

A graphic featuring a mountain range under a warm, orange and yellow sky. The text "Panama Riverside" is centered at the top in a bold, black, sans-serif font. Below it, "Happy Thursday" is written in a white, cursive script font.

Panama Riverside

Happy
Thursday

What another fantastic community network meeting

Thanks to Ossie Manukuo, Community Broker, Maungakiekie/ Tamaki Local Board for attending as our guest speaker.

FOR YOUR INFORMATION

Everyone agreed that community safety is very important here in Panama. We all keep an eye out for each other and are quick to report anything suspicious. It really shows how much we care about our neighborhood and each other's well-being.

The old days are not too different in Panama now as back in the day, it is something to be proud of. We have a strong sense of trust and camaraderie here that you do not find everywhere. "I would not want to live anywhere else" was a strong theme throughout the evening.

The local **Maunga and Awa** are the strength of who we are, our well being is closely connected as we are spiritually aligned to the forces of nature. Panama people have always been proud of where and who we are.

Spiritual connection to the land: Maori have a deep spiritual connection to the land and view mountains (Maunga) and Awa as sacred and significant places. A new project emerged - Maunga and Awa - aims to connect with cultural history and traditions, as well as strengthen spiritual connection to the whenua (land). This connection to the land can provide a sense of belonging, grounding, and emotional well-being for not only Maori, but all people. Maunga and Awa will bring people together providing the community with a greater sense of belonging and connection. Watch out for **notices coming soon** and join in with others as we all get to know one another.

The discussions also revealed an appetite to engage with housing developments so that we can preserve the natural beauty of Panama Riverside. It is important to strike a balance between growth and sustainability to ensure our neighborhood remains a great place to live for generations to come. **Invite Kaianga Ora** to be our next guest on the 20th June, 2024.

The gathering also unveiled ideas supporting surveys that speak to **Gardens for Panama**, in community spaces and also encouraging this at home. Neighbors sharing, caring and building better relationships with one another. Gardening is a physical activity that can promote overall health and well-being. It provides an opportunity for exercise, fresh air, and time spent outdoors, which can support physical fitness and mental wellness.

Matariki, also known as the Maori New Year, is a time of celebration and reflection in New Zealand. There have are a number of activities that the Panama community have identified and wish to activate during this time to honor Matariki.

These are the activities the working group wish to activate: [working group members so far are Moa, Josh, Kerri-Anne, Steve, Thomas, Tea] If you want to join this subcommittee please call or email, we would love your help. Below are some of the initial ideas.

Panama Matariki Under The Stars - Marquee Ian Shaw park 1 July - 7 July 2024

Hangi Panama Matariki celebration: Matariki is a time of celebration and reflection, and sharing a hangi can be a festive way to mark the Maori New Year. Residents can come together to enjoy delicious food, music, and conversation, strengthening community bonds and building relationships.

Purakau (Maori legends and myths): Sharing and listening to traditional Maori stories and legends about the stars and Matariki can be a powerful way to connect with Maori culture and history.

Weaving: Maori weaving techniques have been passed down through generations and can be a beautiful way to create and connect with nature. Making traditional woven items such as harakeke (flax) mats or kete (baskets) can be a great way to honor Matariki.

Waka ama (outrigger canoeing): Waka ama is a traditional Maori sport that involves paddling an outrigger canoe. Taking part in a waka ama session during Matariki can be a fun and active way to celebrate the New Year.

Overall, Matariki is a time to come together with friends and whanau (family) to celebrate the past year and look forward to the year ahead. These activities can help to deepen your connection to Maori culture and the natural world during this special time of year.

There is a small community team already however if you want to join this subcommittee, please email me panamardresidents@gmail.com to get more information. The Matariki celebration has been set down for 1 July – 7th July with activities in the Panama Matariki Marquee each evening finishing with a community hangi and celebration on Sunday 7th July at Ian Shaw Park (tbc) by the Matariki subcommittee.



Ossia and local Panama Riverside leaders at Happy Thursdays - Panama Riverside's Community networking space.

Join us at the next meeting! This is a wonderful opportunity to engage with others, share insights, and collaborate on new ideas. Whether you're looking to contribute your thoughts, learn from others, or just connect with like-minded individuals, this meeting promises to be both stimulating and productive.

We encourage everyone to come and discuss recent developments, brainstorm solutions to challenges, and explore future opportunities. Your unique perspectives and experiences are what make these meetings invaluable. Let's come together to inspire and be inspired, fostering a creative and supportive environment for all.

Next meeting we will confirm Matariki plans and have guest speakers who will inform and inspire us all.