



# createhappy

forget finding yourself

we're creating ourselves



## The Innovation Edition

Music, books, and movie recommendations

Politics of Change

Rainbow Pride

Photo Inspo

Country Life

Crafts & Recipes

New Zealand's by Teens for Teens Magazine

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**Briana Taylor**

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**Leisha Hodgson**

**Maddison Lynch**

**Rachel Roulston**

**Hannah Viles**

**Hannah West**

**Lily Sang**

**Lillian Graham**

**Jemma McLeod**

**Sydney Fremista**

**Zaria Pollard**

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ISSUE 1 - June 2022

# Create Happy Magazine

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Kia ora! Welcome to the Innovation Edition of Create Happy Magazine, filled with loads of fun stuff from teenagers around NZ.

Create Happy Magazine all started with a small idea. During one of our meetings planning Click Happy's Instagram account, Mandi said, why not? Why not make a magazine based on the values of Click Happy? From there, it was a flurry of ideas, pouring in from any which way. That was our Innovation Movement.

After that, we sought committed, inspired souls to help us make it happen. Finding people wasn't hard; everybody we asked was keen, but the real test was seeing if they could really make it happen. The crew that made this magazine what it is today met over the photography programme, Click Happy, and over time have developed friendships and relationships together. That was our compassion stage.

As I write this, pretty much everything is ready for a big launch on the 24th after 2 months of hard, constant work that was the grit period. As for impact, that is happening as you read this, whether on your phone as you walk to school or on the desktop computer at home. The Impact is how you receive this and share it. It's in your hands from here on in. Our fifth value, gratitude, is happening all the time. Still, especially when the first issue is done, everyone will breathe a sigh of relief. Finally the Fun value; this value is here as a reminder that it's important to let go and have fun, sometimes embrace the craziness!

If you're like me, winter is a time to ay home, read a book, keep warm and generally take things slow. Here we are in the depth of winter. We've just had the shortest day - the winter solstice. Now we have a day off for Matariki and are releasing our first edition of Create Happy! Matariki is a time to acknowledge things that have passed and look forward to the future. A new year is upon us, filled with new possibilities.

This edition is about innovation, and we think that fits perfectly with Matariki. We must acknowledge traditions, people, ideas and problems that have come before us to create new, exciting, groundbreaking ideas and solutions that work for future generations. Innovation is everywhere in our modern world; come along for the ride as we explore what innovation looks like in Aotearoa '22.

Filled with goodies, this edition of Create Happy is sure to be an absolute banger!

We meet Sophie Handford, Aotearoa's youngest councillor and the most driven climate activist you'll ever meet. We show you 8 great innovative apps to download that just might change your life! And if you think you've seen all the best movies, check out our movie reviews by Rachel and see if you agree with her take on them. To top this all off, we have an interview with Mattheus Elwood, a young photographer who won Young Photographer of the Year New Zealand in 2021.

Thank you so much for reading our first edition - we hope you enjoy it and come back for more next time!

Lola Fisher





# First Edition

MEET THE CREW

---

Words:

CREATE HAPPY CREW





# LOLA FISHER



Name: Lola  
@lolafisher\_photography  
Pronouns: she/her  
Age: 14  
Where I'm from: Whanganui  
In Year: 10

My role in Create Happy: Chief Editor

Why did you join Create Happy?

Here in Aotearoa, we have so many beautiful and amazing creative things, but not enough by teens! Create Happy is here to change that, I want to be a part of that amazing kaupapa and impact.

Something interesting about you?

I've been a vegetarian my whole life!

# BRIANA TAYLOR



Name: Briana Taylor  
@\_briana\_taylor  
Age: 14  
Where I'm from: The Waikato  
In Year: 10  
My role in Create Happy:  
Journalist and photo curator

Why did you join Create Happy? I want to be a part of a magazine made by teens for teens because it's important to have our voices heard.

Something interesting about you? I do correspondence school through Te Kura.

Hopes and dreams for the future? I want to be a Librarian .

Why is Aotearoa a beautiful place to live? The beautiful scenery and the fact that there's no snakes!

# LEISHA HODGSON



Name: Leisha  
Age: 12  
Where I'm from: Wellington  
In Year: 8  
My role in Create Happy:  
Journalist/Founder  
Why did you join Create Happy?

It sounded like an incredible new experience for a team that would be cool to be a part of.

Something interesting about you?

I love to dance and that is one of my favourite things to photograph! I love planes and sports, mostly just spending time outdoors.

Hopes and dreams for the future?

To use some of the skills that I enjoy now and maybe turn them into a career. I don't know what job I want to have as I keep my options open.

# SOPHIE HANSEN



Name: Sophie Hansen  
Age: 14  
Where I'm from: North Waikato  
In Year: 10  
My role in Create Happy:  
Journalist/Founder

Why did you join Create Happy?

I wanted to be a part of something that other people my age will read.

Something interesting about you?

I love animals and constantly have something I'm caring for!

Hopes and dreams for the future?

I want to be a vet when I'm older.



# HANNAH VILES



Name: Hannah Viles

Age: 12

Where I'm from: Manawatu

In Year: 8

My role in Create Happy:

Journalist/Founder.

Why did you join Create Happy?

I decided to join Create Happy Magazine because of the amazing opportunities it has given me and will give me in the future.

Something interesting about you?

I ride horses but recently had an accident so will be

# HANNAH WEST



Name: Hannah West

Age: 14

Where I'm from: Hawkes Bay

In Year: 9

My role in Create Happy:

Member of the LGBTQIA+ section, Founder.

Why did you join Create Happy?

I joined Create Happy because I enjoy trying new things and I love writing.

Something interesting about me:

I am a massive Star Wars fanatic with an extreme amount of Star Wars knowledge.

# LILY SANG



Name: Lily Sang

Age: 14

Where I'm from: Wellington

In Year: 9

My role in Create Happy:

Journalist/founder

Why did you join Create Happy?

To learn more about journalism and to upskill in writing and photography.

Something interesting about you?

I love reading and writing fiction novels, and I currently play for the NNC girls prem 3 team. I also

# ZARIA POLLARD



Name: Zaria Pollard

Age: 13

Where I'm from: Auckland

In Year: 9

My role in Create Happy:

Journalist/Founder

Why did you join Create Happy?

I know it's going to be really cool, and help me explore journalism more.

Something interesting about you?

I'm into cooking, art, space, and science.

## SYDNEY FREMISTA



Name: Sydney or Syd Fremista  
Age: 15  
Where I'm from: Taupō  
In Year: 11  
Role in Create Happy:

Journalist/founder

Why did you join Create Happy?  
It was a great opportunity to contribute to some things I was really passionate about.  
Something interesting about you?  
I have dyed my hair 19 times, all different colours!  
Hopes and dreams for the future:  
I want to study Neuroscience and

## LILLIAN GRAHAM



Name: Lillian Graham  
Age: 15  
Where I'm from: Christchurch  
In Year: 11  
My role in Create Happy:  
Journalist

Why did you join Create Happy?  
I joined the Create Happy Crew because I thought it would be an awesome opportunity to share fun, interesting, and important things with other youth.  
Something interesting about you?  
One of my favorite things to do on the weekends is watch speedway, I want to study at south seas film school to become a film director.

## MADDISON LYNCH



Name: Maddison Lynch  
@maddisonlynchphotography  
Age: 15  
Where I'm from: Whakatane  
In Year: 11  
Role in Create Happy:  
Journalist

Why did you join Create Happy?  
I joined Create Happy to gain a new experience in life, as well as to do something exciting and interesting  
Something interesting about you?  
I do beekeeping!  
Hopes and dreams for the future:  
I want to be a rural/equine veterinarian

## RACHEL ROULSTON



Name: Rachel Roulston  
Age: 15  
Where I'm from: Taumarunui  
In Year: 11  
My role in Create Happy:  
Journalist  
Why did you join Cre-

ate Happy?

To work and be part of a group, and also for the experience.

Something interesting about you?  
I was diagnosed with autism last year, it has made me see myself better than before.

Hopes and dreams for the future?  
I don't really know what I want to be yet, but I'm all for trying new things.



## JEMMA MCLEOD



Name: Jemma McLeod  
From: The West coast

Hopes and dreams:  
I'm in the middle of finishing level 3 right now, but my big dream is to work for British Vogue one day!

Why did you decide to contribute to Create Happy?

I joined the Create Happy Crew to get some experience behind me that will get me one step closer to that goal, and because I have a big passion for these kinds of projects!

## LINDSEY SONG



Name: Lindsey Song  
Age: 13  
Where I'm from: Wellington  
In Year:  
My role in Create Happy:  
Journalist  
Why did you join Create Happy?

It is a new experience and opportunity for me and I have always wanted to take part in something like this.

Something interesting about you?

I

Hopes and dreams for the future?

Though I am still not sure what career I'd like to pursue when I'm older, it will probably be along the lines of medicine or design.



# The Whakapapa

Create Happy Magazine has its roots in a rant. A frustrated rant about how the mainstream media was doing a dirty on the kids of South Auckland. It came to a head when the Rewa Allstars from Manurewa High School made a video that went viral. The video was their version of the Fresh Prince of Bel Air. The media covered the story but gave the credit to "Auckland" students. But the next week they covered a story about a fight in the area and were very clear about the fact that it was kids from "South Auckland." Jennifer and Rosie were two girls in the All Stars and they were angry. Two incredibly talented and driven young women they were sick of having a story told about them that didn't match with who they were.

I was there working with them in a program called the HeArtivists. It was an after school youth program. that focused on mindset and wellbeing. for young creatives. The day of the rant was the first time I had really seen Jennifer or Rosie mad and it made me realize that story ownership and having a platform is a powerful thing. "Nothing about us without us." is a statement that echoed around in my head.

I'm a professional photographer and so I had a skill I could share with them to help them become better visual storytellers as well. So the HeArtivists morphed into Click Happy which the Rewa youth helped co create. I then took that program to Newtown in Wellington to pilot it. COVID made its first appearance and we had to shut down our live workshop and shift it all online.

But Lemonade from Lemons right? A few years later Click Happy has students in it from over 100 schools from around the country.

Create Happy Magazine has been a very

natural evolution. It was the idea of the students in Click Happy to make a magazine by youth for youth and has the inspiring goal of telling the good stories that are often missed by adults who just don't always get it.

This issue is the innovation and inspiration issue. Led by Lola (13) and her Crew with the average age of content creators being around 15 for this issue. They managed in two very short months to demonstrate teamwork and the innovation that would put many adults to shame. The creation of this magazine is their innovation. A first edition that is their proof of concept. Their will be mistakes, 10 points tot he person who finds the most. But the point is they failed forward, pivoted, and iterated until they met the deadline and brought their dream to life. Developing deeper wells of grit and resilience skills along the way.

Their dream is to, within a year, have Create Happy printed and available on magazine racks around the country. To have it become a social enterprise with the goal of lifting up the youth voice and facilitating the development of young visual poets and word-smiths. Ones with big hearts, big vision, and the skills to create the world they want no matter what they have been handed.

The team have decided that they want the best young writers and young artists from around the country to join in. Each edition 20 writers and 20 artists will be brought together as a crew to create an edition. They have three months to work their magic. Step up, Step Back, Have a voice. Make the world better....Freaking beautiful!

- Mandi Lynn - Founder / Director - Every Body is a Treasure Trust



# Innovation

## How to be more employable than a robot when you graduate.

We are going to be graduating into a world where the Dux of the school will not be our competition in a job market but Artificial intelligence (AI) instead.

The rate of data doubling will mean that by the time we graduate all of the facts we have stuffed into our NCEA loaded brains will have lost half of their value by the time we have dinner that evening if you go by IBM's estimates that the world's data will soon double every 12 hours.

The NZ Creative Schools Index study just showed that in the 11 areas of Creativity we actually get worse at them as we move from primary to High School.

One of those areas they tested is Innovation. Innovation is the #1 skill that the World Economic Forum thinks will be needed in human workers.

They estimate that by the time students in primary school graduate over 65% of jobs that exist today will have been replaced by AI. So what is innovation and what do we need to do to get better at it?

Innovation, by definition, means a new idea, or the introduction of something new.

To be truly innovative you need to

develop several skills. Students who do well on NCEA aren't necessarily the most innovative students. They are the ones who are better at memorizing things and dishing it up on an exam. But what will set students apart in the future is their ability to put a human spin and twist on an idea and ask "What If?" Innovation is more a matter of personality traits that can be developed. The biggest trait is the ability to fail forward. To start something and not stay defeated by the inevitable challenges that come with stretching out of your comfort zone but to iterate until you have something valuable.

So the trick will be to use our human innovative nature and couple it with AI. Here are some examples:

Medical delivery drones, in Rwanda the 'Zips', as they are called, are used to deliver essential medical supplies to people living in hard to reach areas. Health workers text the supplies they need to a central distribution centre and the Zips are on their way in minutes.

Solar rechargeable hearing aids. Hearing aids are very expensive so Solar Ear has come up with a great solution. They are affordable and use solar energy to recharge.

DALL-E mini is an open source AI artist. You can give it a series of words and it will create an image that is an interpretation of those words. Here is "innovation" and "creativity" in DALL-E mini's interpretation.



Art by DALL-E mini Words by Briana Taylor and Mandi Lynn

# Innovative Apps



Your go-to for support,  
encouragement,  
and mindfulness



### NOISLI

Music & rain sound App

With 'Noisli', we can jumble our preferred sounds together, and play it whenever we're in need of relaxation.



### YARN

Stories App

'Yarn' is a stories' app that tells tales through text messages. Kinda like snooping on another person's phone!

