

WESTERN Community News

YOUR PEOPLE ~ YOUR PAPER

Issue 131 (Here-turi-kōkā / August 2024)

Delivered to over 19,000 homes throughout Hamilton West



Let's Playball!

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Fraser High School students' performance pulls on heartstrings at Showquest Waikato and is awarded 'Best School Spirit', 'Best Drama', 'Best Live Music' and second place overall

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Here 2 Care is celebrating their first year

Well what an honour and a privilege to be back at 100 Grandview Road 10 years later and with a Charitable Trust named Here 2 Care having finished my Police Career last year.

Here 2 Care endeavours to Influence societal change as best we can by providing an environment of understanding and support – Our ATM Values are Aroha (Love) Tautoko (Support) and Manaaki (Care) which will hold the kaupapa to account as time goes on.

Like anything new it takes time to harness the energy and wealth of knowledge in the Community to create a

solid foundation for the future.

To celebrate one year since obtaining the keys from Tainui Group Holdings we'd like to invite the Community to come along, meet the team, check out the venue and here what we have planned moving forward.

Who: Here 2 Care Charitable Trust
What: Celebrating One Year Lease
When: Saturday 31st August 2024
Where: 100 Grandview Road, Nawton, Hamilton
Why: Because we care and want to share



Here2Care

Tama Potaka, MP Hamilton West



By Hon Tama Potaka, MP Hamilton West

“Kei te pehea koutou? It is going very well with much to celebrate! Firstly, our athletes on the global stage at Paris 2024. Our wider community is well-represented in many events, and while we acknowledge all Olympians, we are excited when Aotearoa contestants participate, and especially if they are placed and our country’s flag is raised and our anthem heard. Nga mini.

We have further reason to be proud of committed sportspeople with many local players now named as All Blacks or New Zealand sports representatives. Such players have represented their provinces and our region. Their coaches, supporters

and whānau are also acknowledged for their encouragement.

Our city continues to celebrate its multi-cultural diversity and a recent event hosted by The Waikato Filipino Community marked their Independence Day. This memorable Cultural Show held at The Fale, Kaute Pasifika Village was a special and colourful occasion.

To all our rangatahi who have returned for Term 3, may you enjoy this time of your lives, make the most of the many opportunities available in order to become excited learners and leaders. Your teachers and whānau and your fellow country men and women want this for you.

Nga whetu o Matariki.”

Surviving your winter bill with these insider tips to get you through the cold snaps

Energy Issues in Winter

Utilities Disputes Ltd (UDL) runs the Energy Complaints Scheme – a free, independent, and fair dispute resolution service for Kiwis that have an issue with their electricity or gas companies.

Each year as winter approaches, we start to see increases in complaints as people rely on their electricity and gas to keep warm and safe.

We’ve pored through our data to find out what issues effect people the most and put together some tips to avoid them this winter season.

Credit and Debt Complaints:

Nearly 40% of all complaints about credit or debt come during the winter months. As Aotearoa gets cooler, bills get higher – which creates difficulties for heaps of consumers.

The good news: companies have an obligation to try and help you with your bills if you start falling into the credit process. This could be by referring you to a budgeting service or by trying to set up an affordable payment plan. Payment plans can stretch debt over a longer period that allows you to keep paying new bills while paying it off.

If you can’t agree on a payment plan, you can get in touch with us. We’ll work with you and your retailer to sort out a fair plan that keeps the lights on.

Another trick is to ask your retailer if you can sign up on ‘Smooth Pay’. Different companies use different names for this plan, but it essentially means that you’ll pay a fixed amount every month, building up credit during the summer months which will go towards your winter bills.

This makes planning payments easy and saves you from the harsh hit of high winter bills.

Supply:

Winter is when we see the most supply complaints at UDL. Stormy weather can take out important equipment, and the added stress on the grid can cause temporary blackouts. While an unplanned outage isn’t something you can predict, it is



something you can be prepared for.

Make sure you have access to the essentials – a light source, plenty of layers to stay warm, and food and water that doesn’t need to be heated or refrigerated. While most outages only last a few hours, severe weather events – like we saw in Auckland and Gisborne last year – can take out a regions power for days.

This can be a big issue for anyone reliant on power for health reasons, also known as a ‘Medically Dependent Consumer’. If you’re medically dependent, it’s crucial you let your retailer know. As part of registering, you’ll need to make an emergency plan with your GP, which will keep you safe during an unexpected outage. It will also ensure that the company will make additional efforts to get in touch before any planned outages.

One thing that’s important to remember is that the lines company will be trying tirelessly to get the power back on.

Billing:

The most common issue we deal with at UDL is billing. This isn’t just a winter issue – inaccurate bills or mistaken charges can happen all year round – but it peaks when the weather cools down.

A big part of this is brought on by uncertainty. Every company has a different bill, which can sometimes make it hard to understand what different charges are for or what should be disputed.

