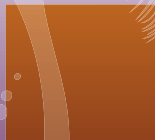


A UNISON OF OARS TAKANGA A FOHE



A Pacific compilation recognising the collaborative identity of four regional Pacific consumer/ service user and family forums, and a national forum across the nation of Aotearoa, New Zealand.



Music written, performed and produced by Pacific people who use mental health and addiction services, their families and whanau and our therapeutic communities.

1 EMBRACE ALL PEOPLE

Embrace all people, no matter what colour
or race you are
We are human, with common destinies
A truth of life, spiritually, emotionally,
physically,
Cause mental health means recovery
Motivated, I'll get up, playing sports
having a job, hobbies, TV, listen to my
radio
A quarter acre patio dream of hope

What's stopping me now? I know this on a
rough night
Everything against me, get ready for the
fight
If I am warm, good sleep equals good
mood
I can see brighter days, all is well on both
sides (x2)

[Repeat both versus again]

2 TAKE ME AS I AM

Everyone needs to be needed, thought of
a good day
Up for my family, to God I will pray
Touch my heart when I wake, control of
my fate is in your hands

To give something back to you lord is the
work I do [Repeat verse]

This is the need to give something back,
salvation's a better place
Once a captive now I'm free, blinded but
your truth let me see
You are the head of my family

Chorus

Everything I am, everything I wanna be,
you Lord took my pain
Now I feel like someone chosen born
again
Everything I am, everything I wanna be,
you Lord took my pain
Now I feel like someone chosen born
again

Everything I am lord, you are the one, you
helped me love again
Take me as I am Lord
You are the one you are Lord
You are the one you are my Lord

Everything I am Lord, you are the one, you
helped me love again
Take me as I am Lord
You are the one you are Lord
You are the one



By Anamaria Tulia (9 years old)

The traditional wooden bowl represents the culture. The island fruits in the bowl represent the traditional island food. The mat represents the family. They normally sit on a mat when they have a talanoa so I believe all of these show what being Pacific and healthy looks like.

There's no I in we
Always you bringing a peace to my soul,
for me to depend on
You took my illness and shame from the
start
Healing my grieving heart
You're always there guiding me
everywhere
Leading my family home (x2)

Everyone needs to be needed, thought of
a good day
Up for my family, to God I will pray
Touch my heart when I wake, control of
my fate is in your hands
To give something back to you lord is the
work I do.

It's your work I do...

Everything I am Lord, you are the one, you
helped me love again
Take me as I am Lord
You are the one you are Lord
You are the one you are my Lord [Repeat
verse five times]

Everything I am Lord, you are the one, you
helped me love again
Take me as I am Lord
You are the...

3 TOGETHER AS ONE

Takanga A Fohe, taught me how to row
A unison of oars together as one
To a destiny where I wanna be
Out on the sea with my family
Colonisation taught me how to sing
Row row, row your boat gently down the
stream
Merrily, merrily, life is but a dream
So it seems
Until you become unwell and the paddlers
start to scream
You say when you talk to me it's all about
autonomy
I say there's no I in we
You make it sound like a new discovery

Chorus

Be true, be true, don't you make my brown
eyes blue (x2)
Be true, be true, don't you take away my
truth
Be true, be true now, don't you make my
brown eyes blue

I'm not walking here alone
You make me feel like I was born a clone,
to roam
I'm not here talking to myself
I'm not a brand on a supermarket shelf



By Elisharma Tapu (9 years) and Myra Tapu (4 years old)

Pacific health is flowers, jandals, coconuts, fish, sunsets, tropical fruit, drums, music, palm trees, beautiful people and church.