### STORY PLACE

Writing App

Story Place is a simple and easy to use app that lets you read, write, and listen to different individual's stories.



### HABIT RABBIT

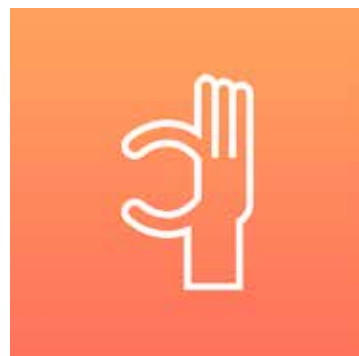
Goal & time App

'Habit Rabbit' is a cute, interactive app where every task you complete goes towards caring for your virtual bunny.

### CRUMBLYY

Life Hacks App

With reasonably frequent updates, 'Crumblyy' teaches you useful life hacks through a simple layout.



### SMILING MIND

Compliments App

'Smiling Mind' is developed by psychologists and teaches us how to bring meditation and mindfulness into our life.

### FOREST

Goal & time App

'Forest' helps you stay away from your devices and keeps you on task. Perfect for meeting deadlines.



### HEADSPACE

Meditation App

There is nothing better than taking a rest in the middle of a frantic studying session. 'Headspace' teaches us to relax.

# Time Boxing

Do you have those days where you feel like your head is going to explode with all the things you are trying to keep track of? Would you like a hack that will help you with that? This is one that Elon Musk swears by...and he runs 4 companies at the same time.

Think of your week as 7 buckets. Buckets that you need to help you build a stone bridge to your dreams. This bridge is composed of large stones and smaller pebbles and some sand as well. If you aren't careful your bucket for the day will get filled with small pebbles leaving no room for the big rocks. So start with the big rocks. Then the tiny pebbles can fit in around the edges.

The printable on the next page will help you sort your pebbles and rocks.

## Step one: Set your intention

This gets your mindset focused on the bigger picture. What do you want from your day?

## Step two: Dump your brain.

Write down all of the things that are swimming around taking up mental energy. Once you write

them down it is like you pull them out of the plug and they stop draining your energy.

## Step three: Pick your top 3

Look at your list and pick your top three most important rocks. They don't need to be the biggest. Just the most important to move you forward. Write those down. In the top three spots.

## Step four: Box out your time

Now block out time in your day to pull them off. Be honest...how long will it take? Block out that time. Then you can fill in the rest of the day with your pebble stuff. But you will be focused on the most important bits.

Who knows in a few years you too could be running 4 companies with more money than you could ever spend. Or you could have cured cancer...or have ticked off 30 countries in on your around the world adventure...you will only know if you give it a crack.



Art by DALEE-mini Words by Leisha Hodgson and Mandi Lynn



Forget finding yourself...We are creating ourselves

# Content Creation

Misty Tiraha (mistyz.editz) is a young fandom editor. One of our journalists caught up with her and asked a few quickfire questions about her hobby:

How did you get into editing?

I got into editing because I saw it all over my For You page on Tik Tok and thought I was really cool. My cousin @hawkexmulti is also an editor and I wanted to try out what she was doing so I did!

What is something that inspires you?

Something that inspires me to edit is editors on TikTok as well as my cousin and it motivates me to edit just as well as other editors.

Fav edit?

My favourite edit I have made is probably LINDSEYS QR CODE this one because it was my own idea and it took me a long time so I was proud of it.

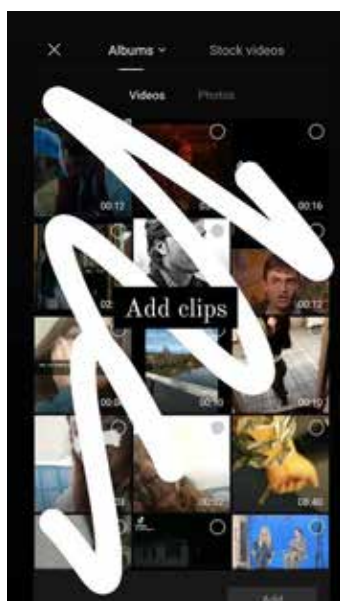
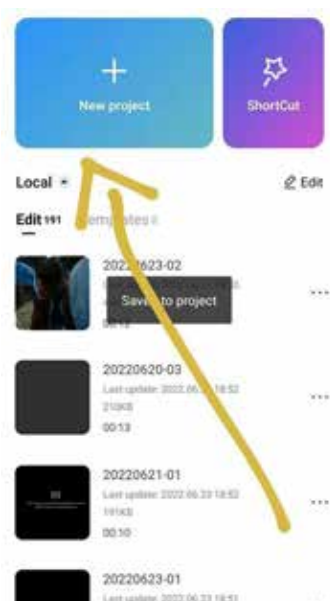
What's your favourite show or movie to edit?

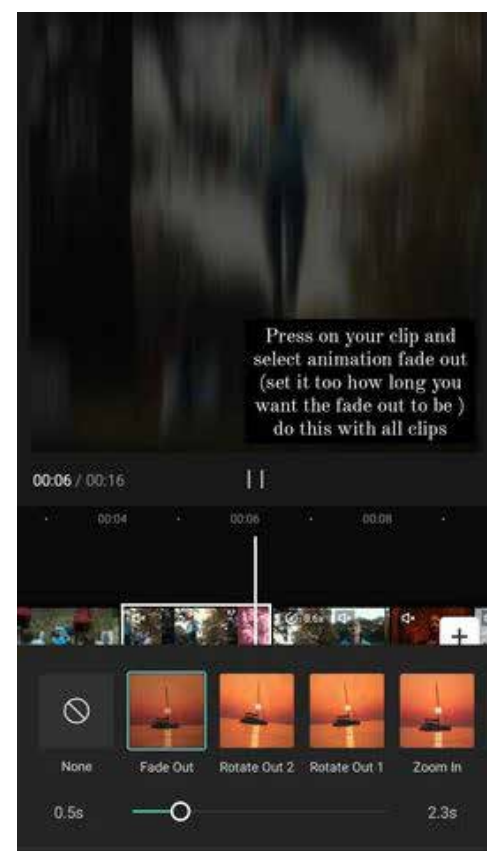
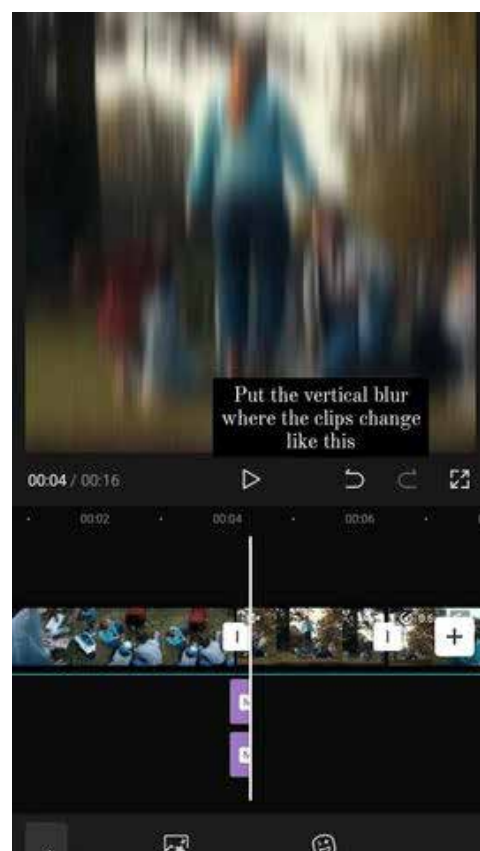
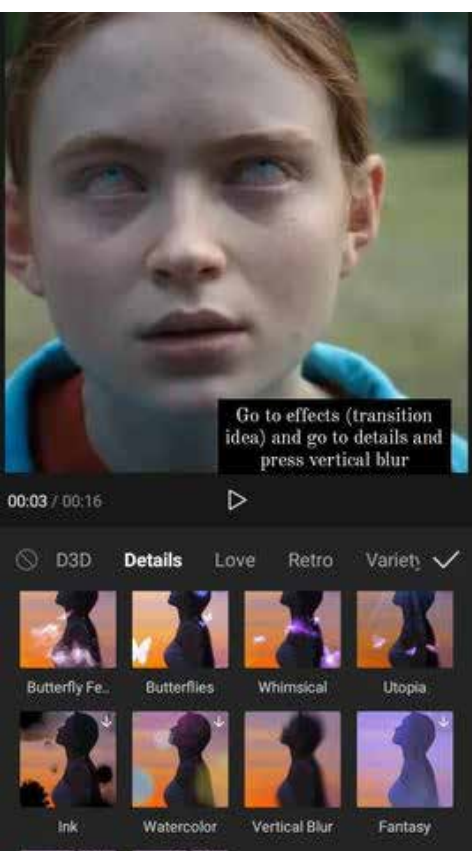
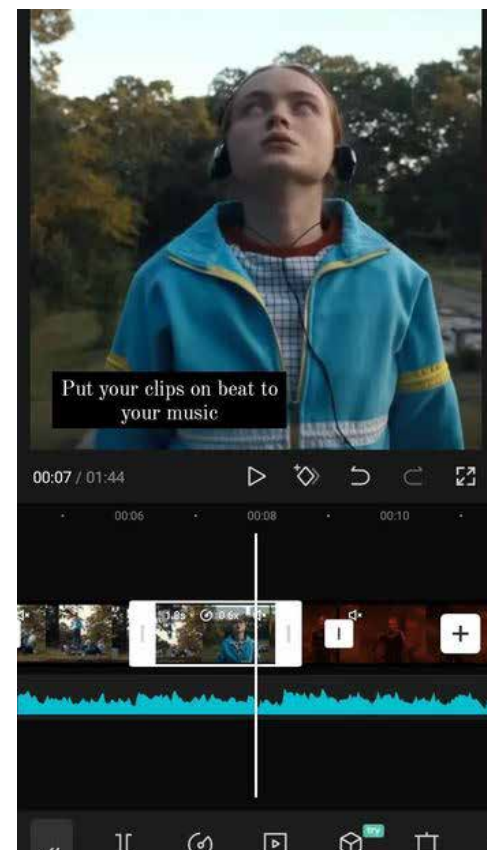
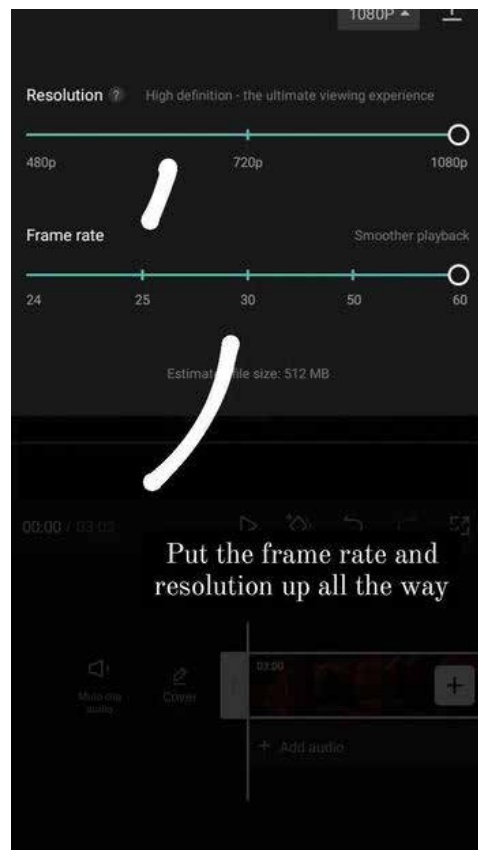
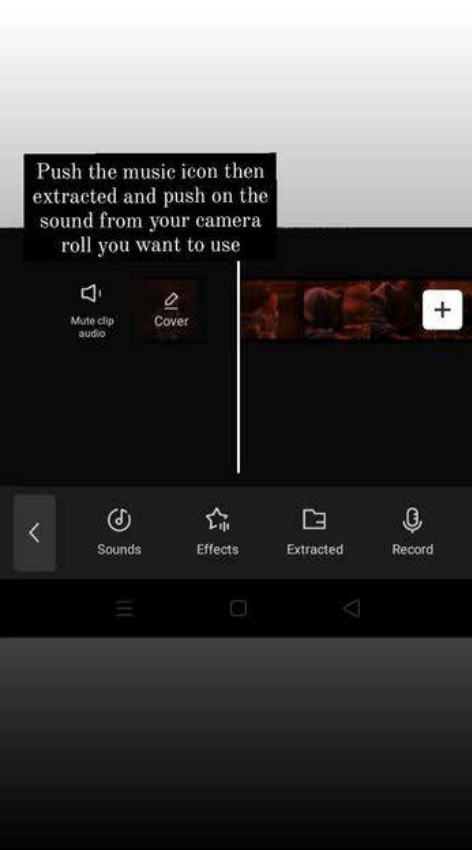
My favourite show to edit is Stranger Things. I've always been a big fan and I find it comforting and can relate to characters on it. My favourite person to edit is probably just the Stranger Things cast or Robin Buckley from the show itself.

Any tips for beginners?