If you’re confused by something on your bill, you can always get in touch with us. We’ll walk you through what everything on the bill means, and if somethings wrong, work with you and your provider to fix it.

If your bill seems too high, there’s heaps of things that could be causing it, such as a faulty meter, a leaky water heater,

faulty wiring, or just extra use. One thing we often use to identify potential causes is getting a heat map from the power company. A heat map shows you how much power you’re using at different times throughout the day, so you can spot any irregularities. If you’re concerned, ask your power company if they can send you a copy, or ask us to help.

We also see issues around estimated bills, which come when your power company can’t get access to your usage data for the month. Instead, they estimate your bill based on your previous usage. Once they get access to the actual data, the company might find that you used more power than you were paying for – so you can end up with a hefty back-bill.

Estimated bills are unavoidable sometimes – but if you want to dodge the threat of a high back-bill, it never hurts to provide your own reading. If you have a look at your meter and let your provider know what is says, they can bill you based on that.

You can check your bill to see if it’s based on estimate data.

These are our most common issues, but we know winter brings all sorts of different issues. No matter what you’re experiencing, UDL is here to help. If you have an issue that you and your provider can’t solve, you can get in touch with us and we’ll work with both parties to find a fair outcome.



UTILITIES
DISPUTES
TAUTOHETOHE
WHAIPAINGA



KAYDENCE
Invisibility



JAZ
Teleportation so I can visit my friends



ZAHN
Mind Control Just because




KAYLA
Telekinesis to help move stuff



If you had a **SUPERPOWER** what would it be?

Playball with Coach Jess



Over the school holidays, I (Coach Jess) got to spend some time doing some Playball sessions with the children at Western Community Centre. Having coached them previously, I was so excited to work with them again. They are such a great bunch of children and have so much to offer in our Playball classes.


This holiday, I came to the centre to run 3 age-specific groups with the children. With the younger children we learnt hockey, football, throwing and passing. All of these games not only improve the children's physical skills, but they help with the emotional and social elements such as teamwork, turn-taking and sportsmanship. We also learnt the tennis forehand, and how to add power

to the hit.

With the older children we did more team-based games, working in partners to play off each other's strengths for a lot of the games. We also played some basketball and I was so impressed with how quickly the children took coaching tips on board. We even had some slam dunks by the end!!

I can't wait to work with the children in future holidays at Western Community Centre!

We run Playball throughout kindergartens and schools throughout Hamilton. Having been operating just 2 years, we are always looking for new centres to try out Playball. If you know of a centre who would like a FREE TRIAL, please get in touch with Coach Jess.





TAIRANGA

GIRLS YOUTH GROUP
AGED 12-17YRS.

FREE ADMISSION WEEKLY

FOOD

SPEAKERS

OUTINGS

ACTIVITIES

EVENT

Girls youth group in Nawton

Elevating , uplifting and encouraging is the definition of Tairanga.

Our female youth group has embraced the name and are taking it to a new level. As we head into term 3 our theme is 'Giving back to the community'.Our girls group has increased as our numbers tend to fluctuate with a solid 10 girls coming weekly. It has been amazing to fill our room a little bit more and get to know the new personalities entering our group. With our term theme set we have started our sessions off with some team building activities to strengthen our group's bond and preparing to brainstorm fundraising ideas. Our girls are looking at fundraising at our next event so please watch this

space.


Tairanga meets weekly on a Thursday afternoon during the school terms , our youth are given an opportunity to meet new people, gain new skills and foster a new way of thinking especially when it comes to adulthood and what they want to become when they get older. Its awesome to watch our rangatahi no matter what background they come from or what barriers they are facing, engage in positive activities and learn how to manage teenage life. Biggest thank you to our young wahine for continuing to put yourself and your future first , the world is your oyster so make it the biggest brightest oyster you can find and OWN IT !

New free exercise classes


Kia Ora Koutou, we are now running two, new and exciting exercise classes for you to enjoy. On Tuesdays we have Hip-Hop with our very talented Rosie, and on Thursdays we have Circuit Classes with our capable and experienced Josh. Both classes start at 5.00pm and run through to 5.45pm. No experience or fitness level required. The classes are suitable for beginners and

minimum attendance age is from 14years. This is a great way to get started or continue with your fitness journey in a safe community setting and have a whole lot of fun at the same time.

You will find us at the Good News Community Centre, 78 Breckons Ave, Nawton.
Nau Mai Haere Mai.



HIP HOP
Tuesdays 5pm-5:45PM
WITH ROSIE



CIRCUIT CLASS
Thursdays 5PM-5:45PM
WITH JOSH

No experience or fitness level required. This is suitable for beginners. Minimum age is 14 years

Here is your opportunity to make a positive step in your fitness journey in a fun community setting.

