwater, the temperature, how much air you have left and how long you have been diving. Add your fins, snorkel, mask and wetsuit and that's your kit. All of these make up your gear, the teleportation device to the underwater world. Over 70% of our world is ocean and with only 20% explored there's always something new to be seen.

Diving is an amazing experience, something that I recommend to anybody who is physically able. The ocean can seem scary at times, but seeing it from below the waves is an experience you'll never forget. And getting a PADI certification is one of the best ways to get that experience.

To get involved with PADI and the dive world visit padi.com. Already a diver/learning with PADI? Send us your stories and photos! Subject line 'Dive world' to createhappymagazine@gmail.com ■



Practicing breathing/Abi Street

FOREIGN WORDS WITH BEAUTIFUL MEANINGS

LINDSEY SONG

Need some dramatic words to use in your next creative writing piece? Lindsey found 3 words in other languages that mean something beautiful, and scroll to the next page to find some rare ones!

Saudade - Portuguese

The longing for someone or something that may never return.

E.g. 'She stood at the window of his shack, experiencing saudade for the man who left for war.'

Hiraeth - Welsh

The homesickness of a moment you wish to relive again in the past.

E.g. 'It had already been 10 years, but she couldn't help but feel hiraeth while dreaming about her high school days.'

Toska - Russian

The experience where you feel something is missing, a longing with nothing to long for.

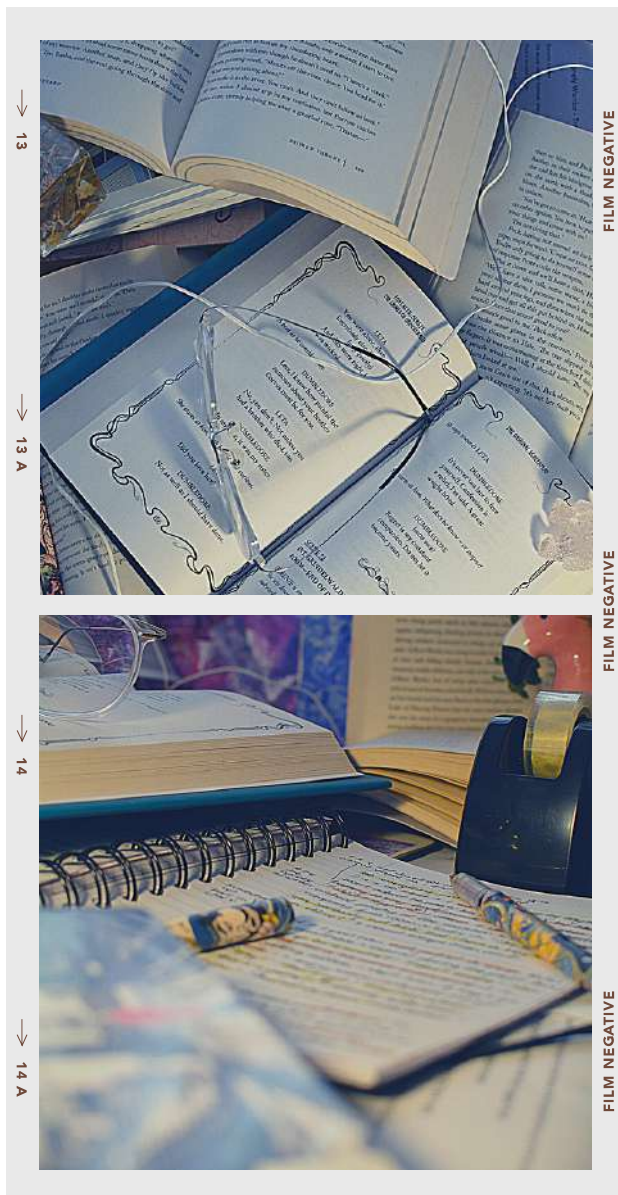
E.g. 'It wasn't long before my feelings of toska appeared once more, "I didn't forget my watch, did I?"'



Lindsey Song

Rare and Unusual Words:

For your tragic, romantic poem



Lindsey Song

Harmartia - Noun

A flaw or weakness that leads a hero or heroine to their downfall.

E.g. 'Achilles's hamartia was his heel, the only part of his body that didn't touch the river styx.'

Aspectabund - Adjective

The ability to express incredible emotion through the eyes or face.

E.g. 'He walks a fine line between being aspectabund and over dramatic onstage.'

Drapetomania - Noun

An overwhelming urge to run away and escape from something or someone.

E.g. 'She's refused to go outside, ever since she's been diagnosed with drapetomania.'

Charmolypi - Noun

The mixed emotion of experiencing happiness whilst feeling sadness.

E.g. 'She felt an overwhelming rush of charmolypi as the sky glazed over with black.'

Paroxysm - Noun

A moving and sudden burst of intense emotion.

E.g. 'My tears fell like a silver stream, I smiled, and embraced the paroxysm felt in my heart.' ■

Perfect Shows:

For Late-Night Gremlins

(16)+ Skins

'Skins' is rated M (inappropriate for anyone under 16 years of age) as it includes mature scenes.

The British TV show follows a group of teens for two seasons and then goes on to replace the cast for the next two seasons. The group of teenagers in Bristol, England, in their second year of sixth form, fighting against issues such as sexuality, teen parenthood, addiction, mental health, and disorders. With each episode bouncing through characters, it gives us a view of everyone's lives, from different perspectives.

(13+) On My Block

On My Block is suitable for the whole family to enjoy, with an age rating of 13+.

'On My Block' follows a group of bright, street-savvy friends, who are finding their way through their first year of high school, with life-long friendships being tested. Monse, Jamal, Ruby, and Caesar, are raised in a neighbourhood where chaos never leaves and the dreams of living a rich life, sizzle away. The four of them thrive and will find a way to get through it all. Together.

TRY SOMETHING NEW



Skins/Supplied

(13+) Who Are You: 2015

Who Are You: 2015 is an easy watch that anyone can enjoy, with an age rating of 13+.