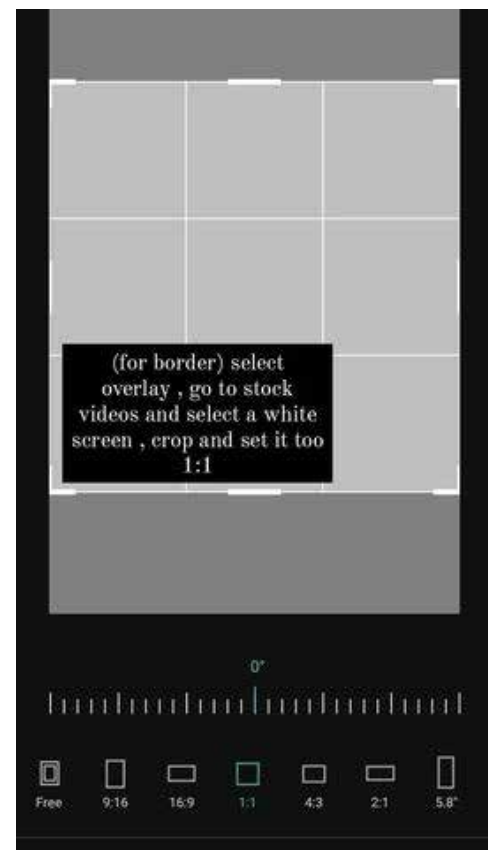
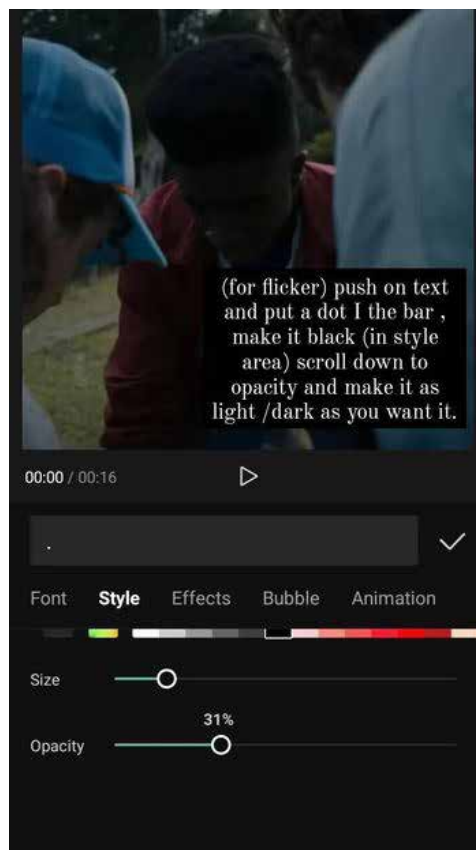
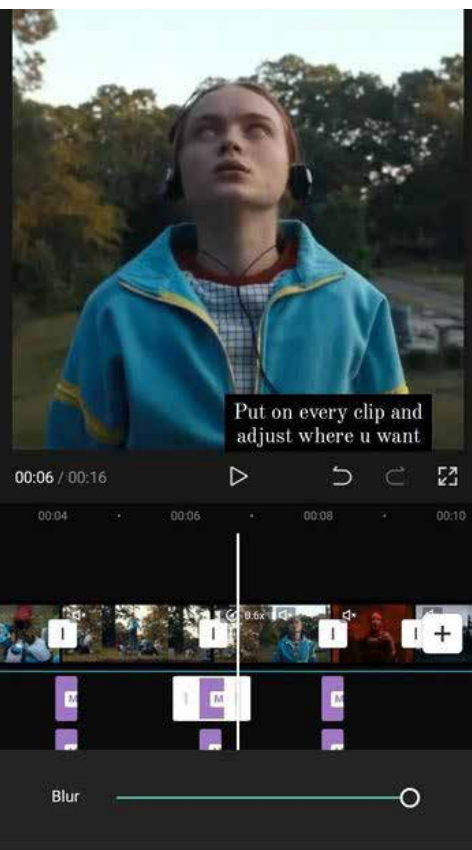
Tips I would give to beginners is never give up when something in your editing goes wrong because you can always fix it and search edit tutorials on YouTube that can help and other tuts on tik tok as well try be creative and figure out your own

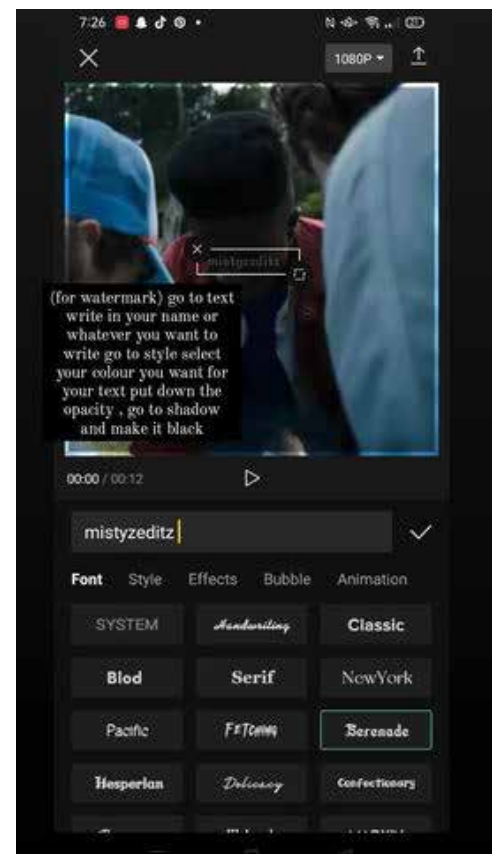
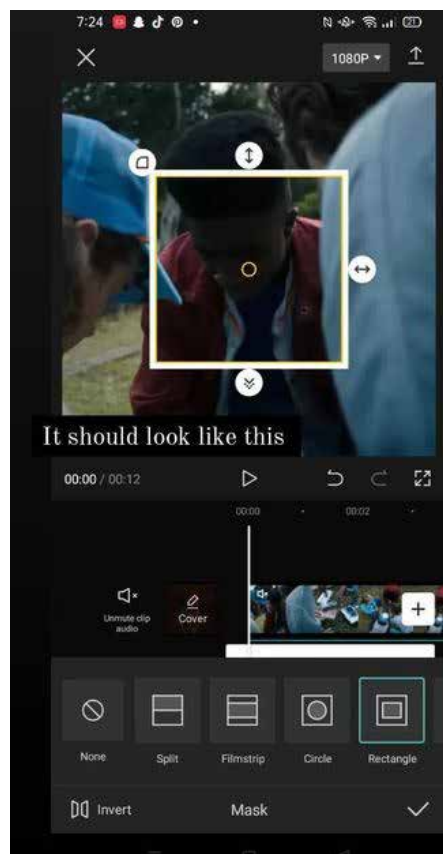
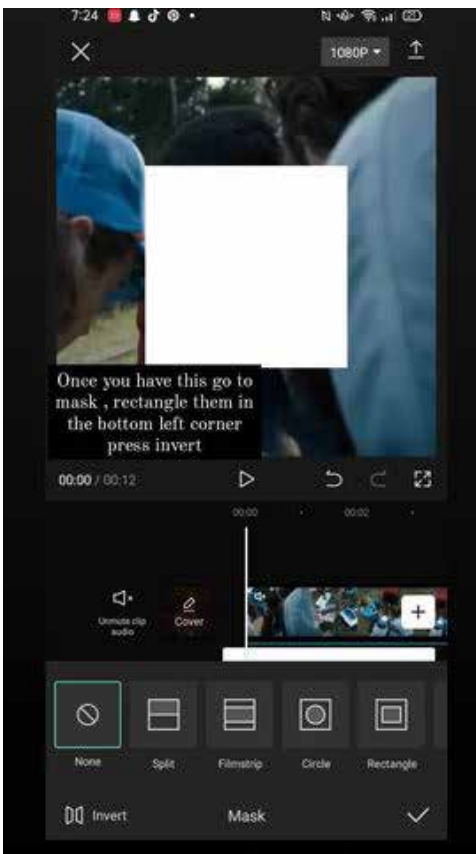
Lola Fisher











Scan here to check out the work live.



# Small Business



## Little Yellow Bird

How cute is this t-shirt?

The Classic Tui Tee (RRP \$45) comes in a range of delicious colours - from fire engine red to light coral pink. And did we mention: all of Little Yellow Bird's cotton products are 100% organic! We're in love!

Use the discount code **CREATEHAPPY** at the checkout for 20% off your Tui Tee - valid until end of July, so get in quick!

## Holmes Handcrafted

Holmes Handcrafted is a small home business all about creating beautifully handcrafted products that are both good for you and the environment!

Visit [@holmeshandcraftednz](#) to check out their beautiful instagram!



## Above Rubies

A livelihood project founded by Kiwis in 2011, Above Rubies supports single mums in the Philippines with a fair wage. They specialise in cute crochet goodness designed to make people of all ages smile! Our favourites at the moment have been the keychain range featuring tiny toadstools, cacti, and avocados.

You can find them at the local Auckland markets by following them on their Instagram ([@2aboverubies](#)) or visiting their online Etsy store: [www.etsy.com/shop/2aboverubies](http://www.etsy.com/shop/2aboverubies)

## Kalon

Kalon is a locally-owned clothing company that designs and produces quality, gorgeous and comfortable clothing that protests against society's beauty standards for women. 'Our name, Kalon, directly translates to, "beauty that is more than skin deep." ' They strive to break down the unrealistic and unattainable beauty standards by creating clothing that helps everyone feel beautiful, and to see the beauty already present in themselves. What an awesome mahi! Find Kalon at their Instagram page: [@kalonthelabel](#)







### Silk and Daisy

These amazing scrunchies are made by Hanna from Silk and Daisy, a small handmade scrunchie business - who are just about to expand their range to be inclusive of all ages! We can't wait to have these in our hair!

### Fruit Salad Gal

Elise from Fruit Salad Gal adores wearing her statement jewellery to school - which is an absolute hit with the students! The aim of her jewellery is to engage people; whether it be encouraging a child to share their feelings, ignite a smile at supermarket or evoke a wonderful memory. Each jewellery piece is handmade and unique using polymer clay (Dukit which is produced in NZ). She creates a range pick n mix of stud earrings that suit a variety of tastes. Jetplanes, allsorts, pineapple lumps, strawberries, lolly cake and daisies. We hope her jewellery brings you allsorts of fun! Elise has kindly offered a \$4 oh shipping when you order her stud earrings!

Use the code: CREATEHAPPY at [www.fruitsaladgal.co.nz](http://www.fruitsaladgal.co.nz)  
You'll also find her on Instagram @fruitsaladgal!



### Good morning collection

My name is Kelsey and I run my small business, Good Morning Collection, where I design and create beautiful stationery and gift products. I'm 24, have just become a mum and started this business as a creative outlet on the side of my full-time job. I absolutely love creating and designing and my small business is the perfect opportunity for me to do this and produce products I love and share them with others! My business currently offers greeting cards, printable study downloads, notepads, calendars and I have also just introduced handmade keyrings which are

a perfect little gift or add-on to your own keys, bags or other accessories. They are priced between \$12-13 or they can come in a bundle deal with a notepad for \$17! I hand make the keyrings myself and the notepads are my design which I then get printed locally here in New Zealand, as I think it is important to support other local businesses in what I do.

### Soph jewellery

My name is Sophie, I started soph jewellery at the age of 18. I am now 19 and have been working on my business for almost two years! I wanted to create trendy and high quality pieces of jewellery that were affordable for young people. All of my pieces are 18k gold plated or 14k gold filled and hypoallergenic, meaning they can be worn by anyone. I have multiple collections ranging from everyday wear to pieces inspired by artists and TV shows. The Arizona ear threads are one of our bestsellers. They are creative, can be dressed up or down and have a gorgeous rainbow flash in the sunlight! These would be amazing earrings for an event such as school balls or even to add an elegant touch to a casual outfit.



# Curious Creations

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## Turning Trash Into Treasure

Sofie Kendrick is a young entrepreneur who set up her own 'Trash to Treasure' business: Curious Creations. I was lucky enough to catch up with her for a quick interview and this is what she said:

I'm still at the beginning of this project and the best is yet to come but I am nonetheless thankful for all the support I have been given from family, friends and local businesses.'

'The idea for this plan bag started back at the beginning of 2020, I had seen a few posts about Americans recycling their plastic shopping bags into plastic yarn to be made into small baskets and it sparked the idea to turn them into tote bags! There was just one problem... New Zealand had just banned all single-use shopping bags! I had no source of plastic bags to use - as there were no more being made.

I put the idea away in my brain for a later date and around September of 2021, it came back to me. I realised while handling a bread bag that I could use them along with sugar bags, produce bags and pretty much every soft plastic bag that food items come in! Although this time I couldn't find anything about plan or how to make it so I improvised and after a lot of trial and error I got here, starting up a business promoting the importance of reusing and recycling by doing what I love, creating!