Held at Good News Community Centre (78 Breckons Ave



FREE PAINT QUOTES

A QUALIFIED PAINTER IN YOUR AREA
10+ YEARS EXPERIENCE

CONTACT CAM
027-462-5268



Local yoga classes for all

By Kate Hay

Yoga-2-Go has regular classes every Monday and Wednesday during school terms, 5:30-6:30pm. Our yoga is based on your body's meridians. So, it's moving and dynamic and may be quite different to what you've

tried before. We use modifications and props so Yoga-2-Go is suitable for any level of fitness and no prior yoga experience is necessary. Numbers are strictly limited. Email kate@yoga-2-go.com if you're interested in the workshops or classes.

\$5
COMMUNITY
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CARD

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WESTERN COMMUNITY CENTRE

MONDAY & WEDNESDAY 5:30PM

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CONTACT:

[KATE@YOGA-2-GO.COM](mailto:kate@yoga-2-go.com)
021-444-080

\$5 WITH CSC
\$15 CASUAL
5 CLASS PASS \$60
10 CLASS PASS \$90

Mobile Hepatitis C and needle exchange testing van

The Hep C testing van is in your neighbourhood are offering an invaluable service to the Community:
- Needle/syringe distribution and collection
- Hepatitis C testing (just a quick finger prick)
- Harm reduction advice and equipment
- A registered nurse and a friendly face from our local needle exchange

Every second Thursday from 2:30pm to 3:45pm the van will be set up in the Western Community Centre car park.

Next dates:
29 of August.
12 and 26 of September.
10 and 24 of October,



7 and 21 of November, 5 and 19 of December
Come down to check your Hepatitis C status, for some needle exchange equipment, or just a confidential chat. All are welcome.

Hepatitis C is a blood to blood virus - if left untreated it can result in scarring and damage to the liver. Liver damage can lead to liver cancer or liver failure.

It's now curable. There is an easy test, with easy new FREE treatment, just 8 weeks of taking 3 tablets of Maviret daily will cure most people.

Keep an eye out for our van or check out our website www.stickittohepc.co.nz

Do you have fruit from your trees that you would like to giveaway?

Pay it Forward

DROP ANY SURPLUS FRUIT INTO THE Western Community Centre AND WE WILL PASS IT ON TO OTHERS! 46 HYDE AVE 8474873



Sex-Drive out of sync?

by Jenny Ensing

So, you and your partner aren't exactly on the same page when it comes to sex drive? Don't worry, you're not alone. It's totally normal for couples to have different levels of desire. Maybe one of you is always in the mood, while the other needs a little more coaxing. While this difference can lead to frustration or resentment, a loving relationship is still possible.

It's important to understand that desire discrepancy is a common issue and doesn't necessarily reflect problems within the relationship. Factors such as stress, body image, hormonal changes, personal history and communication styles can all contribute to differences in sexual desire.

To address desire discrepancy, open and honest communication is essential. Both partners need to feel heard and validated. It's helpful to explore the underlying reasons for the discrepancy without placing blame. With patience, understanding, and a willingness to connect, couples can navigate desire

discrepancies and strengthen their relationship.

It's important to remember that consent is fundamental in any sexual encounter. Both partners should feel comfortable and respected. Additionally, if physical discomfort or pain arises, it's essential to seek medical attention.

Ultimately, by prioritizing mutual respect and open dialogue, couples can turn the challenge of desire discrepancy into an opportunity for growth and deeper connection. Instead of viewing it as an insurmountable problem, it can become a pathway to greater understanding and intimacy. Through empathy, patience, and sometimes professional support, partners can align their desires and continue to build a satisfying and harmonious relationship.

If you would like support around the way desire discrepancy is impacting your relationship, please contact Jenny at couragecounselling.co.nz 0275367464 or jenny.ensing@gmail.com

Tonight's Free FM MUSIC ZONE

Go deep into electronic music culture from jungle to dub, from garage to tech house and everything in between. INsessionNZ is a brand new weekly show curated and hosted by SSSD who brings in heavy hitter guests for featured slots and performances that will showcase their influences, vibes, oddities and expand on their sound.

FULL EPISODE: <https://accessmedia.nz/Player.aspx?eid=6bd97b79-cb7a-4283-8041-7d303d4fc72f>

INsessionNZ airs midnight Fridays, following 1200 Degrees which is now from

10pm
Tune into 89.0 FM Waikato-wide. Ask your smart speaker to play 'Free FM eighty-nine point zero'. Episodes available via freefm.org.nz, Apple Podcasts, Spotify
Free FM is by the people for the people – we champion a platform for direct involvement in the media. Supported by NZ On Air and part of CAMA - Community Access Media Alliance
More: <https://linktr.ee/freefm89>

INSESSIONZ

Go deep into electronic music culture

FreeFM 89

Independent COMMUNITY MEDIA



Fair Share Market has come to Nawton



Calling all gardeners, DIY'ers, tinkerers, crafters, environmentalists, subversive activists and anyone who wants to learn new skills.