Two orphaned twin sisters get separated when one gets adopted. However, Fate brings them together, at their darkest hours as their lives get switched. The k-drama is so catchy, and has a talented cast, with the chemistry between the female protagonist and the barely 2nd lead, leaving us wanting more.



Ginny and Georgia/Supplied

(14+) Ginny and Georgia

Ginny and Georgia is a show all can enjoy, though it has some touchy subjects, it still holds a rating of 14+

After years on the run, Ginny and her family decide to settle down in a picturesque New England town. Ginny and Georgia is a fast and fun watch. In every town Georgia goes to, she finds a man with money or power, but they always have to leave due to the relationship ending poorly. Ginny is the grounded character we want to get to know, and Georgia is definitely no textbook mother and doesn't have cleanest track record. Although Georgia annoys Ginny at times, she's just trying to give her child the safest upbringing, which she missed out on.

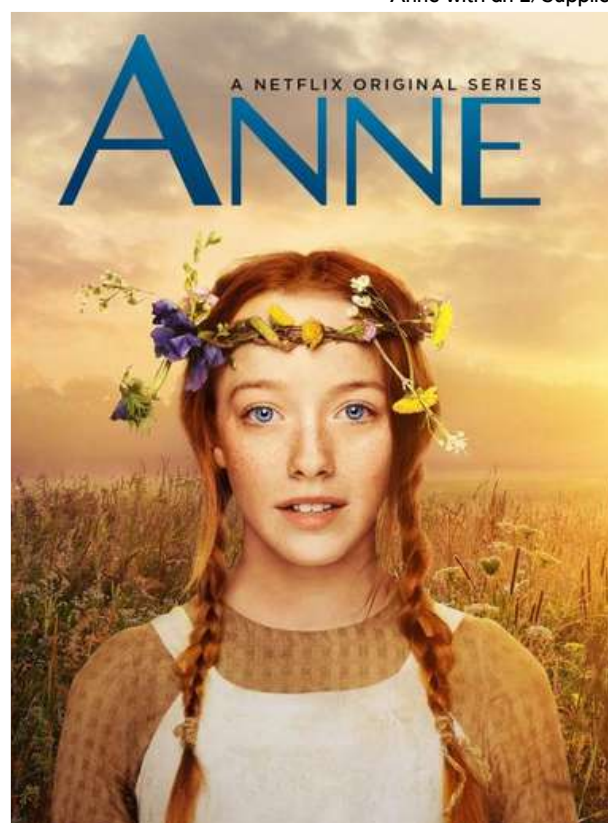
(Pg) Anne with an 'e'

Anne With An 'E' is rated PG (Children 8-12+) as a show the whole family can enjoy.

In the late 1890s, Anne, a young orphaned girl from Canada with fiery red hair, is accidentally sent to live with an elder brother and sister. After spending her childhood in abusive orphanages and homes, she has grown an imagination unlike any other.

'Anne with an e' is a show that tackles real issues, such as identity, gender, race, feminism, bullying and prejudice. With many episodes based around 'freedom of speech, respect for the LGBTQ+ communities, gender equality and fighting against sexism, discrimination and classism. These episodes are not relics of our past as a society, but rather issues that need more of our attention and discussion. ■

Anne with an E/Supplied



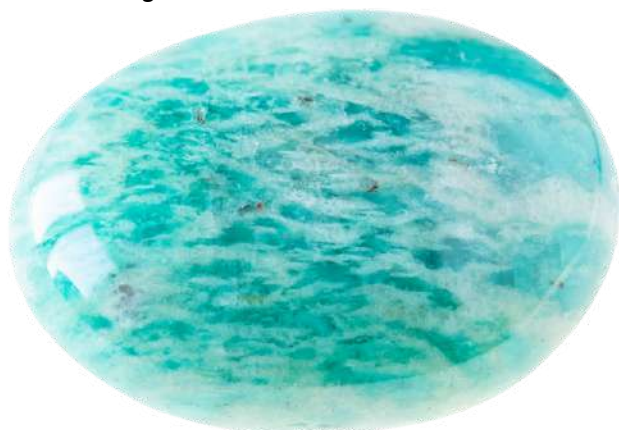
Crystals for Compassion

Briana Taylor



Lapis Lazuli - This crystal is a beautiful, celestial blue. The word 'lapis' comes from the Latin word meaning 'stone' and Persian word 'lazhuward', meaning 'blue.' Compassion, peace, harmony and self confidence are just a few of the properties of Lapis Lazuli; it's a crystal of inner power, self confidence and love. If you were to wear Lapis Lazuli as a ring you should wear it on the middle finger of your predominant hand, left hand for left-handers and right hand for right handers. You can also wear it as a necklace, bracelet or earrings.

Aquamarine - Strongly associated with the element water, Aquamarine is a lovely, cyan-like colour. It sharpens the intellect, raises tolerance of others, elevates self-expression and helps to support those who are over-burdened with responsibility; it's a crystal of peace, calming and inspiration. You should wear Aquamarine as a ring on the ring finger as it's a great stone for establishing relationships. If you are wanting to establish a career you should wear it on the index finger.



Amazonite - This green-gray coloured crystal is great for soothing. Some of its properties are soothing emotional trauma, assisting in manifesting universal love and supporting you to not only speak from your heart, but also help you to hear other people out; it's a crystal of self-love, compassion and clarity. There is no wrong way to wear Amazonite so you can wear it as a necklace, bracelet, earrings or a ring! ■



Double Chocolate Chip Muffins

A little step up from the meringues that were published last edition but still simple, yet rewarding, these are the best fudgy double chocolate chip muffins. These muffins are best served warm, and eaten on the same day they were made, but they can be stored in an air-tight container and into the fridge.