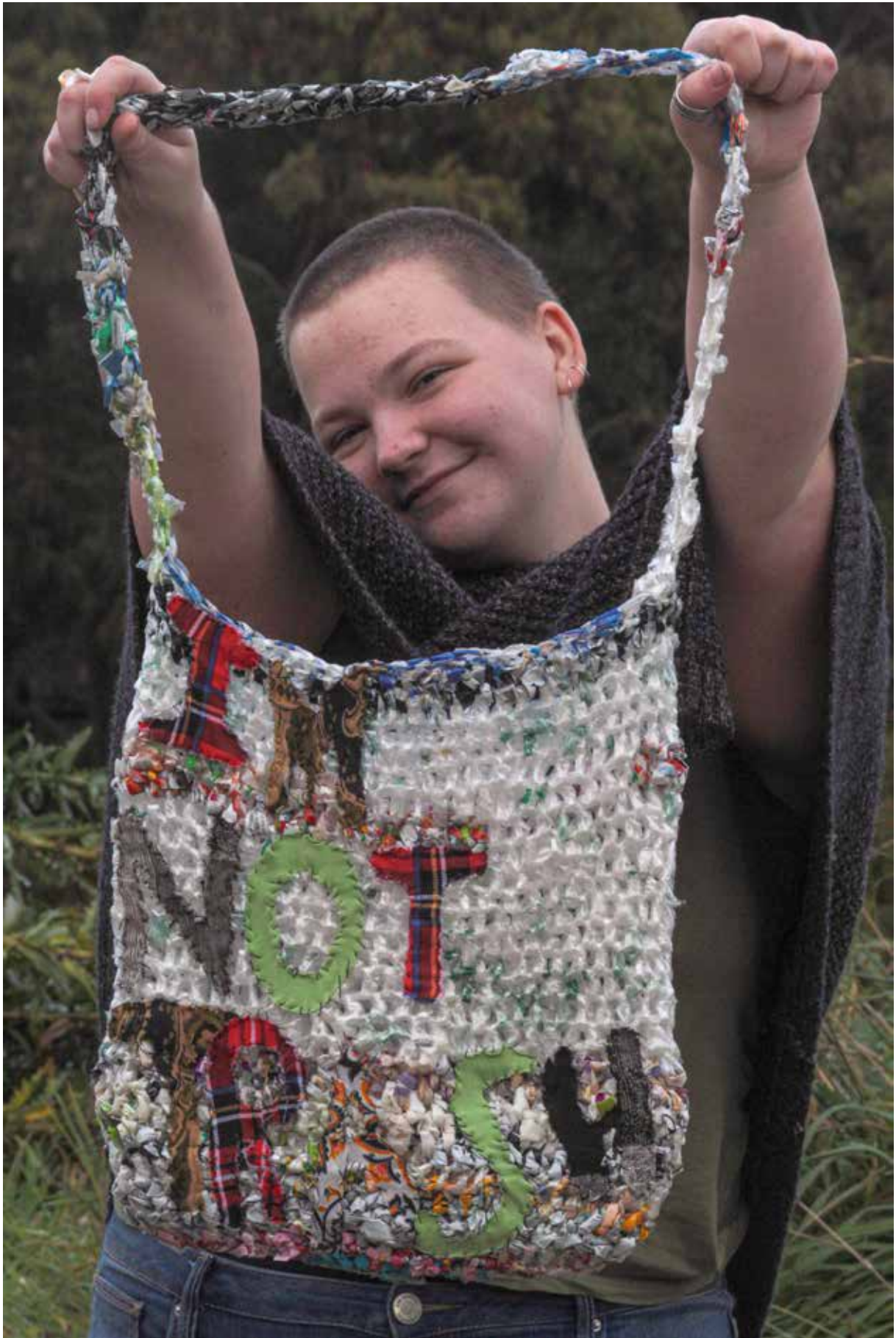
Sofie has offered our readers a 15% discount off all of her earrings - use the code CREATEHAPPY15 at the checkout!

Be sure to keep a lookout on her Etsy page for these bags that will be joining her other products soon!

<https://www.etsy.com/nz/shop/CuriousCreationscoNZ>

Or check out her Instagram for behind-the-scenes and product updates: @curiouscreations.nz

Lola Fisher





## SECTION 2

# LGBTQIA+



### HOW IT'S LIKE LIVING IN OUR COMMUNITY AS AN LGBTQIA+ MEMBER

Welcome to the LGBTQIA+ section of this magazine! In this section we cover a wide variety of topics, all covering the LGBTQIA+ umbrella. Our main message was to educate on youth eye view of the realities of being queer in today's society. We have covered different sexualities and genders and a general definition of them, some queer artists and their top three hits, as well as a personal story of a member of the Create Happy community. Compassion is one of our magazine's values and that means acceptance of a person at the soul level no matter where they find themselves on the spectrum. A step towards that is in fact, educating people. So we hope that this can bring everyone a small new piece of information to help understand and connect with our community more positively!

Hi there, my name is

I identify as non-binary/queer and use they/them pronouns. In today's society, people have grown and further developed their own personal identities; me being one of them. My journey started in 2020 Lockdown. I wasn't the best person back then, in terms of my well-being. There was a sense of discomfort and restlessness but I couldn't pinpoint what it was. But I used that time to make some friends through social media, then come to school and have some friends to hang out with. Little did I know they would change my life for the better. Overtime, I discovered what the LGBTQIA+ community was then familiarized myself with the genders, sexualities; the whole dictionary. In short, I developed my first lady crush then everything was beautiful chaos from there. Since then, I have gone through multiple different sexualities and genders- the whole rainbow. I've changed my pronouns countless times, but yet never really feel 100% comfortable with the label. It's okay not knowing what

you are. As long as you are content and happy enough to identify with yourself, all is well. I always tell the people who are questioning that labels are a guide, not a definition. They can help you set yourself on the right path but you don't have to fully follow its definition or stick with it for the rest of your life. Don't ever feel pressured in defining yourself to the T at the first go, it takes a long time. Heck, even I'm still going through a major identity crisis. That's something I love about this community, you can just be a human and won't get judged for it. They don't care if you don't know what you are or what you want. This is super normal to go through but doesn't get acknowledged or recognised frequently. So if you are in the midst of an identity crisis, breathe, relax, and live. You don't have a time limit, we don't expect an answer or definition. It can be a mentally and physically exhausting process to go through, which is why it's crucial to reassure that identity can't be defined overnight.

I am out to basically everyone except my family, which has had a huge negative impact on me. They have constantly made homophobic comments and remarks, which just stabs me in the heart. The fact that I know the moment I say the three words, I am non-existent to them. The one thing that helped me through discovering this harsh reality was my friends. They have been with me through thick and thin which I am so unbelievably grateful for. I felt isolated, abandoned, alone, but they reassured me that yes, there is still hope out there. This isn't just happening to me but to so many other queer people too. Not everyone is fortunate to have a supportive community which is why support is needed now, more than ever. Be someone's hydrogen to their hydroxide. Being queer isn't all daisies and rainbows, it contains a lot of pain and stress, normal for going through changes. But don't just let them suffer in darkness, be their light.





In today's society, people can be unnecessarily harsh and rude towards the lgbtqia+ community. Whether you are outed or not, it's mentally and physically exhausting. Sometimes we need a helping hand in our situation, which is why we have a few different support services dedicated to the members of the lgbtqia+ community.

## OUTLINE NZ

Outline NZ is a Nation wide support service dedicated to helping and supporting the rainbow community, their friends, their whānau and people who are questioning. They have a helpline that is confidential and ran by volunteers who are queer themselves. The helpline is open from 6-9pm any evening. This helpline is completely free as it's an 0800 number. Other services they offer is in person counseling, transgender peer support and a chat support service. Counseling does vary in costs from \$80-\$120. They accommodate your needs, living and financial situations and determine the best way they can give you support. The transgender peer support is free for people aged 28 years and older within the wider Auckland region. If you are 27 years and younger, they recommend checking out Rainbow youth's website. They can support you by giving referrals or gender affirming healthcare, advocating at work and even help with changing your name and gender marker on identity documents.

Helpline: 0800 688 5463

Website: <https://outline.org.nz/transgender-peer-support-service/>

## RAINBOW YOUTH

Rainbow youth specializes in supporting and helping youth rainbow community members aged 13-27, their whānau and wider communities. They can do face to face support in Auckland, Bay of Plenty, Wellington, Northland, Taranaki and Dunedin. They do online support services everywhere else in Aotearoa. Some of their support services include transgender support, gender and sexuality, whānau support, homelessness support and online support. You can get in touch with them through their 'get in touch' tab and fill out some questions and they'll try to get back in 3-5 business days.

Get in touch page: <https://ry.org.nz/get-in-touch>

Rainbow youth website:

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

## GENDER MINORITIES AOTEAROA

Gender Minorities Aotearoa is a nationwide transgender organisation which is ran and for transgender, non-binary and intersex people. They

provide support nationwide to all people no matter your race, age, culture and backgrounds. They also have merchandise for sale such as badges, socks, shirts, mugs and much more! They also have multiple information resources that vary on topics from what's transphobia to finding community support groups and social events.

Website:

<https://genderminorities.com/find-transgender-info-services/community-support-groups/>

## INSIDE OUT

Inside Out is a nationwide organization that provides information and education to make schools, Government organizations, community groups, youth and youth services a safer space for people of different sexualities and genders. They run different events and campaigns throughout the year, advocating to make NZ a safer place for the rainbow community.

Website: <https://www.insideout.org.nz/about/>

## SUPPORT SERVICES FOR

# lgbtqia + community

*by Freya Ellen*



## FAMOUS QUEER CONTENT CREATOR

*by Rachel*

### RANBOO:



Ranboo is an 18 year old American Twitch streamer who has recently come out as unlabeled. He has gotten an overwhelming lot of fanart and edits from fans and loads of his friends congratulating him on coming out, he had gotten so much love from his fans that "Ranboo" started trending on Twitter. He had been dropping hints on him being not straight for quite a while before coming out but all fans were saying "What an ally" which I personally think is nice as they were not breaching his boundaries.

Ranboo came out on the 24th of April and he is still getting lots of fanart and love. He said in his Tweet "Yo just wanted to say thanks for all the support with everything and tonight lol have been wanting to do that for a while tonight just lined up well." (Talking about his Stream) "And for those confused basically I guess I am technically unlabelled as the way I have kinda always gone around life just being attracted to whoever I am attracted to it just so happens that most of them line up with a "certain type" you could say lol am okay with the gay label :)" then after this he put "/srs" so his followers know that he is being serious as he usually makes a lot of sarcastic jokes.

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### LDShadowLady:



LDShadowLady (Elizabeth better know as Lizzie) is a 29 year old British YouTuber who came out as bisexual on June 2021 in a Tweet saying "If I've ever given you bisexual vibes.. that is probably because I am actually bi "

She got loads of love from friends and fans. She has gotten some fanart and loads of edits of her for coming out. She is married to content creator SmallishBeans (Joel) as of 11th of May 2019, the first time they meet each other was at GameFest in September of 2011 where Joel was dancing and Lizzie admired his confidence so she approached him, soon after they started dating in January 2012, he later proposed to her in November 2017. LDShadowLady has been uploading videos onto YouTube since 1st of January 2011 she started off with Call Of Duty then by 13th of August 2011 she started uploading minecraft, LDShadowLady is super fun, quirky, and lovely. She has a super kind fanbase and is a great channel to watch without worrying that your parents will hear you as she is kid friendly and is always making fun videos with her friends. Why is her username LDShadowLady LD - Lizzie D (her last name), Shadow - She says she is a ninja, Lady - When playing games online people mistook her for a young boy

# LGBTQIA+

## *Queer music stuff*

*by Freya Ellen*

Here is a small list of some famous queer music artists and their top 3 songs. They are well known in the lgbtqia+ community and have some great hits!



Girl in red's music has a very chill, indie sort of vibe. A lot of them are about romantic relationships with girls, some of them being famous wlw anthems!

- 1/ we fell in love in October
- 2/ i wanna be your girlfriend
- 3/ girls



Haley Kiyoko's music is more upbeat. The vibe her music gives is more upbeat, trying to get your energy and confidence levels up. Definitely would play her songs while getting ready to set a mood for your day!

- 1/ Determinate
- 2/ Cherry
- 3/ Girls like girls



Lil Nas X has won multiple major music awards such as a Grammy award for best music video, MTV music awards for video of the year, Billboard Music award for top rap song and so much more! His music is very lively and very much stands out from pop music while still fitting in that category. His music videos are very abstract and crazy, but some are more PG 13+ so be warned!

- 1/ Montero (Call me by your name)
- 2/ Old Town Road
- 3/ HOLIDAY



The community's abbreviation has evolved from lgbtq to lgbtqia+. Not only did the name evolve, but multiple other genders and sexualities have been created. This is great news as people can feel more included within the community! A very strong note is that these terms don't fully define someone. It can be very limiting and constricting to stay within one term. The following definitions of the terms is the most common way to define them. But please know that these can vary for everyone. Think of it more as a baseline not a label.

## WHAT DOES LGBTQIA+ MEAN?

**Lesbian:** A woman who has any or all emotional, physical, romantic connections with another woman. The abbreviated term is wlw- woman love woman.

**Gay:** Someone who has any or all emotional, physical, romantic connections with someone of the same sex.

**Bisexual:** Someone who has any or all emotional, physical, romantic connections with people of the same and opposite gender.

**Transgender:** Transgender is an umbrella term for those people who have changed their gender from one binary to another

**Queer:** It is an umbrella term for people who don't identify as heterosexual and/or cis-gender. This term tends to be used when someone prefers not to have a label or is unsure of it.

**Intersex:** Intersex is a umbrella term for people who were born with a reproductive organ that doesn't fit their sex at birth (male and female).

## THE 'A' IN LGBTQIA+ CAN MEAN MULTIPLE THINGS SUCH AS...

**Allies:** It is an umbrella term for people who support gender equality, equal civil rights, and any movements in support of the lgbtqia+ community. They fight against the issues of homophobia, transphobia and all in all, hate towards the community.

**Asexual:** Asexual is when someone has no sexual attractions and desires towards anyone.

**Aromantic:** Aromantic is when someone has no romantic attractions to anyone.

**Agender:** Agender is when someone identifies to have no gender.

There is a plus at the end of this abbreviation. This indicates inclusivity of other genders and sexualities. It is significantly important as there are multitudes of different sexualities and genders. Hence the other name for the community: The Alphabet Mafia.

**Pansexual:** It is when a person is attracted to anyone, not focusing on the gender but the personality of someone.

**Non-binary:** It is an umbrella term meaning when someone doesn't identify as a male or female.

**Genderfluid:** It is when someone's gender expression and/or gender identity fluidly changes overtime or day by day. It doesn't change their identity, but their expression can change.