The Fair Share Market is a space where we come together to share skills, knowledge and resources for a thriving

and resilient community. A place where all people and resources are valued.

It happens on the second Saturday of every month!

Join us every third Saturday of the month.

Crop Swap 9am to 10am Share your abundance from your garden, hands or kitchen

Craft Swap 10am to 11 am Where Creativity Finds New Hands! Share surplus supplies and creations, connect with fellow crafters and spark new ideas.

Repair Co Op 10am to 12pm Get help to repair your treasured item at the Repair Co Op.

Join in and have fun. Help out and gain time credits too.

Where: New Venue Western Community Centre 26 Hyde St Elliot Park Nawton

Run By Waikato TimeBank.

waikatotimebank.org.nz

DORA Bus visits Nawton Community

Early July we had DORA come to the Waikato, specifically to the Western Community Centre as well as other surrounding areas. Digital Inclusion Alliance Aotearoa (diaa) partners with the Western Community Centre to provide digital education to the people.

DORA is a mobile learning bus that travels nationwide offering free assistance to anyone needing support in using smartphones, tablets, laptops, and an internet connection; thereby enhancing their digital skills and online confidence. By liaising with Primary Health Organisations and medical practices diaa has discovered that although medical centres strive to assist patients in signing up to their online health portals, they often lack the time and staff resources for one-on-one support. This is where DORA steps in. We advocate for digital inclusion for all New Zealanders and believe that offering free support, particularly in rural areas, to those uncertain about 'where to start' is crucial.

To spread the word diaa has enlisted trusted local people as onboard hosts/trainers and inform practice staff that their patients can seek assistance from us in learning about the benefits of using their health portal. Medical practices in the Hamilton areas predominantly use health portals such as Manage My Health and MyIndici. Patients can download the apps for both portals on Google Play Store for android or the App Store for iOS.

When DORA came to the Western Community Centre the focus was helping people understand the benefits of having access to their health records online through their devices. To minimize phone calls,

patients are able to book their appointments through the portal. Other features include ordering repeat prescriptions without having to book an appointment with your GP that would normally result with patients paying an unnecessary doctors fee, when all they want is a repeat of their current medications. People can also access their test results in real time as opposed to waiting for a phone call from your GP.

After DORA left Nawton we had some great feedback of how some of our rangatahi in the Community were helping their kaumatua to gain access to their health portals. People have also taken steps to gain access independently without assistance.

The overall aim was to bring public awareness to this invaluable resource as it provides convenience and money saving aspects but also increases their digital literacy skills.

Diaa recognizes digital education is vital in this fast moving modern world therefore they offer free community programmes that support New Zealanders to build their digital skills and online confidence in small easy steps. Check out their website for more information <https://steppingup.nz/>

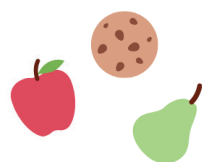


WAIATA + PLAY

AT TE RAUTINI CHURCH
BRING ALONG YOUR TAMARIKI UNDER 5

Wednesdays 10 am - 12 pm
During the school term

At 160 Rifle Range Road, Dinsdale
in the church hall access via
the lefthand side driveway



Morning tea is provided for
both tamariki & caregivers.

Koha is appreciated,
but not required.

EVERYONE IS WELCOME!



TE
RAU
TINI

For more information email
ruth.allely@gmail.com

www.terautini.com

Western Wheel 2024 Learner Licence



Western Community Centre
46 Hyde Ave Hamilton
T: 07 8474873 ext 0
admin@wccham.org.nz
or message our facebook page
www.westerncommunitycentre.org

DATES:

• Monday 30th Sep-3rd Oct

9am- 3pm

To Secure your Place ! Course fee and
enrolment MUST be completed prior
to course . LIMITED SPACES

Please keep an eye out
for further dates

COSTS:

WCC Fee : \$50

Licence Test Fee : \$96.10 PAID to VTNZ





Fraser High School Ball 2024

On the 22nd of June 2024, Fraser held their annual school ball at the Wintec Atrium; this year's theme was "A Night In Vegas". The Wintec Atrium was overtaken by splashes of red and gold, game tables that were provided and run by volunteers from the Lions Club, and delicious food. This, along with over 300 delighted students in their gowns and tuxedos created an ambience that made the night both a magical and memorable experience.

Students and Teachers voted on various awards, and the teachers deliberated and agreed on four of the best-dressed ball-goers: **Ryleigh Cadman, Martel Chong Nee, Zion Burgess, and Peyton O'Callaghan.**

Each student had the chance to vote for their favourite year 12 and year 13 Ball couple, the two couples were Nikhil Mudaliar with Tana Ihaka for best year 12 couple, and Gary Ihaka with Sapphire Harris for best Year 13 couple. Countless photos were captured, dances enjoyed, and memories made in a place where glamour met good fortune.