INGREDIENTS:

- 2 cups (280g) all-purpose flour
- $\frac{3}{4}$ cup (75g) cocoa powder
- 2 $\frac{1}{2}$ tsp baking powder
- $\frac{1}{2}$ tsp baking soda
- $\frac{1}{2}$ tsp salt
- 1 $\frac{1}{8}$ cup (230g) granulated sugar
- 2 large eggs
- 1 $\frac{1}{8}$ cup (222g) milk
- $\frac{1}{4}$ cup (55g) butter, melted and slightly cooled
- $\frac{1}{4}$ cup (60ml) light oil (like vegetable or canola oil)
- 1 tsp vanilla extract
- 1 $\frac{1}{2}$ cup (255g) chocolate chips

MUFFIN INSTRUCTIONS:

1. Preheat the oven to 220C. Butter 12 muffin cups or line with muffin paper.
2. Melt the butter in a medium bowl in the microwave, or using the double boiler method, and let it cool slightly while you prep the other ingredients.
3. In a large bowl, sift together flour, cocoa, baking powder, baking soda, and salt. Add the sugar, whisk and set aside.
4. In the medium bowl with the butter, whisk together the milk, eggs, oil, and vanilla extract.
5. Pour the wet ingredients into the dry ingredients and stir with a wooden spoon or spatula until just combined.
6. Add chocolate chips and stir until combined.
7. Divide the mixture between the muffin cups, and fill them to the top.
8. Bake for 3 minutes at 220C, then reduce the oven temp to 180C. Continue to bake at 180C for 12-17 minutes until a toothpick, when inserted into the center of the muffin, comes out clean.
9. Transfer to a wire rack and let the muffins cool for 10 minutes, then you can enjoy them! ■

Enneagrams

What are the 9 personality types?

Holly Davies

The Enneagram of Personality, or 'The Enneagram' is a theory that believes every person is made up of nine personality types. George Gurdjieff, a philosopher, initially developed the theory in 1915, and since then it has been contemporised and has become popular on social media and with people who work in psychology based fields. These nine types are listed below:

1) The Perfectionist/Reformer

The Perfectionist, or reformer personality type is described as principled, purposeful, and rational. These people will give good advice, and will always make sure they perform to the fullest in every task.

Famous people with a type 1 enneagram:

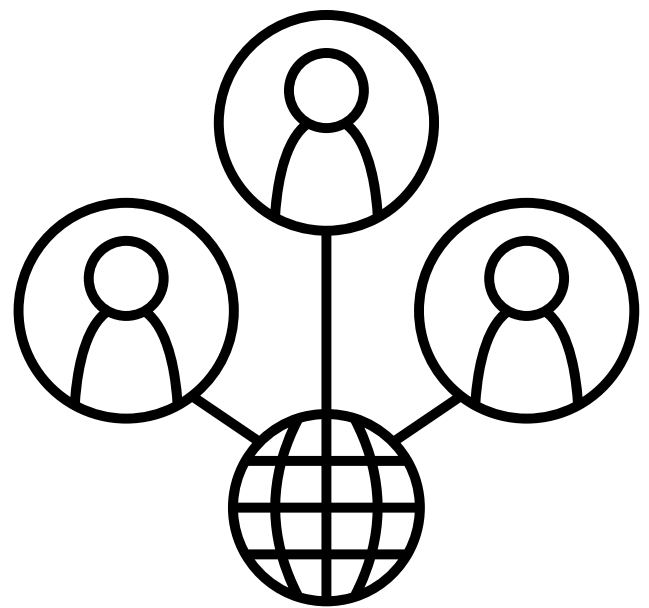
Nelson Mandela - Ruth Bader Ginsburg

2) The Helper

The Helper is kind, patient and generous. They tend to be people-pleasing and have possessive and compassionate tendencies.

Famous people with a type 2 enneagram:

Dolly Parton - Mother Teresa



3) The Achiever

People with this personality type are goal and success oriented. They love to reach and complete goals they set for themselves.

Famous people with a type 3 enneagram:

Beyonce - Taylor Swift - Muhammad Ali

4) The Individualist

These personalities are supposedly often withdrawn and sensitive. They are expressive, with a tendency to be dramatic.

Famous people with a type 4 enneagram:

Billie Eilish - Frida Kahlo - Prince



5) The Investigator

These people are innovative, secretive and are often quite introverted. They prefer isolation but are perceptive and sometimes emotionally intense.

Famous people with a type 4 enneagram:

Albert Einstein - Emily Dickinson

6) The Loyalist

People who identify mostly with the 6 enneagram type are committed, honest, engaging and responsible. They have a tendency to be anxious but are security oriented.

famous people with a type 6 enneagram:

Marilyn Monroe - Joe Biden

7) The Enthusiast

These people are always busy, social, and bubbly. They are sometimes 'scattered,' or distractible, but retain their versatile and fun nature.

Famous people with a type 4 enneagram:

Robin Williams - Cameron Diaz

8) The Challenger

As the name suggests, the 8th enneagrams are powerful, and don't mind confrontation when necessary. They are confident and willful.

Famous people with a type 8 enneagram:

PINK - Martin Luther King Jr.

9) The Peacemaker

The 'Peacemaker' is easygoing, agreeable and calm. They are usually receptive and reassuring.

Famous people with a type 9 enneagram:

Queen Elizabeth II - Barack Obama

These personality types (enneagrams) can be put together in order to produce two compatible types. For example, instead of just being a 6, a person could be a '6w7.' This means they have both '6' (the loyalist) and '7' (the enthusiast) traits.

*To do the test, click on the link below:
thepersonalitylab.org*

Animal Rescue: Mike the Chicken

Sophie Hansen

The warm, humid, air from inside the incubator rushed past my face as I peeked in. There was only one little egg left, all by itself. The others had all hatched days ago. The only sign it wasn't a dud was the small little hole right in the centre of the egg. Every so often a little beak would pop out and attempt to chip off another piece of shell. I watched silently in awe. 3 weeks ago this egg was nothing but a yolk and shell, but, with just a bit of warmth it had turned into a little chicken. I left the little chick to it, careful not to leave the lid off the incubator too long in case it dries out.

Early the next morning I tiptoed up the hallway, trying my best not to wake the rest of my family. I slowly lifted the lid on the incubator, expecting to see a fluffy little chick fully hatched and ready to go join his mates, however, again, it was just an egg with the same little hole. Poor little guy had been trying all night. The chick looked absolutely exhausted. I knew we needed to intervene.