(Sources)

<https://gaycenter.org/about/lgbtq/#gay>



# Try something new!

## 5 book reviews

by Briana

10+

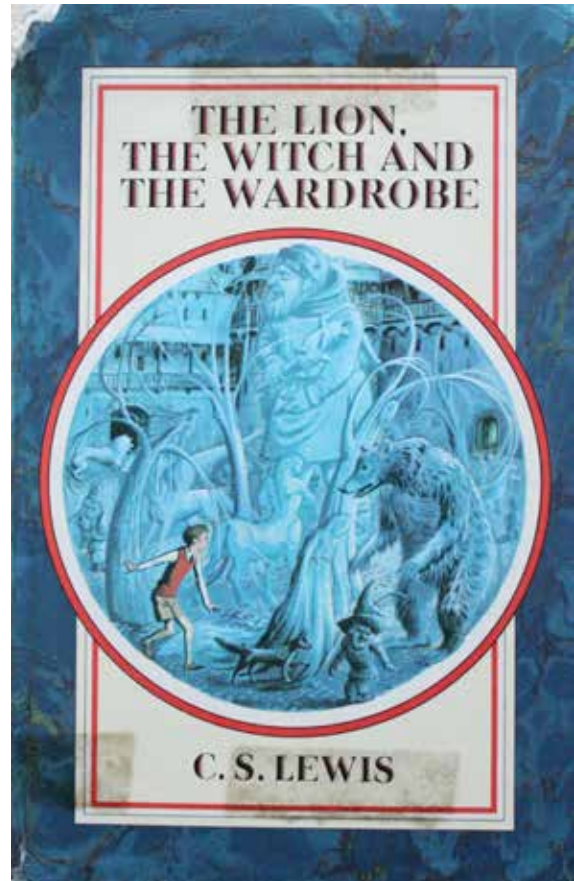
### THE LION, THE WITCH AND THE WARDROBE:

The Lion, the Witch and the Wardrobe is part of The Chronicles of Narnia series. There are 7 books in the series but I will only be focusing on the second one as the characters in it are the main characters for most of the other books. The first book is about the origins of Narnia.

Set in London in the second world war, the Pevensie's, Peter, Susan, Edmund and Lucy are sent to a professor's house where the youngest finds a magical wardrobe that transports her to Narnia, a magical land, where she meets Mr Tumnus, a faun. After having tea with him she goes back through the wardrobe to tell her siblings, but they don't believe her. Edmund then follows her through a few days later where he is approached by the evil white witch. She treats him nicely, giving him yummy Turkish delight and promising him if he returns to her with his siblings she will make him king.

Days later the 4 siblings find themselves in Narnia, they're taken in by a lovely talking beaver and his wife who take them to go find Aslan, the great lion, who can defeat the evil white witch once and for all.

C.S Lewis greatly mixes fantasy and life lessons in this book. It's a great book for those with a vivid imagination.



### MATILDA:

Matilda Wormwood finds her love of reading, at age 3, when she teaches herself to read. Her parents are horrible to her, only taking care of her brother and neglecting Matilda. At the age of 5 her parents sent her to school with a horrible school headmistress, Miss Trunchbull. Her teacher, however, is the opposite. Miss Honey is a kindhearted, wonderful person who takes Matilda under her wing and helps her find her inner-strength to stand up to her abusive parents once and for all.

Matilda has great life lessons in it that include; how kindness is virtue, how it's important to stand up for yourself and how reading is actually really cool!!



# Try something new!

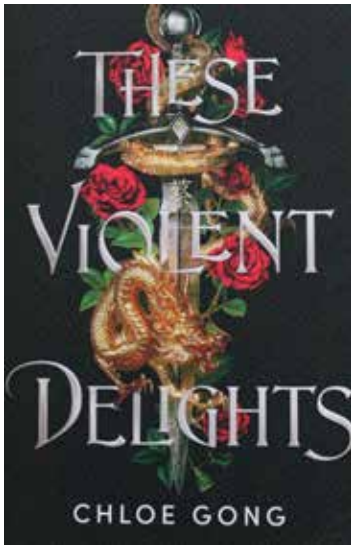
**13+**

## THESE VIOLENT DELIGHTS:

Set in Shanghai in the 1920's Roma Montagov and Juliette Cai are sworn enemies. Juliette is the heir to the Scarlet Gang and Roma is the heir to the White Flowers, both gangs are in a blood war.

Soon after Juliette returns from America a disease starts spreading, the infected ripping their own throats out. Wanting to get to the bottom of it, Juliette and Roma secretly work together to find out what's making people sick. Except they have a complicated history, they fell in love with each other when they were 15 but it ended in betrayal and they haven't spoken in 4 years.

Written by Kiwi, Chloe Gong, this Romeo and Juliet inspired novel has romance, betrayal and violence all twisted and mangled together in a heart wrenching story.



**14+**

## THE FAULT IN OUR STARS:

Hazel Grace Lancaster was diagnosed with Stage IV thyroid cancer when she was 13. At age 14 a miracle happens with a medical procedure shrinking the tumors in her lungs....for now. Two years later she's still holding on, attached to an oxygen tank. After she is diagnosed with depression she's forced to go to a support group where she meets Augustus Waters.

The gorgeous Augustus Waters suffers with a type of bone cancer called osteosarcoma. He had to have a part of his leg amputated because of this. When he meets Hazel at the Cancer Kid Support Group he immediately becomes interested in her. They start hanging out and eventually things become something more.

## THE MAGPIE SOCIETY:

Coming from the USA, Illumen Hall, a huge boarding school in England, is a big change for Audery Wagner. Her timing for coming to the school isn't good either with a girl, Lola, being murdered just before Audrey came. She came to the UK to get away from one tragic event and now it seems she walked straight into another one.

Ivy Moore-Zhang is a straight A student. Her home life is bad so Illumen Hall is home for her, she is irritated when Audrey is her new roommate, especially since her old one was Lola. She was very close to Lola so it was hard when she saw her washed up on the beach, dead, with a magpie tattoo on her back.

The two girls don't get along but as a podcast with an unknown voice says that they know who killed Lola, Audrey and Ivy can't help but work together to find out who's behind it, and if they really know the truth.

An amazing collaboration between author Amy McCulloch and Youtuber, Zoe Sugg. This book has mystery, romance and a twist on every page.



## SECTION 3

# Try something new!

### *Music articles* *by Rachel*

#### WORLD'S SMALLEST VIOLIN:

World's Smallest Violin is by the band AJR, World's Smallest Violin belongs to the album OK Orchestra. Their song has recently popped off on TikTok reaching 65.8K videos under it. AJR is a pop trio of brothers Adam, Jack, and Ryan Met, The name AJR is from the first letter of their names. A lot of AJR's songs are about growing up so they are the perfect band to listen to when you are having trouble with the overwhelming parts of life, World's Smallest Violin is a metaphor to show that your problems are not as big as you think they are but even though there are smaller compared to everyone else's they still want to let someone know "I think I bored my therapist While playing him my violin" this lyric is saying that the problem isn't that big but they just want it to be let out.



#### CHANGE MY CLOTHES:

Change My Clothes is by singer-songwriter Alec Benjamin and Dream a minecraft YouTuber/Twitch streamer he has also made music. In one of Dream's streams singing along to one of Alec Benjamin's songs "Jesus in LA" Alec Had seen this clip of Dream singing along to his song and saw that he had made music so he asked Dream if he would make a song with him. The meaning behind Change My Clothes is making the most of your life and taking chances "You miss all of the shots that you don't take" meaning if you get an opportunity go for it or you'll miss, don't let unnecessary thoughts get in the way of you living your life "I'd rather fail than spend my life In a jail of my very own creation" Is saying don't let your thoughts cage you in and stop you from doing something you want.



#### ATLAS:

Atlas is by the band Good Kid and is from the album Good Kid. Good Kid is a band of five with Nick Frosst the vocalist, Michael Kozakov the bassist and the vocalist, David Wood the guitarist and the vocalist, Jacob Tsafatinos the guitarist, and Jon Kereliuk the drummer. The band originated in Toronto, Canada





# Try something new!

## Movie Reviews by Jemma

### ELLA ENCHANTED (2004 PG)

Would recommend for ages 9+  
After her fairy godmother gives her a not so helpful gift making her have to obey her every order no matter who from, Ella must go on a journey to get her fairy godmother to take back the gift. Along the way, she meets some entertaining classic fairy tale characters as well as the prince himself! A fantastic twist on the classic Cinderella story, and who doesn't love an Anne Hathaway romance movie?



### THE PARENT TRAP (1998 PG)

Would recommend for tweens and teens  
Identical twins Hallie and Annie (both played by Lindsay Lohan!) are separated after their parents' divorce. Years later, they discover each other at a summer camp and decide to switch places in a hilarious effort to reunite their parents! A remake of the 1961 Disney film with the same name, this movie is sure to give you a good laugh!

### TICK TICK BOOM! (2021 M)

Would recommend for 14+ as there are a few innuendos in parts of this film

Directed by Lin Manuel Miranda and with a star-studded cast including Andrew Garfield as Jonathan Larsson and appearances from people such as Vanessa Hudgens and Easter egg stars from other musicals (including Hamilton!). This musical biography about the life of Jonathan Larson, writer of the well known musical Rent will be sure to have you Laughing, Crying and singing the entire way through!





## ***FRENCH MERINGUES***

*by Audrey Goh*

Perfect as a starter recipe. Crispy and light, what's not to love! Perfect to pair with a cup of tea or coffee for a midday snack. These don't take much time, but are very rewarding.

### **INGREDIENTS:**

- 4 egg white
- 115g caster sugar
- 115g icing sugar

### **MERINGUE INSTRUCTIONS:**

- 1- Preheat oven to 110C
- 2- Line baking tray with parchment paper or silicone mats (parchment is better)
- 3- Blend caster sugar in a food processor and sift with icing sugar.
- 4- Whip egg white until frothy
- 5- Add the sugar in three parts until stiff peaks; should be very glossy and should not have many clumps of sugar. If so, beat until smooth.
- 6- You can add food coloring, but optional. If you do add food coloring, using a spatula to fold gently to incorporate it in.
- 7- You can use a piping bag with a piping tip to make the meringues neater, or using two spoons to create a more rustic look.
- 8- Bake for 1hour 30min or when meringues sound crisp when tapped at the bottom.
- 9-Leave to cool on the tray, or on a cooling rack and enjoy!







# Create Happy Crafts!

## Weaving:

*by Zaria*



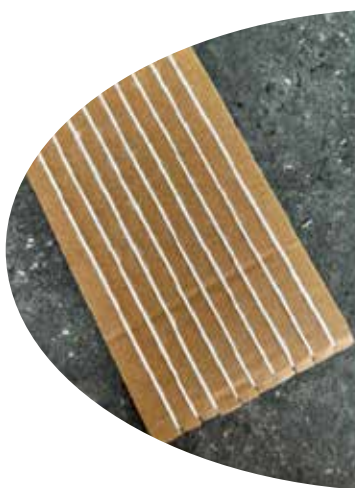
### STEP 1: MAKE YOUR LOOM

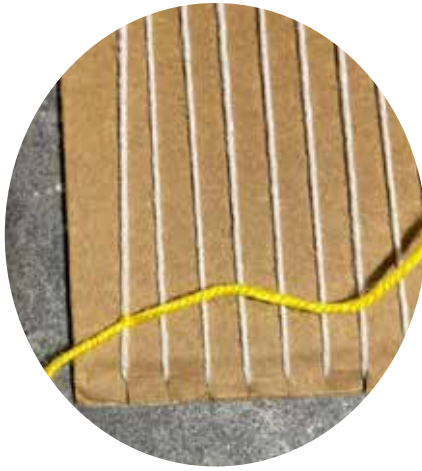
Grab some cardboard about 20cm long and 10cm wide. Cut small slits in the top and bottom of the short sides, about 1/2 a centimetre deep and 1 cm apart.

It should look something like this...

### STEP 2: STEP UP THE THREADS

Grab a ball of wool and tie a knot at the loose end. Push the knotted end of wool through a slit closest to the edge. With the long end, pull it to the notch directly below. Push it through and under, then across to the one next to it. Repeat this until all the notches are full.





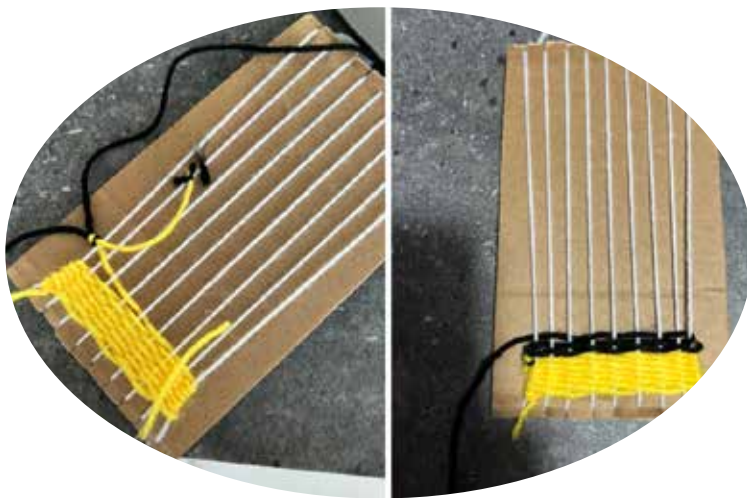
### STEP 3: START THE COLOURS

With any colour you like, cut about 50-80 cm of wool, depending how thick you want the section. Tie one end of the thread to the base string closest to the edge.



### STEP 4: START WEAVING

With your wool, go under the first string then over the next. Repeat to the end of the row, then loop your wool around the last base string and go back the other way under and over again. Keep doing this until you run out of wool.