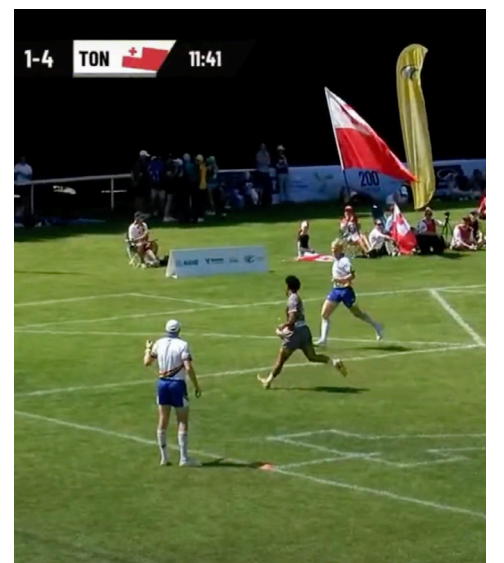


2024 Touch World Cup

We are pleased to announce that Malu Makoni, a Year 13 Fraser Student, has been selected to represent the Tongan Open Men's Touch Team for 2024. He showcased his talents at the 2024 Touch World Cup held in Nottingham, England, from July 15th to 21st. This marked Tonga's return to the Touch World Cup since 1999. Throughout the competition, Malu scored six tries, significantly contributing to the Tongan Touch Team's success in winning six out of their ten games. The team secured the 9th position out of 19 top international teams. Congratulations to Malu for his outstanding performance, establishing himself internationally and competing on the world stage.



Tonga Open Mens Touch Team and NZ Open Women's Touch Team (Malu Makoni back row 3rd from left)





Maanawatia a Matariki

Maanawa maiea te putanga o Matariki, maanawa maiea te ariki o te rangi, maanawa maiea te Maatahi o te Tau.

On Taite 27 o Hune, kaiako, aakonga and whaanau gathered around our hautapu to acknowledge Taramainuku, remember the passing of our loved ones, and celebrate the new season upon us with kai. It was particularly special as our hautapu was held at the site where Te Taumata O Te Maatauranga will be, when it is re-awoken later on this year.

Karakia, haka and kai, were central in our time together. The clear morning sky also allowed us to see Matariki, along with Tautoru, and Puanga, further cementing our special time together.

A special thank you to the whaanau and aakonga that supported us this year.



Exploring Rotorua

Last term, the tourism students ventured beyond the school gates to the beautiful city of Rotorua. They enjoyed a few days of adventure and adrenaline, as well as a luxury stay at one of the local hotels. It was great to experience and enjoy all that the city has to offer.

Our first stop was Te Puia, where we were welcomed outside the beautiful wharenui, Te Aronui a Rua, and then taken on a tour that guided us through Te Whakarewarewa Thermal Valley. We also visited the thermal pools to relax. That evening, we walked through the magical canopy of the beautiful redwoods on the Night Tree Walk. Lastly, we couldn't have a trip to Rotorua without taking a few turns on the Skyline gondola and luge.

This was an unforgettable trip where we grew closer as a class and were able to experience Aotearoa together.





Market Day

Last term, the school hall at Fraser High School buzzed with excitement as Year 11, 12, and 13 students participated in the much-anticipated Market Day. This event showcased a diverse array of goods made and sold by the students, demonstrating their creativity and entrepreneurial skills.

The marketplace featured a wide range of products, from handcrafted jewellery and stylish clothing to eco-friendly candles and soaps. Digital skills were highlighted in the 3D-printed products. This mix of traditional crafts and modern services showcased the versatility of the students' talents.

Market Day provided a valuable educational experience, allowing students to engage in real-world business activities. They learned about pricing, marketing, customer service, and transaction handling, gaining practical skills that will serve them well in future endeavours.

The event was a resounding success, with strong sales and positive feedback from visitors. The principal praised the students' efforts, highlighting the importance of such experiences in preparing for life beyond school. Market Day was a celebration of young talent and enterprise, leaving everyone looking forward to the next event.

Awards:

Best Promotion and Display: Dezyre Anderson for her perfume

Sustainability: Levi Budd for his picture frames

Best Technology Product: Nathan Brunton

Most Innovative Product: Luka received Germaphobe

Best Sales Pitch: Easy Wallets for their 3D-printed wallets; Jordan Borman, Nicol Lisignoli, and Devlyn Anderson

Most Innovative Packaging: D'yonne Tuhora Wade, Melisa Soltanizand, and Channelle Edwards

Best Salesperson: Kalib Flavel

Future Entrepreneur: Khushi Sehgal and Jason Cheng



Most Innovative Packaging: CDM candles; Channelle Edwards, D'yonne Tuhora Wade, and Melisa Soltanizand.