Photograph: Supplied

An hour or so later I sat by the incubator nervously watching as my dad slowly chipped the egg shell away bit by bit. Soon a little head was revealed, followed by a neck, body, wings and feet. From that day onwards we called the chick Mike - after my dad, who most likely saved its life. This chick was different from the others, you could tell right from the start. It was much smaller than them and while most were yellow and orange, this one was a brownish sort of colour. But it didn't take long before we realised this chick was going to be trouble.

The next day I came home from school to find him (or her - we didn't know yet) upside down in the food bowl. He was cold, wet and lifeless. I thought that was it. But it turned out to be just one of the near death experiences this little chicken would have. After I had plucked all the chunks of food off him and popped him in the incubator to warm up again he sprung back to life. Soon he was walking around pretending nothing had happened. However when I was cleaning the food off him I noticed another strange characteristic... he had extra toes! 5 normal toes on each foot plus a strange deformed one on each foot, growing off the side of another toe. Long story short, this was not a normal chicken - at all.

As Mike grew we noticed that one side of his body was bigger and stronger than the other. Every time he dust bathed he would flap around, flick up the dirt and have the best time... until eventually he ended up upside down. Once he was upside down, because of his weak side he couldn't get himself back up and there were countless afternoons where I would come home to find him either

Photograph: Supplied



missing or upside down in the cold wet mud or hot sun. I would have to search through the bushes and garden to find him. Eventually I would always find him but there was a lot of stressful running around calling his name!

"Mike was the fastest chicken I've ever seen! All I needed to do was call "Mike chick chick!" and she would come zooming around the corner"

One day I found Mike sitting in a bush. I couldn't work out what he was doing... Was he sick? Did something scare him? Is he alright? He gave me a grumpy look as if to say "Give me some privacy!" so I left. I came back to check on him 20 minutes later. Still there. I didn't like seeing him just sitting there, Mike never stood still! I lifted him up and plonked him on the ground beside the bush. As I lifted him a little white object on the ground underneath where he had been sitting caught my eye. No, it couldn't be?! Turns out Mike was a hen and she had just laid her first egg. It was quite small and very long and pointy - it was definitely a Mike egg!

Mike was the fastest chicken I've ever seen! All I needed to do was call "Mike chick chick!" and she would come zooming around the corner. I set up obstacle courses and trained her to go over jumps, do bending and run after me!

Mike actually ended up on TV! Fanimals was a TV show for kids about pets and animals, as a part of it they had a competition where a group of 3 pets and their owners did a 100 meter race! It was called Farmyard Olympics. I was invited to do it with one of my pets, instead of choosing my lamb or my dog I chose Mike. They probably thought I was crazy - why would you choose a chicken to race with instead of a dog?! Me and Mike were up against a puppy and a lamb. Tough competition. We lined up at the start line.

There was me holding a butter tub full of chicken food with a chicken running around my legs, then my brother with a bottle full of lamb milk, his lamb jumping up to try and get the bottle and our friend with a dog bowl full of cat food, his tiny little puppy hiding behind his legs.

The start horn went and we were off. I didn't know at the time but about 10 meters in, Mike tripped and slid over but by the time I looked back she was sprinting after me.

Mike never stopped to peck at something or got distracted; she just kept running her fastest. She didn't walk or slowly jog-run - she full out sprinted! Crossing the finish line first was my brother and his lamb, then me and Mike and then the puppy! Mike had so many more adventures I can't even write about them all, including eating a piece of string, overestimating the size of her mouth and eating a piece of carrot that got stuck and almost choked her and getting attacked by 3 turkeys who almost pecked her eye out. Despite all this Mike lived 3 and a half years - which is pretty good because she wasn't even meant to survive day 1! Her life was definitely well lived. Animals can teach us so much, not only about the natural world but also about compassion, empathy and responsibility.

Our pets definitely make us better people!

Photograph/Supplied



AFFIRMATIONS:

HOW THEY HELP AND HOW TO START DOING THEM

WORDS BY SYDNEY FREMISTA

Affirmations - what are they? When looking at the root word, affirm, we know that it's something portrayed through words or actions for the better. This edition is focused on aroha. Not only should we feel aroha for others, but for ourselves as well.

"Not only should we feel aroha for others, but for ourselves as well."



Being confident, positive, and proud of yourself can take time and is easier said than done. Affirmations are a stepping stone towards feeling better in whatever you decide to affirm. These methods are nice and simple and can be easily done daily to slowly help you blossom into the powerful person you are.

Firstly, think of some areas in your life you would like to improve on, what **you** think, not what others think. Now, you make that into an affirmation. Changing your 'I want to improve...' statement, to 'I am...' or 'My...'. For example, changing from 'I want to be more confident talking around others' to, 'I am confident in talking to others'. The crucial thing you need to make your affirmation powerful is to always write it in the present tense, and change the negatives into positives.

Once you have this down, say it with **meaning**, either in your mind or aloud. Repeat this as a mantra either when you wake up or just anytime throughout the day. When you feel yourself start to become negative, re-affirm yourself. I am strong, I am brave, I am confident.

It's a way to re-affirm yourself, letting go of your worries. It can also help motivate yourself to your affirmation. It's a healthy, beautiful, and rewarding practice that can help anyone and everyone to blossom into their more beautiful self. ■

Breathe In

a short guide to meditation

Meditation is an ancient practice that is believed to have originated in India several thousand years ago. Lily will take you through a small exercise you can do at home!



Historically, many neighboring countries have adopted this concept and it has become a part of many cultures and religions. Traditionally used as a tool that enables beings to quiet the disturbance of the mind, meditation helps you to tap into your innately divine nature. It can also help with imagination and creativity.

Meditation is something that is super easy and can benefit everyone, here's how in 5 simple steps:

Step one:

Sit somewhere comfortable with your legs crossed. Make sure this is a time where you're not going to be disturbed.

Step two:

Set a timer. start with 5 minutes within your first few sessions of practice. Overtime, you can increase your time a couple of minutes as you get comfortable and in routine with the meditation.



Step three:

Close your eyes and focus on your breathing, take slow and even breath in and out. Focus on this for a while before moving onto the next step.