### STEP 5: ADDING A NEW COLOUR

When you are almost out of your current colour, pick a new wool. Cut a length between 50-80 cm again and tie it to your current wool. Then just keep weaving.

Note: If you find the change in string happens in the middle of a row and you don't like how this looks, you can tie the second string on earlier to the first, and trim the first string.

### STEP 7: CONTINUE

Continue, mixing colours and weaving until the loom is full. Then tie your colour onto the base string and cut. When removing your weave from the loom, use a craft knife to slice the loops on the underside of the loom and lift it off. Once you have the basics, experiment with different wools, patterns, weaving types and widths. You can find lots of different weaving types online.



## 'Abi's Art Studio

'Hi, my name is Abi, I live in Auckland, New Zealand. I love painting and photography because I enjoy the creative process of seeing my ideas come to life. Painting is a form of stress release for me, so I paint every week or as often as possible. At the moment I'm experimenting with gouache but my favourite medium is watercolour because I like how you can create a sense of movement and life with the paint.

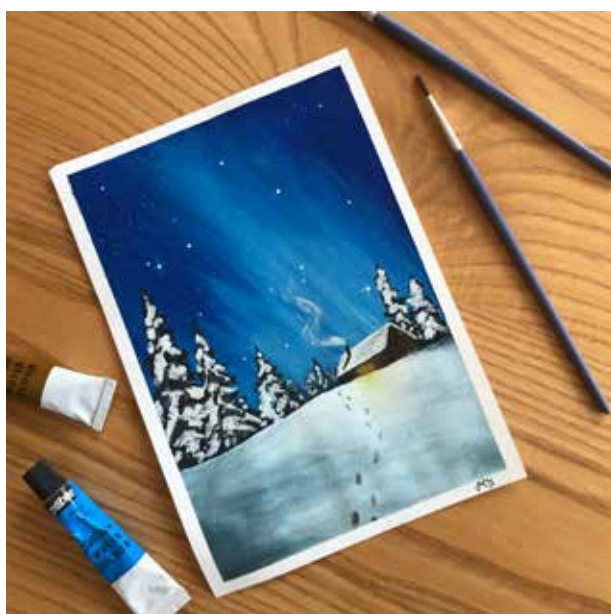
You can see more of my work on my Instagram account, [abis\\_art\\_studio](#).



Picture 1: Acrylic paint



Picture 2: Watercolour paint



Picture 3: Gouache Paint



Picture 4: Pantone acrylic



# Be.

*To believe is to see:  
And to see, believe  
To know is to listen:  
And to listen, know  
To feel is to find:  
And to find, feel  
To dance is to move:  
And move, dance  
To laugh is to enjoy:  
And to enjoy, laugh  
To hurt is to cry:  
And to cry, hurt*

*But to be is to  
believe, see  
know, listen,  
feel, find  
dance, move*

*To be is to  
laugh, enjoy  
cry, and hurt  
To love, and to be loved,  
to care, and to be cared for,  
to give, and then to receive.  
To be there for someone,  
and have someone be there for you.*





*To be is to love, and to love is to be.  
No matter what  
race or gender,*

*To be is to love,  
and to love is to be.*

**The Lives Inside My Head  
Gemma Rose  
You can find Gemma Rose at  
@thelivesinsidemyhead on Instagram**

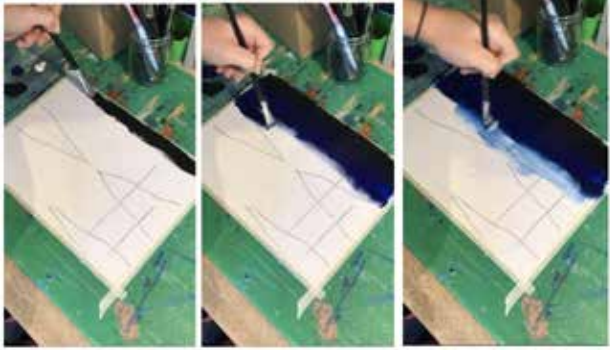

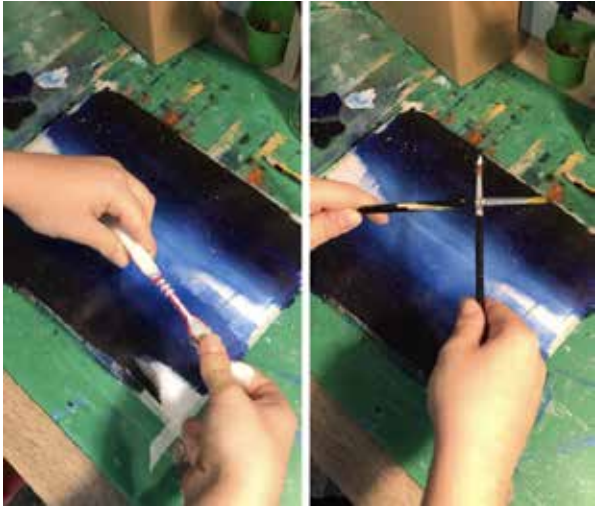
# Create Happy Craft!

## Art tutorial

STEP	CAPTION	IMAGE
DESCRIPTION	<p>This is an easy step by step tutorial on how to make a simple acrylic night sky painting.</p>	
1- SUPPLIES	<p>To start off you'll need to prepare your space and gather supplies. You will need:</p> <ul style="list-style-type: none"><li>-Black, blue, and white acrylic paint</li><li>-Paint brushes</li><li>-Pencil</li><li>-A4 piece of paper or canvas</li><li>-Jar of water</li><li>-Newspaper/ cardboard to protect your space.</li></ul> <p>And an old toothbrush and tape though these are optional.</p>	
2 - DRAWING YOUR HORIZON	<p>Once you have got everything set up, tape down your piece of paper if you want to. Then, using your pencil, draw a line in the middle of your page as your horizon, keeping it as straight as possible if you don't have a ruler.</p>	
3-SKETCHING THE LANDSCAPE	<p>Next, draw two hills on either side of the page leaving a gap in the middle. Reflect these two hills onto the water by roughly drawing the same hill upside down. Then, add a moon in the middle of the page and reflect that too on the water. Lastly, sketch a little island in the bottom right corner and draw two vertical lines for trees on the island.</p>	

# Create Happy Craft!



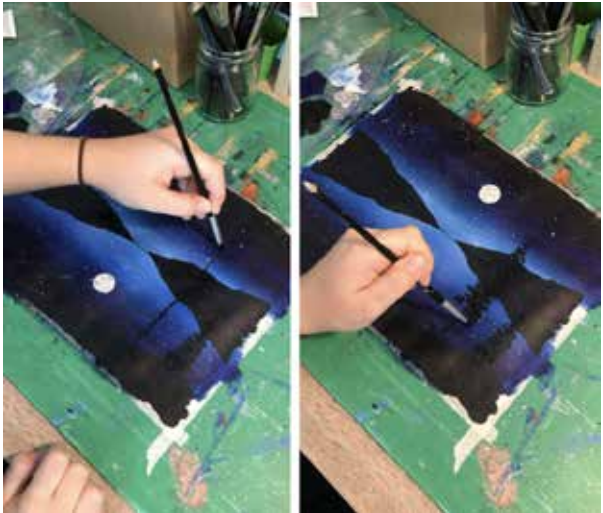
## Art tutorial

STEP	CAPTION	IMAGE
4- NIGHT SKY BLENDING	<p>Now to start painting. Using your paints, squeeze a bit of each paint onto a piece of cardboard or palette. Next, using a paint brush, get some black and paint the top of the page with black. Then, with your blue paint and using left to right strokes, blend the blue paint into the black paint. Lastly, using the same paintbrush, get a bit of white paint and blend upwards towards the blue starting at your horizon line. Blend all the colours together but keeping to the top half of the horizon line.</p>	
5- LOWER HALF OF THE NIGHT SKY	<p>Repeat step 4, starting with black at the bottom of the page and working your way up to white, while taking care not to mix past the horizon line.</p>	
6- STARS	<p>Once the sky has dried completely, using two paint brushes or an old toothbrush add some stars to your sky. If using a toothbrush, add some white paint to the toothbrush, then, using your thumb and finger, rub your finger across the toothbrush, making stars. Please note that the toothbrush cannot be used afterwards for cleaning your teeth and the paint can go beyond the painting. If using two paint brushes, dip one brush in white paint. Then, using another brush, tap them against one another, creating stars.</p>	



# Create Happy Craft!

## Art tutorial

STEP	CAPTION	IMAGE
7- HILLS	<p>Next, using black paint, paint your hills onto the sky, taking care to reflect the hills onto the water and with the middle of the hills on the horizon line.</p>	
8- MOON	<p>Once your hills have dried, paint your moon onto the sky, reflecting it onto the water. Then, mix your white and black paint together to create a grey. Using the grey, add little details of craters to the moon.</p>	
9- TREES	<p>On your island add some trees. Start by painting two vertical lines as a guide with black paint. Then, starting at the top of your line, dab your paint brush onto the page creating leaves. Start small at the top, getting bigger as you travel down the line.</p>	

# Create Happy Craft!

## *Art tutorial*

STEP	CAPTION	IMAGE
10- HIGHLIGHTS	Using the grey you made for the moon, dab little bits of it onto the trees to add highlight. Use a streak technique on the ground and lower half of the hills with the grey.	
11- FINISHED!	Let it dry, then peel your tape away if you used some, sign your name and you're done!	









## SECTION 5

# Photography



Do you love photography?  
Do you want to get better at it? Cool  
we have just the program for you.

Click Happy is actually the Mother of  
Create Happy Magazine. It is a free  
online photography program where  
you learn how to up your photography  
game and learn creative wellbeing skills  
at the same time.

We have developed New Zealand's top  
young photographers and the pages  
that follow will introduce you to two of  
them.

How does Click Happy work? Last  
year we ran a large summer program  
followed by a year of mentorship but  
this year we will be running a series  
of online weekend workshops where  
students year 7+ can learn to improve  
their photography game in short bursts  
of photo challenges. You can use a  
phone or a camera to participate.

Students who excel at the challenges  
will be offered spaces to become part  
of the visual storyteller crew for the  
next edition of the Create Happy Mag-  
azine.

Sign up here to get on the waiting list  
for the next workshop.

<https://clickhappy.org/workshops/>



## SECTION 5

# Photography

*by Callum Holding*

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Hi, my name is Callum Holding and I'm a student in the Click Happy photography course. I'm 15 and obviously love photography. I take photos of a lot of things but mainly love taking photos of cars. I started getting into photography in 2019, not as long as some other people but I know my way around a camera. I'm into graphic design as well as photography too.

One of the reasons I love photography is the satisfaction of it. When you get a photo that turns out to be amazing, it's a cool feeling. Also going to different places to take those cool photos is something else I love about photography.

I chose to join click happy because I wanted to expand my ideas about photography and how photos can tell a story. Since I've joined I feel like some of my photos have more meaning behind them and are a ton better than they were before I joined the course. Now I'm doing the full year course which was one of the best decisions I could make joining it.

My photography tips:

When taking photos of cars, angles are the most important thing! A good or bad angle could make or break your photo. The same goes for lighting. Cars have so much complexity and detail to them, when the lighting is perfect you can see almost every detail on the car you are taking a photo of. Another thing that can make photos of cars look great is reflections! If you are shooting in a cool background you will be able to see that background in the reflection of the car's paint. It can also make the design lines of the car stand out which makes your photos look great!

But no matter what, always go with whatever feels right to you. It's your photo so you don't have to follow any of these tips and there are no rules on ways to take photos of cars or really anything.

Here are some of my favorite photos that i've taken:









# An interview with Mattheus Elwood

Mattheus Elwood is a young photographer who won New Zealand Geographic's Young Photographer of the Year, New Zealand in 2021. Our journalist Jemma had a quick chat with him to find out more about him and his photography:

Tell us a bit about yourself. What age were you when you first picked up a camera?

First time I picked up a camera and used it I was probably about 8 years old. That was when my parents got me a little point and shoot that was super durable so if I dropped it or threw it across the room it wouldn't matter.

I grew up in Canada and I moved to New Zealand when I was 10. My photography journey really began when my dad saw a photo club on Waiheke and said

"Hey Mattheus you should head on down and try this out"

I was like

"No, I want to go hang out with my friends"

The whole walk home from the first meeting I just kind of kept taking photos and I just kept going and going and there was always this fight of 'I want to hang out with my friends, I don't want to go to this club' but then I'd always remember that once I actually get there and started taking photos I really enjoyed it. So I just started doing it more and more and started taking photos of my friends and meeting people that also took photos and I fell in love with it. So I kept going and I kept working on my skills, both editing and taking the photos. At the moment I'm just taking photos of my friends, I'm still in high school, I can't make a living off of photography right now so it's very much still a hobby.

Who inspires your photography or a specific style?

When I started I didn't really look at other people's work but I knew that my dad took photos so I guess my first inspiration would be my Dad even though I didn't really look at many of his photos it was just the fact that he did it. Nowadays I'd probably say that my portraits would be inspired by Damon Baker, who does quite grungy gritty style photos. I change my style a lot depending on the situation I'm presented with, like when I'm shooting my photos for my school work I'm representing or replicating or drawing inspiration from a totally different group of people. There is a big difference between what I see other people doing and what I do

because of the subject matter that I shoot. There really aren't many people out there shooting teenage parties the way I do. Peter McKinnon was also very forward in my mind when I was starting photography and was really present in my work, especially in my editing with colours. I've evolved from their work from their colours, I've changed them to sort of more me and I use them in totally different ways.

What is it like shooting teenage parties? Is there anything you have found interesting?