Chorus

So come row with me, you see I wanna go home
Too many years I've wasted on my own
[Repeat verse]

Chorus

Be true now, be true, don't you make my brown eyes blue (x2)
Aiga, whanau, family, friends forever
Solid support spirit power together (forever)
A balance of fun, joy and laughter whenever
A good home to stay in all weather

Chorus

Be true be true, don't you make my brown eyes blue (x2)

Instrumental – sax solo in F minor sequence

Keep a healthy mind, an awareness
Eating positive words, just in case I get careless
My neighbours good to me now I've heard
Caring is more than just a word

Chorus

Don't give up on me, even though I've given up myself (x2)

Loving life and living it to the full
Hope for understanding to us all
Independence standing on your own
Til the stigma's recognised at home
No matter how tiring things can be
I found my way and I know you'll find me
Relationships the key to recovery!
Love is recovery!

Chorus

Don't give up on me, even though I've given up myself (x2)
Hope, what I'm searching for
To have a life worth living, again (x2)
Don't give up on me, even though I've given up myself (x2)
Be true, be true, don't you make my brown eyes blue (x4)

4 TO BELIEVE IN OURSELVES

To believe in ourselves, our lives will be well, be well
Through hope and love, with God our families one people
That we can journey, together for a new tomorrow
Hibiscus from Malifa, ukulele drums of Pasifika



By Samuel Vaalu (6 years old), helped by Dad

When asked by his daddy, "If you had to draw a picture of a healthy Pacific mind, what would it look like?". Without hesitation or a second for thought, Samuel clasps his hands together and announces, "Well, first daddy it would look like me, and I would be sitting in front of a big wooden bowl and it would be full of fruit like pineapples, coconuts, bananas, apples..."

"Wow!" says daddy, "that didn't take you long to think of. What is it about it that makes it a healthy mind Samuel?"

"Because daddy, if you want to be healthy, you need to eat healthy foods and fruit is healthy," states Samuel as he looks at his dad, with a slight 'don't you know daddy?' look. "Oh and what about it makes it a

Pacific mind Samuel?" "Well, daddy" again the same 'keep up daddy!' look "all of the fruit is from the Pacific - pineapples, coconuts, bananas..."

A healthy Pacific mind is a balanced one. It acknowledges a holistic perspective - 'healthy body - healthy mind'.

This is also a powerful metaphor. In order for Pacific to have a healthy mind, we have all the resources in our own backyard - the Pacific. We have an abundance of beautiful fresh fruit in the Pacific. Mirrored by an abundance of beautiful and fruitful people that are one of our most valuable assets. The depth of this as a metaphor can and should definitely be explored.

Know who I am, before I can, hope to
understand the island
Ways of village, tradition so that healing
comes from within

Polynesia, spiritual people, our strength
our identity
Pasifika hold to that memory, Cherish the
gift, creativity

You got to be positive, sunshine in the rain
A smiley face, til we meet again (x4)

West Fono, Vakatautua
Malologa, Faleola, Lotofale
Penina, Le Va, Tupu, Isa lei, Malaga
Takanga A Fohe
Rowing, rowing in unison

Takanga A Fohe rowing, rowing in unison
In service to the people, share vision
In service to the people, Northern region,
rowing, rowing in unison

You got to be positive, sunshine in the rain
A smiley face, til we meet again (x3)

5 WE ARE FAMILY

We are family, life is a beautiful thing
We are family, we cover all emotions as
we sing
With safe environments, we can walk
together
And dance, our identity [Repeat verse]

We are family, respect is a positive thing
We are family, to you this is what we bring
Our loved ones, supporting us, owning
our recovery
Belonging, connecting with our
communities [Repeat verse]

To meet and support the needs of Pacific
people to reach their full potential
A Polynesian workforce is an essential
credential
Lalaga, wellbeing through acceptance and
independence
Come together, enjoy (x2)
Doesn't matter where you're from, laugh
with me cry with me
All day long, we are family (x2)

Doesn't matter where you're from, laugh
with me cry with me
All day long, we are family (x2)



By Brooke Corbett (17 years old)

My drawing depicts my view of a healthy mind. A circle of love and life. Family interwoven, window to my heart is open for all who surround me with their support and love. Through the good and the bad each strand added to my rope to help strengthen my everyday walk, the spiritual wholeness that I was founded on and the beauty of my culture intertwined.