Step four:

Notice the sensations from your toes, ascend to your upper legs, with every inhale and exhale. Notice the different temperatures around your body, notice tingling sensations, notice how it feels compared to other parts of your skin, if you have an itch, sit and really feel the sensation, realize it's not causing you any harm and there is no need to move.

Step 5:

Once your timer goes off slowly, open your eyes, and stay still for a moment before getting up, don't move around too much straight away, it's best to be slower just after you've finished. ■

7 Tips

To Improve Your Mental Health

Mental health is currently a prominent issue within our younger generations. However it doesn't have to stay that way. There are many ways which you can improve your mental health, Hannah put together a short list.

Get quality sleep

As boring as this sounds, poor sleep can have a dire impact on your mood and emotions throughout the day. Ensuring that you get around 8 hours of sleep each night will help in having a positive day; you should try and go to bed at regular times each night as well. Avoiding caffeine after noon, and limiting screen time before bed are also good sleeping habits which will improve your life.

Try using your senses

This is a bit different for everyone but some ideas are listening to calming music or music you enjoy, squeezing a stress ball, going for a walk either in a park or a forested area. So keep experimenting to see what works best for you.



Talk to people face to face

Yes, phone calls and social networks have their place but nothing can replace a face-to-face conversation with friends and family. It both boosts your mood and helps with stress.



Art/AI art generator

Eat a well balanced diet

This could include fish that are rich in omega-3s, nuts, avocados, beans, leafy greens, and fresh fruit such as blueberries.

Stay active

Keeping active is as good for the mind as it is for the body. Regular exercise can have a major effect on your mental and emotional health, relieve stress, improve memory and help you sleep better.

Take up a relaxation method

Yoga, meditation, mindfulness and deep breathing all help you to relax and feel less stressed.

Make leisure and contemplation a priority

Take time out to appreciate even the small things. Pay attention to the positives and write them down if you can so you can remember them.

Go to the 'Support Lines' on page 37 for more support.

Support Lines

Kokiri Te Oranga Pai -

07 895 5807

Whats Up (youth 5-18 yrs) -

0800 942 8787

Lifeline - 24 hour counseling -

0800 543 354

Youthline - 0800 376 633

The Lowdown - text free - 5626

Need to Talk? - free call or text 1737

Remember:

*If you or someone else is at risk of harm to themselves or others, call **111** and ask for police.*

*For urgent mental health support/advice, contact Crisis Assessment and Home Treatment service, for all ages 24/7 - **0800 50 50 50***

For non-urgent support/advice contact your GP (general practitioner/doctor) first.

LGBTQIA+

Interviews,
stories,
recommendations
and explanations
from the
LGBTQIA+ folks
of Create Happy

AROHA EDITION

Shaneel Lal

On compassion,
the LGBTQIA+
community and
youth.





Front photograph & top: Hōhua Kurene

Holly Davies

Forbes 30 under 30, a crucial change-maker in Aotearoa within our LGBTQIA+ community, a recently named NZ Herald columnist, and a blatantly honest advocate for indigenous peoples, queer indigenous peoples and various other minorities, this is Shaneel Lal.

"Hang in there. It does get better"

Shaneel Lal has already shown large amounts of advocacy for people who for so long have been without a voice in the media.

At 22, Shaneel has accomplished many feats for queer people, and other minorities. Well known for their work with End Conversion Therapy in NZ, Shaneel was a significant part of the bill that led to conversion therapy finally being restricted and banned in Aotearoa.

Born in Fiji - where same-sex marriage was criminalised, Shaneel feels they were placed in, *'the bottom of the queer social hierarchy.'* Bullied throughout the course of their teenage years, Shaneel couldn't admit to themselves or anyone else that they were queer at the age of 16, a raw truth for many queer people.

This version of Shaneel is a stark contrast to the activist we see today. What follows highlights some of Shaneel's advice, stories, and thoughts.

Advice for other LGBTQIA whaanau:

When asked about what advice they would give queer youth, Shaneel started off saying that giving advice, is odd due to their age. *"It becomes a sort of condescending dynamic."*, but if they could give any piece of advice it would be, *"hang in there. it does get better."*

Resiliency in the LGBTQIA+ community

Shaneel highlights one significant attribute that they believe is prominent in the community: resilience.

They hold the belief that the concept of resilience is complicated, because *"resilience implies that people should just toughen up, and put up with bigotry."*

Preferring to demolish bigotry entirely, Shaneel acknowledges that in this society we cannot function without contradicting opinions.

Through recent events that have affected the queer community LGBTQIA+ groups and communities have *"stayed together and have been very resilient throughout it."*

So while their views are layered, they generally believe that while LGBTQIA+ individuals and people shouldn't have to be resilient, and they do not owe resilience to others, it is still a powerful attribute held by this community.

Making the LGBTQIA+ Community a safer place:

"For me it's a complicated thing, because I personally believe that marginalised people do not carry the responsibilities of solving issues that have been opposed of them."

As an example, they highlight this is relevant to racism and homophobia - discrimination towards

queer people(s) and groups. *"As a community, we have a history of going through a lot together"*

The queer community, also have a lot of shared experiences that other groups and people don't have, which has also allowed us to be more understanding and empathetic towards each other and others.

However, they believe *"there are still a lot of cracks in our community"* when it comes to compassion, expressing the view that there *"is a lot of divide between cisgender people, transgender people, brown queer people and white queer people."*

"We need to work and ensure that we are not leaving behind vulnerable people once we are liberated."

While we have large amounts of compassion and care, in order to create an almost entirely compassionate and safe space, the dividers need to be destroyed and the cracks need to be sealed.

Lal expressed that these cracks are often divides between queer people of colour and white queer people, as well as people of different, less mainstream, gender identities.

"We need to work and ensure that we are not leaving behind vulnerable people once we are liberated."



Photograph: Hōhua Kurene

Where did Shaneel's inspiration come from?

Shaneel starts off saying that multiple people inspired them. However, they accentuated the idea that their parents inspired them as they were growing up.