The process of making people comfortable with you. I don't go just to any teenage party I have to go to my friends' parties because if I go to a party where no one knows me, there's just going to see this guy walking around with a camera. There's definitely a connection that you need with the people but it's also a very observational style of photography. It's a lot like street photography I find. At least that's how I approach it, I sort of just wander around taking photos of things that I'm observing because I treat these photos as birthday presents to my friends a lot of the time, I just bring my camera and give them my photos. It's memories, it's little snapshots of what's going on so a lot of the photos have no connection to each other, they aren't really directed at all unless they are like 'Oh Mattheus can you get a photo of me doing this?' But a lot of the time it's just them doing something and I take the camera out, or I take my camera out and they see me and they do something. It's definitely observation-style photography that people think might be more involved when really it's just roaming around.

Tell us about your favourite photoshoot

Currently my favorite photoshoot has been the most recent photo series that I've done at Photo Aotearoa with New Zealand Geographic. It was six hours a day for three days taking photos and I'd never met this person before, I'd just got thrown into it. They said to take photos, make a ten-image story by the end of these three days. It was such a crazy experience and it was so far out of my comfort zone, I'd never done

something like this before. Being able to get in there and just take that many photos, then come out with something that I'm proud of and not disappointed in or feeling like I needed more time. It was quite exhilarating and really rewarding.

What is one piece of camera equipment you could not live without?

Right now I just recently built an at-home studio so there is a lot of new gear that I have been exposed to and I've started working at a camera store, so I'm constantly surrounded by camera gear. Something that I couldn't live without because it's brought me so many photo opportunities, is this little rectangle RGB light. It's meant to do under lighting or people use it in photos of cars where they stick it on the inside or when people do filing as an extra film light. I just bought it because I wanted to be able to have a light and it was the first light I ever brought but I quickly realized that it could be used on an effects mode that goes through the rainbow colours and I realized it could magnetize to things so I bring it to my friends' house for parties and just stick it on the roof and it would just light up the room in cycling colours and it just adds such a difference to the image and it's such a small compact little thing.

What is one piece of advice you have for somebody who is not so confident but is really wanting to get into photography?

When it comes to someone who is just starting with photography, the main thing is to always have your camera with you and to always keep taking photos. I went out with a friend out taking photos with them for a long time at night just walking for hours taking photos and over the last year he improved so much just by taking more and more photos. It helped that I was there to guide him a bit. If you can find someone that knows how to use a camera and can teach you and you are open minded to feedback and understand that you do need to be your own style - your own person. It's just a process of taking photos and keeping going. The best camera is the one that's with you. I know people that are doing photos in year 13 that are like 'dude I saw this one shot yesterday and I didn't have my camera with me and it's killing me.' Have it with you and keep taking photos no matter the scenario. Everything that you experience can be a story and you have the means to capture that story in the camera. Always look at something as a photo opportunity.

How long did it take to learn the skills for your light painting and fire art photos that you do?

What you need for them is a camera and a tripod because people need to understand how important the tripod is and how useful that is for a photographer. For those images, you just need to understand how to control your camera, the triangle of photography and how you can adjust it so you get the right exposure. For me, I went on YouTube and looked at one or two videos and went, ok I need to experiment. I just put my camera there and I set my camera to bold mode and then I tried out different shutter speeds and you learn by doing so. It was a lot of practical work that taught me how to do that. I went into understanding how it works and once I understood how it works I was able to do it pretty easy.

What was it like winning the Young Photographer of the Year award?

It was really surreal. I'd entered twice before and that year I felt really confident in my photos, I felt really proud of them and I thought if I go anywhere with this that's pretty cool. I didn't really have to worry about it. I was like if I fail, I fail, whatever. I got into the finals but I didn't know I'd actually go on to win it and I'd set my expectations low. I was like 'I don't think I'm going to win this.' Especially because in New Zealand, youth goes up to 25 years old so when I walked into the place and saw everyone, I was like 'some of these people look like they are 25!'

It was an amazing experience and it's crazy to get recognized for your photos. Especially at that level. It's definitely a life-changing experience that's opening up so many more doors for me and letting me meet so many more people and I'll keep that with me.

You can find Mattheus' work on his Instagram at @the\_canadian\_kiwi - or on his website <https://canadiankiwi.myportfolio.com/>

***“Everything that you experience can be a story and you have the means to capture that story in the camera.”***

# Photography

*by* **Mattheus Elwood**  
*Click Happy Alumni*









# Photography

## by Ava Thomson

Ava Thomas is a 16 year old photographer who has recently won the De Ruiter award. Ava has been mentoring in Click Happy for two years now and thinks it's a great opportunity for any young photographers hoping to improve their skills. Here is a bit about Avas experience with photography and a little bit about winning the De Ruiter award...

"I first started photography when I was about 8. I used to take my mum's phone and use her camera on it, I'd take photos of plants and our pets. After I had finished I'd delete most of the photos and give it back. But When I was about 12 I won the Kimbolton Sculpture Festival and won \$500. I used this as well as some birthday money to buy my first camera, the Fuji film x-t100, at the time it was one of the only ones of its type in the country. It came with a little 35-50mm lens with slight fisheye. A little while later I was then asked by the Manawatu district art center to have a solo exhibit there, I was the first youth person to do this there and I was the youngest person too, and I believe I still am. I pretty much sold out except for 1 or 2 prints. I made about \$700 with this. I used the money and I bought my telephoto lens, the Fuji film 50-250mm. After that I have gone on to exhibit at Joe Mcminimum's art studio, done multiple portrait jobs, and photographed a few things for the shepherdess magazine.

I started ClickHappy when I was about 14 ish this is where I learnt how to do manual settings and got me into portrait work, I stopped doing ClickHappy for a while then started again with mentoring when I was 16 ish. ClickHappy has helped me not only with my manual settings, but I have been able to help others with their work, and make friends.

I currently use a Fuji film x-t100 with a 35-50mm standard lens and a 50-250 mm telephoto lens. - with the money won from the completion I have bought a new camera, a canon eos 6d mark ii ( about \$2500) and a portrait lens for this, canon 50mm 1.8f

(\$250 ish) and a telephoto lens, canon Ef 100-400mm. - I was very shocked that I won, especially with it being such a big competition! I think it's a great way to first get into competitions. I'm very excited about not only the prize money won but also the exposure it has given me. The de Ruiter young photographer of the year competition is a really good competition for young photographers who want to start getting into competitions.

The photograph I took that won was inspired by fashion photography with how the models often carry a blank face. The idea behind it was sort of the chaos of what the audience thought it was, for some it may be the chaos in emotion, or people, or the chaos of getting back to your life after lockdown. When taking the photo I originally wanted to do it in the paddock with my sister and my horse, goat and sheep on the old green couch, I found it in our burn pile. My color theme was sort of red, as I got my sister, Lily, to wear a red jersey and my horse is chestnut (red ish). I think red is the color for strong emotions and chaos, hence the choice. But when I dragged the couch into the paddock (with no help from my sister) the light was all wrong and there was too much green etc. so I dragged the couch back to our big red shed, caught the goat, and a chicken, I then tried it there where it worked, although it wasn't what I planned with the horse it still turned out how I wanted it to, and the goat even decided to jump around for me, and one of those photos became my winning image. When taking the photo my sister wasn't actually too happy at the time, so I didn't even have to ask her to look like that, and under her other hand in the photo she actually had a big box of lollies which was her payment for doing the photo. - this photo was actually part of a series of my photos. They are all red and have my sister with different animals, this one though stood out a bit more from the rest because of its humor and the composition."



'Ava's winning photo - model: Lily Thomas'

You can find Ava's photos at her instagram - [ava\\_thomas\\_photography](#)

How do you feel about your win?

I was very shocked that I won, especially with it being such a big competition! I think it's a great way to first get into competitions. I'm very excited about not only the prize money won but also the exposure it has given me. I think it's a great competition for any young photographers to enter.

What was your inspiration for the images you took?

The inspiration was the chaos after lock down, the way things happened so quickly and randomly sometimes. I find animals are always a good representation of chaos because of the way you cannot predict what they are going to do. It is also part of a series of photographs.

Do you have any plans for your prize money?

-yup I have just bought a Canon 6d mark ii camera and a 100-40mm canon ef lens, the prize money was to go towards equipment or education.

Did you see any other entries, if so what did you think of them and why?

- I saw a few of the other winning photos in the smaller categories, all of them showed amazing skill. I'm still amazed that my photo was picked from them.

What prompted you to enter the competition

- I got sent an email from my photography teacher at school. The entry was free and I already had some photos I'd been working on so I decided to enter.

Tell me about the photos you entered

- I entered a series of 'red' photos that all had an animal theme. They came 2nd in the series category and one of them won the overall prize. I also entered a photo of ducks against a black background which came 1st in animal.

Why did you choose to enter those images?

- I chose to enter them because I thought they may have shown different compositional skills. At the time I had been working on a series of 'red' themed photos.



# Photography

*by Ava Thompson - Click Happy Student and Mentor*







# Political Change



Sophie Hanford is a politician, a councillor and so much more. Her work has been noticed throughout New Zealand and her love for the environment has rubbed off on many people. The other day I was lucky enough to have a chat with her via Zoom to find out more about her past and present career. I found out a lot about her and why she chose to do what she does.

What motivated you from the start to speak out about climate change?

'My brain was filled with fear, about the direction in which the world and environment was going and the fact that polluters still don't seem to understand the effect that they have on the planet could years down the track lead to us not having an earth to live on. I was always scared of the fact that one day people might not wake up and life will no longer live. We have this little window of opportunity to do something about it and change our emissions to put our world in a better place. It is the moment in time for us to speak out for what we know and what we know needs to happen.'

Has your family and friends been supportive about your opinions on the climate?

'Most of my friends and family were supportive and in agreement but certainly not everyone. I had a lot of people that would always say it's great to have a younger person that has hope and inspires others but over all that's not what we need, we don't need to bring hope, what we need is action. That was probably one of the most challenging things to get through. I needed people to actually take me and my thoughts seriously.'

When you were younger who was your main inspiration and why?

I would have to say Helen Clark was my main inspiration. Because she was one of the first people I saw in a prominent leadership role, as she was our prime minister in the late 2000s. As I moved into year 7 and 8 I realized that we

## *Interview with* **SOPHIE HANDFORD**

needed people in roles that are women, we needed people in roles that spoke out for what they believed in and brought a different perspective to the table. It was awesome to see a part of my identity represented in an important role of leadership.

What do you feel your main struggles were when you were younger and why?

I feel like the main struggle for me was people not taking me seriously and me not taking myself seriously. I always believed I had to grow up to be able to do the things I want to do. But I now realize that is a big lie. I wish I got over that earlier and got right into everything when I was younger. I believed that there was only one way to live what they call a normal childhood, with university, finding a job and so on. I do feel privileged that was my only challenge though, I know that a lot of other people would have had to overcome harder obstacles than me.

How did all of this roll on to you being a counselor?

To be honest it actually rolled on quite nicely. I still have moments of self doubt. The age of the next youngest member of the kapiti council is actually 42, so you have me at 21 having to always carry that youth perspective. Councils for me are pretty intimidating environments, even just the way everything is set up and the formalities of things and the fact that the agenda is over 400 pages long is quite daunting.

What's one thing you have and always believe in?

I've always believed in the amazing power of a collective, and the power of a group and their voices. It's always so much easier to get on with things when we have others that support us and bring new ideas into the mix. And I think the same thing is very much true in the ways we tackle climate change. It definitely isn't going to be fixed by one person alone, and even Greta Thunberg has a team of millions behind her that are ready to help the world in whichever way they can.

What's your biggest accomplishment so far?

This is a more difficult question for me to answer as people might look at what I've done over the past years and think oh her biggest accomplishment should be winning such and such award or going to this certain event and I feel extremely grateful to be recognised for things I never would dream of ever being recognized for but for me my biggest accomplishment would have to be being apart of the school strike that mobilized 170,000 people across new zealand which was one of the biggest strikes in new zealand



# Political Change

*Interview with*  
**SOPHIE HANDFORD**



history, so to be able to be apart of something that was so momentis was amazing.

How do you feel about being the youngest councilor in New Zealand?

When I first put my name forward for the election I had no idea that if I was elected I would be the youngest. So it was a real surprise when I got a call from I think it was the New Zealand Herald and got asked how does it feel to be the youngest councilor to ever be elected in New Zealand's history and I was like am I? Like it didn't click for me. I don't often think about the fact that I am the youngest, I just think about all of the other youth getting involved to help out and start their career.

Did you have something that helped you get into the local council?

One thing that helped me get a good career pathway was when I was actually in high school. I was the service captain and also the head girl of Kapiti College. It was a pretty good experience to open the doors to the council. I was also the student rep on the board of trustees for a few years at school, so those experiences helped me learn life skills as well as skills to help me get into having a career as a councilor.

What is one thing you want to achieve in your career?

To be completely honest I have no clue, and I have learnt to realize that is okay. Once I finished high school I was fully set on going to university. I stopped to think and asked

myself why am I going to university ? Am I going just because everyone else is ? But I one day want to work at an international level and be able to support other youth that want to build a good career for themselves.

What is one piece of advice you would give to someone who wants to be like you?

This is a tricky question as I feel that any piece of advice I give I also need to take it and do it myself. And I've always been guilty of saying to someone just do this and be confident and you will be fine and then afterwards I think am I even doing that myself ? But one of the biggest things I would say is just to back your own voice and don't be ashamed of being confident in what you believe in and who you are as a person.

And to finish up! What is something you do to clear your head ?

Sometimes I'm pretty terrible at making time for myself and a lot of the time it is very overwhelming. But I love to just plug my headphones in and have a boogie in my room to kill off the hectic vibe. Sometimes it feels like you have these big responsibilities that are weighing you down so for me it feels good to just wash all of the weight away with the sound of music.