Tough Guy and Gal Challenge

Fraser High School's Year 12 and 13 Physical Education (P.E.) students took on the Tough Guy and Gal Challenge in Ngaruawahia. This unique event saw our senior P.E. students navigate a challenging 6 km course filled with mud pits, water crossings, and tough obstacles.

Along with a sense of accomplishment, students could earn NCEA credits. Faster times earned a Merit or Excellence. Each student showed their fitness and energy, bringing their own fun and excitement to the race. Reflecting the spirited energy of Fraser High School with every muddy step.

Every moment was an unforgettable adventure, from conquering waist-deep mud pits to braving icy water crossings, jumping fences, running up hills and through New Zealand bush. The water slide was especially thrilling. Awaiting at the finish line were warm showers, food trucks, spot prizes and encouraging teachers.

Congratulations to our Year 12 and 13 students for their grit and determination! Friendly competition and NCEA achievements uniting schools across Waikato in a celebration of fun.

Written by Charlotte Entwisle-Phillips pictured in the lefthandside image.



A Taste of Excellence

The annual Culinary Fair held on July 4th and 5th was a resounding success, showcasing the impressive skills and creativity of local high school students. Held at The Wintec Hospitality Centre, the event brought together budding chefs from various schools, each eager to demonstrate their culinary prowess and compete for top honours.

This year's participants showed exceptional skill, but the atmosphere was one of excitement and mutual respect. Many of our students expressed their excitement about next year's fair, already planning to come back with even more ambitious dishes and strategies. "We're looking forward to next year with full force," said one student. "We want to bring our A-game and take on the other high schools with renewed energy and creativity."

The Culinary Fair not only provided a platform for students to showcase their talents but also offered them valuable learning experiences. The event was a testament to the vibrant and growing interest in culinary arts among young people in our community.

As the fair concluded, participants and attendees alike left with a sense of accomplishment and anticipation for next year's event. With the bar set high, there's no doubt that the 2025 Culinary Fair will be even more exciting, as students return to compete and celebrate their love for food.

"He waahanga nui teenei kaupapa ki too taatou hapori, aa, e manako ana maatou ki te kite i ngaa hua pai i te waa kei te heke mai"

This event is an important part of our community, and we look forward to seeing positive outcomes in the future.





A Heartfelt Performance at Showquest 2024



On the 21st of May, our Fraser students performed on the Waikato Showquest 2024 stage. Showquest is a performing arts platform for school students around Aotearoa from years 1 – 13 to showcase Art, Music, Dance, Drama, Culture & Technology. Our students wrote and choreographed their show from start to finish.

This year's Fraser show was called "Puukatokato". Through this show, students chose to share a story of grief and loss, illustrating the message:

"Although we are consumed by grief when our loved ones pass on, we continue to carry their memories and mauri with us."

We are proud to announce that their performance won second place in the Waikato open category, along with 'Best School Spirit', 'Best Drama', and 'Best Live Music'. Congratulations to all of the students who took part in Showquest this year.



Apollo Projects Sports Grant

Supporting our sports community

APPLY
NOW



Thank you Apollo Projects Ltd for supporting our sports community with the Apollo Projects Sports Grant!

We strongly encourage our students to apply for the Apollo Projects Sports Grant up to \$500 per applicant per annum. The sponsorship is a great way to enable all students to participate in sports; to make sport a healthy lifestyle choice, at school, and throughout their life.

For more information or to apply please check the Newssheet or find the application link on our Fraser High School social media.

Apollo
PROJECTS

Fraser is on social media

Follow us
@FraserHighSchool



Fraser ACE Garden Design



FRASER ACE
Adult Community Education

Please enroll at www.fraserace.ac.nz or phone us at 07 846 8624

Are you ready to transform your backyard into a paradise? This August, Fraser ACE is hosting an exciting Garden Design Course that you won't want to miss. Whether you're a seasoned gardener or a complete novice, this course is perfect for anyone looking to enhance their outdoor space with creativity and flair.

Mark your calendars for two special Saturdays: August 24th at Fraser High School and August 31st at the stunning Hamilton Gardens. Both sessions run from 9am to 3pm, offering you a full day of hands-on learning and sharing.

For just \$99.00, you'll dive into garden design under the guidance of Graham Scrimgeour. Imagine spending a day surrounded by like-minded garden enthusiasts, all eager to learn and share their passion for plants and design.

The first Saturday at Fraser High School will cover some basics, including discussions on plant selection and garden layout. The session will conclude with a garden tour, for which personal transport is required. The following Saturday at Hamilton Gardens will build on your newfound knowledge. This session begins with a tour of the beautiful themed garden spaces and is followed by a classroom session focusing on shared design concepts, sustainable gardening practices, and innovative ideas to incorporate into your own garden.