"I was born in Fiji and then we immigrated to Aotearoa as brown immigrants, and they quite literally started from nothing. Neither of them had formal university education which meant they couldn't just go and start working in offices. They are incredibly hard working and they have of shown me that if you work hard for what you want, you can get it. I think what it's shown me is to never give up."

And as for End Conversion Therapy NZ?

"I don't think I had inspiration. I think I probably had more anger than inspiration. I was just sick and tired of people being really horrible to queer people. I'd been through conversion therapy, so when I was offered conversion therapy in New Zealand, I was like holy sh!t, thats still legal in this country? And in that moment, I think I had enough anger to say: this is enough."

From this frustration, they helped develop 'End Conversion Therapy NZ', advocating for marginalised people through care, aroha and protest, bringing queer communities in Aotearoa together online like never before.

I'd been through conversion therapy, so when I was offered conversion therapy in New Zealand, I was like holy sh!t, thats still legal in this country?

Future goals and aspirations

For the near future, Shaneel said they are going to focus on working towards their law and arts degree at Auckland University. They also teased us that they have a few confidential projects that will hopefully be ready next year!

NZ Herald

Shaneel will be writing columns every Sunday for the *NZ Herald*. They will be focusing on queer issues, because there are no other transgender people of colour writing for the *Herald* currently. They would also like to explore writing about Pacific issues and racism, while also being able to address issues that combine together, such as racism within queer communities.

Find their weekly columns at:

<https://www.nzherald.co.nz/author/shaneel-lal/>

Favourite artists

As a quick finishing question, we asked who Shaneel's favourite musician is!

"I don't think I have a favourite. I'm one of those people, my mood really changes every single day. Somehow, Youtube has managed to create different playlists for me, each playlist is dependent on the mood, and I can just play a random playlist and it's got all the songs that are the same vibe."

One of the artists they bring up is Olivia Rodrigo, saying that they listen to her music when they feel down. This morning however, they danced to 'THE BOSS' by Diana Ross. Iconic.

Interested in more of what Shaneel has to say?
Find @shaneellal on Instagram, Twitter, and
'Shaneel Lal' on Facebook.

Photograph: Hōhua Kurene



ALLY PERSPECTIVE

WORDS BY RACHEL ROULSTON

As an ally of the LGBTQIA+ community, I've grown to realise that just because someone is queer it does not make them more or less of a person.

"There will always be someone who loves and respects you for who you are no matter what."

Obviously everyone has their own beliefs and you can't change that, but I believe fully in that "you are who you are and no one can tell you otherwise." You are the only person that knows how you are feeling and what you are thinking.

You should just be who you are and if people judge you for it do not show them that they get to you. Just remember that there is always someone in your corner cheering you on and supporting you. This support can come from a parent, siblings, family, friends, teachers, classmates, a therapist, or counsellors. There will always be someone who loves and respects you for who you are no matter what.

If you are an ally but you're not sure you are supporting the best you can, here are a few things that queer people find supportive. Do not make comments like

"I could kiss a girl/boy but I would never date one." you would be making them feel invalid and uncomfortable or even just saying

"being queer is weird", especially to their face, as that is rude. Instead stand up for them if people say these things, as it makes them feel safe. ■

MUST WATCH LGBTQIA+ FILMS AND SHOWS

HOLLY DAVIES

The Half of It



Want some more gay TV Shows? Holly's got you. Here are 3 of her recommendations.

Yet another Netflix original has proven mandatory for a spot within this list, and that is 'The Half of It.' The film follows Ellie (Leah Lewis) as she navigates high school - only known as someone who gets paid to do other peoples' homework, or for her ethnicity. She becomes friends with Paul (Daniel Diemer) whilst being paid by him to help the girl she likes, to fall in love with him.

In a complex but colourful film laced with friendship, romance, comedy, and religion, you will experience multitudes of emotions while following Ellie's story.

This film is a wonderful example of a lesbian/sapphic coming of age story, as well as one that explores a queer person of colour navigating attraction and life in a small conservative town.

My rating: ★★★★★

MUST WATCH LGBTQIA+ FILMS AND SHOWS



Heartstopper



A one season long coming-of-age series focused on the queer journeys of both Charlie Spring (Joe Locke) and Nick Nelson (Kit Connor). The show, based on the book series authored by Alice Oseman, portrays a story of two students discovering themselves and who they love.

While the show/series largely focuses on these two main characters, the show features other key characters of different identities who will assist in allowing young people to feel seen.

Heartstopper has been a huge success, with positive ratings and tons of social media recognition. The good news is, Heartstopper has already been renewed for TWO more seasons.

My rating: ★★★★★☆

Everything Sucks is a Netflix original series that explores the ups and downs of growing up 'different,' as well as growing up queer. It shows Kate (Peyton Kennedy) discovering and coming to terms with her identity as a lesbian, and sees her entering a romantic relationship with a popular girl, Emmaline (Sydney Sweeney).

This series was short-lived, and was cancelled with only 10 episodes and one season produced. However, with a mixture of comedy, romance, theatre, film-making, and meaningful friendship, it contains something for almost everyone, queer or not.

My rating: ★★★★★☆



Everything Sucks



Heteronormativity

What it is and how we can stop it.

WORDS BY FREYA ELLEN

Heteronormativity is when the concept of heterosexuality being the only 'valid' is the only normal way of identifying a person. It suggests that all binaries are discarded and the only ones left are male and female, boy or girl. Heteronormativity also assumes that all relationships and marriages are to be of two people that are the opposite sex; man and woman. This isn't the norm. It shouldn't be the norm.

"...if you do spot any heteronormative behaviours, shut them down."

We now live in a society where the LGBTQIA+ community has grown exponentially into a strong, courageous and powerful community, full of a variety of different gender identities and sexualities. But this isn't a perfect world. Heteronormativity is one of those things that us queer people are trying to discard and kick to the curb. We live in a society where everyone has the freedom to express and learn about themselves, and it's a natural process to go through.

So nothing should ever stop us from doing so. When in a heteronormative environment, people who are homosexual feel unsafe, scared, anxious. Queer should be safe and free to express themselves as we are just humans, we are just like everyone else but of a different gender and/or sexuality. So if you do spot any heteronormative behaviours, shut them down. You can do this by making yourself the blocker of heteronormativity.