Hannah Viles

# Rural Youth

*A day in the life of a farmer*

*by : Sophie Hansen*



## A day in the life of a farmer

The ground squelches under my boots as I walk through the paddock. A week ago this place was a desert. The only signs left of the drought is the short, stubbly, grass, just starting to grow. My dog barks in excitement as he spots some sheep in the paddock in front of us. Lambing season is coming up and the ewes bellies are bulging. Everyday we check the sheep, half expecting an early lamb. I scan the paddock for little white dots while my keen dog eyes the sheep from the other side of the fence. The rain may have been

good for the grass but the sheep look like soggy marshmallows. There's no lambs to be seen. I walk back up to the house, disappointed that none of the ewes have lambed yet. The next job to do is shifting the stock. My dad hops on his quad bike while I take my motorbike and my dog (Teddy) runs beside us. Teddy is a huntaway so he has a really loud bark, perfect for chasing bulls, and it's his favourite job!

The bulls we are shifting can hear us coming, they have all excitedly gathered by the gate. When we open the gate it's a bullrush! Literally. It's every bull for himself as they rush to be the first to reach the lush, fresh grass on the other side. I can't help but notice Teddy looking slightly disappointed that he didn't get to chase them. However another mob of bulls are on the border

# Rural Youth

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## *A day in the life of a farmer*

**Words and photography by : Sophie Hansen**

of the new paddock. Putting two mobs of bulls opposite each other is like asking for your fences to get destroyed. We have to try to keep them moving into the next paddock along. Shifting them once they are already on fresh grass is always hard because none of them want to move! While Teddy barks at their heels, me and dad stay behind them to keep them all together.

Most of the herd reluctantly moves into the new paddock but a few stragglers make a run for it. Teddy is in his own little world and doesn't even notice the stragglers. I quickly block their path and they are forced to go through the gate and join their herd. We have this joke, particularly with the sheep, there's always the dumb ones. When the whole rest of the herd has already gone through the gate and onto the fresh grass there is always 1 that either can't find the gate or doesn't want to move, and when it does find the gate usually it gets stuck between the back of the gate and the fence!

My dad swaps into the tractor with the feedout trailer so we can feed out to the rest of the bulls while I follow behind on my motorbike, camera slung over my shoulder. First stop is collecting the silage bales. The silage is from excess grass grown on our farm in spring. It is chopped and turned into bales so we can feed it out in times when the grass doesn't grow as much. The feedout trailer has inbuilt spikes to help load the bales. Once both bales are onboard and have been unwrapped we head off to the first paddock of bulls. They are already waiting for us, impatiently pacing the fence line.

The bulls crowd the tractor as my dad enters the paddock. He has to beep the horn to stop them from walking in front. A few cheeky bulls grab mouthfuls of silage on the way past. My dad starts up the feedout trailer, as it spins the bale unwraps and the outer layer rolls off the side of the trailer. He does a zig zag across the paddock until the final clump of silage has been offloaded.

The smell of fresh silage fills the air and the bulls rush to get their share of the feed. And we are off to the next paddock. After all the bulls are satisfied and have full bellies we drive up to the deer paddock to give them a bit of silage as well. The deer are quite skittish around humans but at the same time they are excited to get their silage. The stags prance around the herd keeping watch while the does and fawns are protected on the inside. They won't come up and eat while we are here but as soon as we leave they rush up to claim their spot. Our final job for the day is to drench the calves.

With farming it's really important to keep your animals healthy because your stock are your income. The calf paddock is already close to the yards so it isn't a big shift, much to Teddy's dismay.

When we have rounded up the last stragglers and put them all in the yard pen, dad gets the drench gun ready. He estimates the calves' weight and uses that to calculate how much drench they each get. Teddy impatiently groans, sitting still while we drench the cows is his least favourite job. We line the calves up in the race. Even though the drench is good for them they hate it. Some tolerate it while others try to hide their heads. Dad puts the end of the drench gun inside the side of their mouth and squirts









the drench. The drench goes up to the back of their mouth and they swallow it. The drench kills worms living in their stomachs (not earthworms) and stealing the nutrients from the grass the cow has eaten.

Once the calves have been drenched they are let out into a new paddock. Drenching always takes a while but eventually we finish with the last calf and let him out to graze with the others. They happily munch away on the fresh grass.

Innovation is a big part of farming, my dad is constantly fixing and building new things in his shed! He built a feed out wagon that can be used with a quad bike (most are designed for tractors), however the weight of the bale and the trailer when the bale is being picked up makes the front wheels of the bike go up in the air so he has a weight he sticks on the front to keep them grounded! Once the bale is sitting on top it the

wagon works great!

Our water ram is also very innovative. Water rams pump water from a creek or pond on the farm to water tanks and the cow troughs. Our farm water system uses gravity to pump itself, so doesn't use petrol! We pump water from a freshwater creek on our farm. The water pump is lower down than the part of the creek it pumps from so the gravity of one lot of water flowing down the pipe is used to push another lot (that's inside the pump) up the hill and into our water tanks. The water tanks are at the highest peak of our farm so from there, the water is gravity fed down the pipes and into any troughs that need it. Without all of these innovations it would be a lot harder to run the farm!

Sophie Hansen





# Zodiac Signs

Happy Birthday to all the Cancer babies, you lucky lot are born under the sign that our first issue is out!

Here at Create Happy we believe that your Zodiac sign doesn't define who you are as a person, you are who you are and a Zodiac doesn't make you more or less a person - but that being said there is evidence that Zodiac signs have some relevance and truth! We have done an in-depth look on Cancer, Leo and Virgo as they are coming up in the period that this issue is out, as well as including a short bit about the rest of you!

**Cancer (June 21 - July 22):** The symbol for Cancer is a crab, their ruling planet is the moon and their colour is white. Cancers are sensitive so they understand others' emotions and will do what they can to cheer people up. They have an open heart and are very loyal to those who they trust. Cancers are very empathetic and are often burdened by their, and others', unhappiness. They are very protective, doing everything they can to protect those they love.



**Leo (July 23 - August 22):**

People born under the Leo sign are very lively, fun, loyal, and honest. They are natural-born leaders who are proud and confident as they live their lives to the fullest, and they love being in charge of everything they do, be it work, home or play. They are under the watch of the Sun. Their lucky things include Sunday as their lucky day, the number one, the colour golden yellow, their gemstone is the ruby, and their metal is gold.



**Virgo (August 23 - September 22)**

Virgos are under the care of Mercury - the messenger god - and they are represented by the goddess of wheat and agriculture. Their overall colours are green and brown, these colours link them to their grounded mind and continuous growth. Virgos are natural thinkers who face daily tasks with a logical and practical response. This Earth sign is known to be a perfectionist and are not afraid to keep working at their weaknesses. Though their systematic thinking is extremely helpful, Virgos need to remember that flaws are not defects and perfection cannot be achieved even after relentless work. Nevertheless, Virgos are resourceful, kind, and comfortable to be around. These gentle people make great teachers, nurses, editors, and musicians.



**Air Signs:**

**Aquarius (January 21 - February 19)**

A person born between January 21st to February 19th is an Aquarius. The symbol of this sign is The Water-Bearer, and their planet is Uranus. Their lucky things are the number seven, their colour is violet or blue, their gemstone is amethyst or aquamarine, and their metal is uranium, their lucky day is Wednesday.



**Gemini (May 22 - June 21)**

A person born between May 22nd to June 21st is a Gemini. The symbol of this sign is The Twins, and their planet is Mercury. Their lucky things are the number five, their colour is yellow or white, their gemstone is the agate, and their metal is mercury, their lucky day is Wednesday.





# Zodiac Signs

Libra (September 24 - October 23)

A person born between September 24th to October 23rd is a Libra. The symbol of this sign is The Scales, and their planet is Venus. Their lucky things are the number six, their colour is blue or pink, their gemstone is the opal, their metal is aluminium, and their lucky day is Friday.



Earth Signs:

Capricorn (December 22 - January 20)

A person born between December 22nd to January 20th is a Capricorn. The symbol of this sign is The Goat, and their planet is Saturn. Their lucky things are the number eight, their colour is brown or green, their gemstone is garnet, and their metal is lead, their lucky day is Saturday.



Taurus (April 21 - May 21)

A person born between April 21st to May 21st is a Taurus. The symbol of this sign is The Bull, and their planet is Venus. Their lucky things are the number six, their colour is blue or green, their gemstone is emerald, their metal is copper, and their lucky day is Friday.



Fire Signs:

Aries (March 21 - April 20)

A person born between March 21st to April 20th is an Aries. The symbol of this sign is The Ram, and their planet is Mars. Their lucky things are the number nine or seven, their colour is red, their gemstone is diamond or ruby, and their metal is iron, and their lucky day is Tuesday.



Sagittarius (November 23 - December 21)

A person born between November 23rd to December 21st is a Sagittarius. The symbol of this sign is The Archer, and their planet is Jupiter. Their lucky things are the number five, their colour is blue or purple, their gemstone is turquoise, their metal is tin, and their lucky day is Thursday.



Water Signs:

Pisces (February 20 - March 20)

A person born between February 20 to March 20 is a Pisces. The symbol of this sign is The Fishes, and their planet is Neptune. Their lucky things are the number three or six, their colour is sea green or turquoise, their gemstone is aquamarine, and their metal is tin, their lucky day is Friday.



Scorpio (October 24 - November 22)

A person born between October 24 - November 22 is a Scorpio. The symbol of this sign is the Scorpion, and their planet is Pluto. Their lucky things are the number two, their colour is shades of red, their gemstone is topaz, their metal is sodium, and their lucky day is Tuesday. They are also known to be quite passionate and intense people.



# Ask for Advice

Welcome to the Ask the Crew section of the Create Happy Magazine! We developed this segment in order to give the youth of New Zealand a platform to ask questions. Whether you're having problems at school, at home or just genuinely curious about something, we can assure you that Faithe, Mandi or the rest of the crew will do their absolute best to provide you with an answer or a solution. We know that being young in this time and day can be stressful, and we, the Create Happy Crew, hope that you know this is a safe, judgment-free zone. Don't be afraid to ask anything. But also know that we are not mental health professionals. If you need urgent support here is a link to where you can find that support: <https://themojolution.org/mental-health-help/>

But if you want to know about becoming a professional artist. If you have questions about all things Maori, or if you want an objective opinion from a teen writer for the magazine...go for it. Ask away.



## Ask Mandi

If you are after straight shooting pragmatic support on how to move into a career as a professional artist or about wellbeing Mandi is your gal. She is a holistic nurse turned professional artist / youth worker and is the founder of the trust that runs Create Happy. She has won New Zealand's Creative Photographer of the Year, has run a successful photography studio for 14 years and is a film director/producer. If she doesn't have the answer she probably knows someone who can help. She knows that you have gifts from your ancestors and your strengths are treasures for the planet. Her goal is to help you to understand this and support you to use your gifts to make the world a better place. write her at [AskMandi@createhappy.org](mailto:AskMandi@createhappy.org)



## Ask Faithe

Faithe is our Kaumatua who came to us through the Click Happy Program.

"Kia ora. I affiliate to a number of Iwi - Tuhoe, Tuwharetoa, Ngati Manawa, Te Whakatohea (where I live). I have worked as a counsellor in a high school and currently support a charitable trust involved in developing mental wellbeing programmes alongside rangatahi/for rangatahi. I have a holistic approach to life believing that all things are interconnected and believe wholeheartedly in today's rangatahi and their ability to change the world for the better. I'm happy to just be a sounding board and to answer anything." Send your questions to [AskFaithe@createhappy.org](mailto:AskFaithe@createhappy.org)

# Faithe + Matariki



Matariki is based around three 'states of being' - remembering the year that has just passed, celebrating the present and acknowledging the future.

Firstly, ask yourself who you might like to remember and how you might do so. Maori believe that stars represent those who have died, and would call out the names of loved ones into the heavens. If you can't think of anyone, then consider maybe a loved pet - the heavens are after all full of animal constellations! This expression of aroha ensures that every time we look up we remember them - that they are not forgotten. Do it loudly, or quietly, with tears or without and remember them. Make it heartfelt.

Secondly, celebrate the present with the three F's - Food, Fanau (Whanau/friends) and Fun. Do what gives you joy with the people you like to

hang out with and feed the stars, and remember to include your animals as well, for they too give us unconditional love.

Thirdly, think ahead and like every new year make a new year's resolution. Make a wish and dream big and send it to the heavens. If you are visual then draw or write it down.- Most of all believe that within you lies the creative ability to make it happen.

Lastly, do something different and get up early at the crack of dawn between 5:30 - 6:00 am and actually view Matariki in the early morning sky. Set your alarm, get up and find a nice clear sky space facing north east. If you don't know how to find it, go to [www.livingbythestars.co.nz](http://www.livingbythestars.co.nz).

When you find it, take a photo and share it on instagram.





# Would you like to write for Create Happy Magazine?

*Each edition will be produced by a different crew of 20 talented young writers and visual creatives. We want you to apply to create with us.*

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Go to

<https://CreateHappy.org>

A photograph of four young women with vibrant red hair, all dressed in black. They are gathered outdoors, with a white metal fence and green foliage in the background. One woman is seated in a white ornate chair, holding a black Canon DSLR camera. The other three women are standing behind her, looking at the camera with joyful expressions. A large, golden, textured particle effect forms a heart shape behind the group. In the bottom left corner, white text is overlaid on the image.

**forget  
finding  
yourself...  
create  
yourself  
instead!**





**create**  
happy

‘Forget finding yourself,  
we’re creating ourselves.’