By the end of these two dynamic sessions, you'll be equipped with the knowledge and confidence to create a garden that's uniquely yours. So, why wait? Sign up today and get ready to unleash your inner garden designer. This is more than just a course—it's the start of a beautiful journey into the world of garden design!

What's on at Western Community Centre

46 Hyde Ave, Nawton | P: 8474873 | E: admin@wccham.org.nz | westerncommunitycentre.org

The Western Community Centre

Since 1979 Western Community Centre has been providing a wide range of services. Our two facilities are at 46 Hyde Ave and 108 Grandview Rd in Nawton. The centre is owned by the community and overseen by a board of community members elected each year.

We offer printing and photocopying services, lamination, binding, and scan to email services for a small fee. We have wifi, free use of computers and a landline available for the community to use.

Fruit & Veggie Deal - Just \$15

The best deals of fresh fruit and veggies! Order and pay at Western Community Centre and pick up your bag on Wednesday from 11am-5.30pm. Book your fruit and veggie pack online at westerncommunitycentre.org

Tiger Worms for your Worm Farm

\$25 for an ice cream container of tiger worms. We're also happy to provide support to people about worm farming. Worm Tea is also available with 15L for \$10 while stocks last.

Justice of the Peace

Available every Tuesday from 9am – 11am. No appointment needed, just turn up! Make sure to bring your originals and photocopied versions for the JP to sign.

Tables and Chair Hire

Tables \$7 each - Chairs \$3 each for hire. For weekend hire pick up Friday drop off Monday. Dimensions and photo's available on our website. Visit our website to book online.

Triple 1 Care Workplace First Aid

Visit www.tripleonecare.co.nz to find out when the next course is being held. Book on 0800 487 475 ext 7

Dinsdale Toastmasters

Meet a great bunch of people, have an enjoyable evening AND learn the art of public speaking in a supportive environment at Dinsdale Toastmasters on Tuesdays from 7.15 pm - 9.00 pm. For more info phone 027 390 1487

Citizen's Advice Bureau

Need legal aid advice? CAB provide walk-in clinics. Wednesday 10:30am - 12:30pm every week. No appointments necessary.

Kaiarahi Family Court Navigator

Are you considering applying to the Family Court or currently in active proceedings? Kaiarahi Family Court Navigator provides guidance and information about the resolution and support options available to parents, caregivers and whanau. Walk-in clinics Mondays 1pm - 3pm every fortnight. For all enquiries contact our Reception 07 847 4873 ext 0

Children's Holiday Programmes

We run 2 weeks of holiday programmes from 8am-5.30pm based at Western Community Centre. 8 weeks of holiday programmes are held throughout the year. WINZ subsidies may be available, amke sure to enquire. Enrol online at westerncommunitycentre.org

Western Stars After School Care

Western Stars is an after school care programme run during the school term Monday-Friday from 3pm-5:30pm at Western Community Centre. Pick up from Nawton Primary and afternoon tea is provided. Fee \$15.50 per day or \$77.50 per week. WINZ subsidies may be available. Single day booking available. For more information or to sign up go to westerncommunitycentre.org

Laughter Yoga

Free Laughter Yoga class every week! Tuesday morning from 9:30-10.10am. It's a great way to start the day, just turn up and be ready to laugh.

Courage Counselling

Courage Counselling is dedicated to helping you strengthen your relationships, regardless of the issue, or the size of the issue. Courage Counselling can help you build strong relationships. Call Jenny to book on 027 536 7464.

Walking Group

Runs every Monday from 9am. Meet at the Western Community Centre for a 45min easy walk followed by a cuppa.

50+ Luncheons

Luncheons and trips take place on the third Friday of each month at 12pm. The potluck luncheons provide an opportunity for seniors in our area to socialize. Transport is provided if needed. For further details please call 07 847 4873 ext 0 or email ngahuia@wccham.org.nz

Woolly Club

Every Wednesday we meet at the Western Community Centre at 10am-12pm. Bring your craft projects, knitting or crochet.

Venue Hire

We have a selection of different spaces available for hire. Our rooms are ideal for meetings, training events, presentations, children's birthday parties and more. Visit westerncommunitycentre.org to book. For more enquiries please call 07 847 4873

Out West Radio Show - Free FM

Tune into 89.0FM every Friday 11am – 11.30am to stay updated with news and information about what's happening Out West. Visit freefm.org.nz or Spotify for podcasts of the show and further info.

Weight Watchers

Weight Watchers workshops are held every week Mondays 6pm, Friday 12pm & Saturday 8:30am. For more information check out www.weightwatchers.com/nz or call 07 847 4873 ext 0

Meditrain First Aid

Visit www.meditrain.co.nz to book a course and when the next one will be held

Kimura Kiwis

Wanting to get your child into martial arts? FREE Jiu Jitsu classes available for kids! Also available to preschool aged children as well. You will find us in the large room Saturdays 9am-10am. Don't forget your drink bottle!