For example, you can wear a small rainbow item on you, and inform others about your pronouns. Make yourself known as a person that does support the LGBTQIA+ community. Having a small indicator that you are a safe person within such a toxic environment has a tremendously positive effect that can ultimately save someone.

What is Comphet?

WORDS BY LILLIAN

Photograph: Lillian Graham

The concept of Comphet was initially a theory from a 1980's essay by Adrienne Rich called 'Compulsory heterosexuality and the lesbian existence'.

Comphet is the idea that heterosexuality is forced upon people because of society's heteronormative expectations which leads people to internalise those norms and believe they are straight.

When I was really little I would play Mums and Dads and I would not care what role I would play. No one else wanted to play the opposite gender, so I would suggest we play Mums and Mums. It was implied that was weird, they would have single Mums and Grandmas instead.

Heteronormativity is the expectation that you are heterosexual and if you are not, then you are not 'normal'.

I remember being in year two and talking with friends about favourite colours. One of the boys said his favourite colour was pink, people said "you can't like that it's a girl colour". Confused by this, I said "there are no girl or boy colours, they are just colours". My favourite colour has always been green and people would say it's a boy colour.

When I learned about different ways Comphet can impact people, I worked out that it was impacting me. Realising that made a huge contribution to working out I was queer.

In year 7 I had 'crushes' on all 35 boys in my class throughout the year. As soon as I started to become friends with any boy in class, I would have a 'crush' on him. Turns out I only liked boys in a platonic way. Because of heteronormative expectations put on me by society I would think that wanting to be friends with anyone of the opposite sex would mean I had a



Photograph/Lillian Graham

'crush' on them. I thought I liked a heap of guys so I couldn't be gay.

"I was sure that I was heterosexual, that's what the heteronormativity had taught me, after all."

By the time I understood people could be queer, even though I knew very little about them, I would say "I support the LGBTQIA+ community, but I'm straight" or "I'm a straight ally."

I don't think I had ever actually thought about there being any other options for me, I was sure that I was heterosexual, that's what the heteronormativity had taught me after all.

Understanding Comphet and how it affects people helped me understand my own queerness.

Still have questions? Flick to the next page to find out about the Q&A

Photograph/Lillian Graham



LGBTQIA+ Q&A

WITH LILLIAN

Kia ora! Lillian here, I will be running the LGBTQIA+ Q&A. This section is for any LGBTQIA+ questions that you have.

Whether you are queer, questioning, or an ally you are welcome to send in questions that we will answer in the next edition of Create Happy Magazine. Your questions will be answered by queer identifying people of a variety of ages and experiences, this includes some of our queer Create Happy Crew. If you have more factual questions I will research them to find the best answers.

You may remain anonymous by ending your question email with 'anonymous', you could also finish your email with a fake name.

There is no limit to what you can ask! You can ask a question even if you think it's a strange question, no questions are wrong. We won't judge your questions and we won't judge you because of your questions.

You are welcome to share your experiences and ask for tips or advice. This is a safe space for being open and honest, all are welcome to read and ask questions.

Your questions are valid, so be yourself, and ask away!

To ask a question, send us an email with the subject line 'LGBTQIA+ Q&A with Lillian' to createhappymagazine@gmail.com

LGBTQIA+

Support Services

There are heaps of amazing counselling services around Aotearoa but in case you're struggling to find one here are a few:

InsideOUT's mission is to give rainbow young people in Aotearoa New Zealand a greater sense of safety and belonging in their schools and communities.

Email: hello@insideout.org.nz

OUTline is an all ages rainbow mental health organization providing support to the rainbow community, their friends, whanau and those questioning.

Phone 0800 688 5463

Rainbow youth provides strength based peer support that considers houara, resilience, cultural identities, and individual journeys.

Website : <https://ry.org.nz>

AIDS Hotline provides telephone support 24/7

Phone: 0800 802 437

Qtopia is a social support network for queer youth (or youth who are questioning their sexual identity) for people aged 13 to 30 in the Canterbury region.

Email: connect@qtopia.org.nz

Website: www.qtopia.org.nz

Queer Identities

Trans Non Binary:

Trans Non Binary is a person who was born with a biological sex of male or female, then decided to switch up their binary by not fitting into one specific binary.

Asexual:

Asexual is when a person develops little to no sexual attraction to others. They can be in a romantic relationship, but the sexual attraction is non-existent; differs from person to person. This is just a definition but varies for every asexual person. It's a whole spectrum and depends on that person's other attractions towards people.

Aromantic:

Aromantic is when a person has no romantic feelings towards others. They do still have relationships, but are not intimate. They still give and receive love and affection, just not romantically. They are happy within more platonic relationships.

Demisexual:

Demisexual is when a person can only develop attraction towards someone once developing an emotional connection. Demisexual can be considered as a graysexuality, meaning halfway between asexual and sexual. They rarely feel sexual attraction.

Questioning:

Questioning is when a person is in the process of figuring out their own gender and/or sexuality. It differs for every person, but a person that's questioning may want to have they/them pronouns as a neutral set of pronouns.

Festival for the Future

*AOTEAROA'S LARGEST SUMMIT ON
LEADERSHIP AND INNOVATION FOR
IMPACT.*

**Young, innovative and wanting some inspiration?
Festival for the Future is your go to.**

In August this year, 5 of our journalists got to attend Festival for the Future, Aotearoa's largest innovation summit. Over the course of a weekend, we met hundreds of incredible people, heard many inspiring stories, and connected with so many amazing journalists, writers, speakers, politicians, CEOs and more. We were also invited to the Impact Award ceremony, where we got to interview and meet some of the Impact Award Winners of 2022.

Scroll on to read some of the most inspiring people we met.

Interested in FFTF? Click on the link below:

www.festivalforthefuture.co

Lola, Jumana, Lindsey, Ariana



Interview: Courtney Davies

Words by Lola Fisher

Courtney Davies was a 2022 Global Impact Award Winner - selected for her incredible work in the sustainability and agriculture sector. We caught up with her over Festival for the Future and asked her a few questions:

What was the journey that brought you here?