6 RECIPROCITY

The power to give is the power to live (x4)

What's with the zombie walk, and slurred
small talk?

If that is what I see, passive ferocity, if it is,
I see you in me

Gimme a break I know how to love

I know how to give, reciprocity

Recognise in me, the opportunity

For a valued place in society

The power to give is the power to live (x2)

We have a sense of partnership

That we can and we will, play a part on the
world stage

And rage in a cool way, unlike the rolling
stones

I can get satisfaction, I'm not angry
anymore,

I know where I've been I know where I'm
going

Reality is identity knowing who I am is
recovery

I said thank you therapeutic community

Looking back, our history to honour those,

honour those, who lived a memory of

To honour those who lived a memory of

Ashburn Hall, Tokanui, Oakley, Carrington

Lake Alice, Sunnyside, Porirua, Hamner
Springs

Te Whetu Tawera, Karori in the day
Whare Paea, Manawanui, Kingseat, Tiaho
Mai, with the grand piano bringing
healing songs of freedom, songs of
freedom

I'm not, asking you to, defy, gravity

It should, be our voice, together planning
healthy strategy

Leadership through service hear the cry,
hear the cry, of the children [Repeat verse]

The power to give is the power to live (x4)

Solo – Siva

The power to give is the power to live
(x5)...fade ending

CREDITS

Embrace all people (6.05)

Lead vocals Sela Mahe

Backing vocals Tommy Raki and Krystal Moka

Lyrics by Central Regions Pacific Service User and Family Forum

Take me as I am (8.40)

Lead vocals George Siaoasi and Oz Aneru Ainuu

Backing vocals Georgina Siaoasi, Marika Ahsei, Sela Mahe, Tommy Raki, Krystal Moka and Tala Aneru Ainuu

Lyrics by He Tipuana Nga Kakano Midlands Regional Consumer Advisory Group and the Midlands Regions Pacific Consumer and Family Forum

Together as one (8.58)

Lead and backing vocals Oz Aneru Ainuu

Lyrics by Northern Regions Pacific Consumer and Family Forum

To believe in ourselves (5.13)

Lead and backing vocals Aigamua Mike Sauni

Lyrics by Northern Regions Pacific Consumer and Family Forum

We are family (5.20)

Lead and backing vocals Tommy Raki

Lyrics by Lalaga, Southern Regions Pacific Consumer and Family Forum

Reciprocity (7.20)

Lead and backing vocals Lapi Mariner

Lyrics by Papalii Johnny Siaoasi

PRODUCTION TEAM

Recording engineer Sir Greg Callinan @ Toi Ora

Tracks mixed by Inoki Finau

Producer, compositions/arrangements and all musical instruments Papalii Johnny Siaoasi

ACKNOWLEDGEMENTS

First of all, I would like to give thankz to our creator, our consumers/service users and families and our therapeutic communities for supporting this work. Our hope is that the messages in our songs will touch your hearts just as you have touched ours.

A Unison of Oars is our Pacific debut recognising the formational identity of four regional Pacific consumer/service user and family forums and a national forum across the nation of Aotearoa/New Zealand. Waitemata District Health Board, Vakaola Trust, Pacific Canterbury Trust, and Midlands Region (Eseta Nonu Reid) are lead providers committed to vibrant Pacific leadership within the mental health and addiction sector. Toi Ora Arts and Le Va have played a significant role in achieving the development of this resource for all people of our nation. To our sponsors Le Va and Te Pou, you rock!

Peace.

Papalii Seuli Johnny Siaoasi

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- 1 EMBRACE ALL PEOPLE
- 2 TAKE ME AS I AM
- 3 TOGETHER AS ONE
- 4 TO BELIEVE IN OURSELVES
- 5 WE ARE FAMILY
- 6 RECIPROCITY



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