I was a winner in the Impact Awards and I received the prize for the Global Impact Award. I work primarily in the agriculture and environmental non profit sectors trying to provide more education platforms to support our young people both here in NZ and abroad. The specific project I work with is called MyFarmbase Africa, a global social enterprise, supporting agritech startups for young people through pasture based farming, poultry, crops and different types of farm initiatives, based in Africa, giving young people the tools to go out and create change. My role is a sustainability instructor, creating sustainable modules and support alongside the UN SDG (United Nations Sustainable Development Goals) to implement a sustainability roadmap through their paths.



Courtney Davies at FFTF/Mandi Lynn

Tell me more about how this all started?

This is more of a hobby project. I bumped into the founder at a conference a few years ago overseas and he said 'Hey would you be keen to chat and do this project' and I said 'Let's do it'. I've never been over to Africa because this project started in the COVID-19 lockdown, so I'm hoping to use some of the funds to utilise that opportunity.

How did you come to receive this award?

I nominated myself! I think that's a message to young people: you don't have to wait for someone to tap you on the shoulder and say you should do this. I think it's important to believe in yourself and just give it a go. No one knows if you don't get the award. If you don't, it's not a big deal, it's just a good opportunity. You never know who's going to be reading your application who might reach out to you or what avenues that could lead to.

Have you been at Festival for the Future over the whole weekend?

I've been exploring the whole festival this weekend. It's been really cool to see the depth and diversity of talks even though I don't necessarily relate to the content that's discussed. I think the overall powerful message is really encompassing: being able to hear speakers' stories and think about how that relates to my life and the life of my friends and family around me, and to take away a lot from those messages so it's just been really incredible listening to those speeches and talks.

Where to from here? What's going to happen now?

I'm really excited to keep sharing the story about agriculture, sharing the work that we're doing and raising more awareness about where our food comes from and how we can make sustainable choices. It's not a silver bullet just to cut out a whole industry and to only have one particular food that we're promoting. So being able to continue that narrative and voice going forward is what's driving me!

To find out more about Courtney's work you can visit her Instagram @courtneytoday

Photograph: Mandi Lynn



Ihorangi Reweti- Peters

Words by Lola Fisher

Ihorangi Reweti-Peters is 16, and has been in the care of Oranga Tamariki since he was 7 months old. Removed from his mama's arms after both parents had been involved with alcohol, drugs and gangs, Reweti-Peters was under the guardianship of his grandparents. In 2016 he was uplifted by Oranga Tamariki for psychological, behavioural and mental health reasons.

Now in 2022 Ihorangi is fighting for the rights of tamariki and rangatahi in Oranga Tamariki, the state care service which he believes has not sufficiently supported our Aotearoa's children in state care.

In a week during July, Reweti-Peters represented in the national Youth Parliament event, '...advocating for my 6000 brothers and sisters in Oranga Tamariki to make sure the basic needs of those young people that the state is not providing are being implement(ed) to protect young people from harm and abuse.'



Photograph: Mandi Lynn

'I have experienced emotional and physical abuse from caregivers that are charged to protect me from harm and abuse by this state which is Oranga Tamariki'

Reweti-Peters is now working for Oranga Tamariki's Ministerial Advisory Board, setting up a new wellbeing and disability team. He has also been involved with the Royal Commission of Inquiry into Abuse in State and Faith Based Care and being engaged in organisations such as VOYCE - Whakarongo Mai and his regional youth council.

Ihorangi also talks of his own mental health journey over the years.

'I had a turning point over the COVID-19 lockdown in March 2020 in my mental health. I had 12 suicide attempts.'

It was only after 11 attempts that Ihorangi found the correct support from the state and the mental health system.

'In November 2020, I found a forever foster home with my lovely foster parents, Sarah and Dan Baxter who have supported me and my journey of advocacy and building up the knowledge that I need to take into these fields.'

This July, Ihorangi won the Impact Award for Wellbeing. He stood as a candidate alongside an incredible line up of nominees including Genevieve Mora (@_genevieve_mora), Josh McCormack (@joshmccormack) among others.

Photograph: Mandi Lynn

Ihorangi received this award in recognition of his mahi in the Royal Commission, press conferences relating to the Oversight of The Oranga Tamariki System and Childrens and Young People's Commission Bill, and engagement with VOYCE - Whakarongo Mai.

A secret nominator put forward Ihorangi as a candidate, and hasn't yet revealed their identity. The win will help Ihorangi achieve more of his goals to create the reforms within Oranga Tamariki and the mental health system.

'I am a voice for other care experienced rangatahi that either can't be here or don't want to be here. So this award is for myself but also in recognition of young people in state care. This award is for the 6000 young people that struggle in care with abuse and mental health-related problems.'

To find out more about Ihorangi's mahi you can visit his Instagram @ihor_rewetipeters



Make It 16

Make It 16 is a non-partisan youth-led campaign advocating for the vote to be extended to 16 and 17-year-olds in Aotearoa. We believe in the power of youth voice, and letting young people have a say on the decisions that will impact them the most. There are lots of reasons why we believe in lowering the voting age, but fundamentally voting is a human right. There is insufficient justification to stop 16 year-olds from voting when we can drive, work full time and pay tax.

Make it 16 was formed out of Youth Parliament in September of 2019. Our launching event was hosted by Chlöe Swarbrick and featured speeches from many people including then Children's Commissioner Judge Andrew Becroft, Wellington City Councillor Tamatha Paul, Labour MP Greg O'Connor and many more. In just two years our campaign has launched a court case (and been to court three times!), we've been involved in submissions to Parliament, talks in schools, a documentary by The Spinoff and we've created a petition that's gained thousands of signatures.

We pride ourselves on being the first country in the world to give women the right to vote, and although there are at least a dozen countries with a voting age of 16 already, we can be next. Youth-led activism in Aotearoa - past and present - has highlighted how 16 and 17-year-olds both want and need a voice in our democracy.

We want the vote, we need the vote, and we will get the vote.

Find out more at makeit16.org



Lower the voting age
E whakaheke te tau pōti



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