Chain Link

Does your bike need fixing or a fine tune? Then bring it along to the Western Community Centre carpark where you will find us every last Saturday of the month 10am - 11am. If you have any spare or unused tools, puncture repair kits, tubes or bicycle parts and would like to donate them. Please message us on our Facebook page (Chain Link Hamilton)

WESTERN Community News

Editor-in-Chief:

Neil Tolan

Managing Editors:

Fraser High School Editor:

Georgia Ranginui
Charlton

Ngahuia Nelson &

Melissa Symington

If you are interested in advertising, or have a story to share in our paper please contact us on westerncommunitynewspaper@gmail.com

Check out more at facebook.com/westerncommunitycentre

Note 2 Self - Acceptance



By Andre Jackson

The concept of acceptance often carries negative connotations, associated with pain and as human beings we will do what we can to move away from things that cause us pain.

Imagine you are walking down the street and you fall down a hole.

And you don't want to admit you are in a hole because admitting you are in a hole means accepting the emotions and therefore the reality that go with it.

And the more uncomfortable those emotions are, the more we are driven to avoid those feelings and when you wrapping those emotions around your identity, we then will do whatever we can to avoid what hurts us, Feelings of failure, judgment, emotional pain, or criticism even shame and blame.

Yet, if we choose to deceive ourselves

and deny the facts that we are in the hole, we become trapped in our own denial. Eventually, we adapt to living in the hole because our reasons for staying are more convincing than facing the truth of our situation.

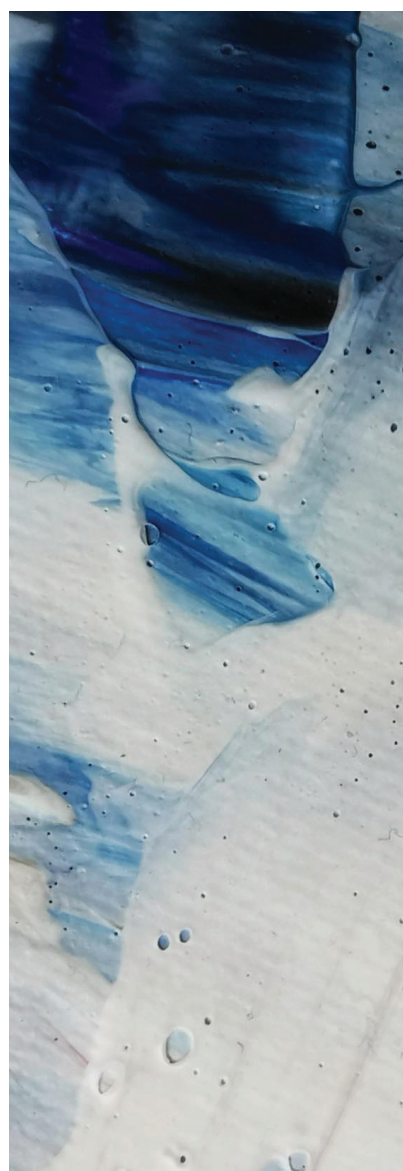
But acceptance doesn't mean "putting up with something" or "tolerating

it". It mean seeing things as they are for the purpose of finding the best way out, for the best way to heal, and the best way to free yourself from what denies you the way to your authentic self.

Without truth, we are stuck in our excuses that we disguised as reasons which become very convincing as we practice the art of self deception.

It takes bravery and courage to sit with the emotions and feelings that we try to avoid . But your authenticity lies on the other side of acceptance

Find your path to freedom by the freedom of acceptance.



Depression and Anxiety support group.

A support community led with integrity, sincerity and with facilitators that walk the talk.



Western Community Centre.
46 Hyde Avenue, Nawton,
Hamilton 3200



Thursdays 12:30pm-1:30pm
(Except school holidays)



GO ECO IS ON THE MOVE

Since July 2017, we've been based in the "Old Post Shop", located in the heart of Frankton, and as some of you know - occupied the neighbouring building as well. We've enjoyed our time on Commerce street, but with aspirations of bringing our team together under one roof - we found a new space and over the past month have been packing, cleaning and moving everything to our new home. As well as the Envirocentre, shop and office - we had a Freezer and Chiller, Bike Hub and Carpark Garden to disassemble. No easy tasks.

Having an education garden & Bike Hub operate from the carpark, set an example of what can be achieved when we reallocated space. A thriving garden with bananas, kumara, figs, tamarillos, water chestnuts; worm farms, water storage and biodiversity and a busy Bike Hub where hundreds of people a year learn DIY skills, or acquire a bike to get to work or school... Or half a dozen Carparks

As part of the process of moving, we gave thanks to the 'Old Post Office'. In an intimate gathering we shared our memories of the space and people who have been a part of that journey, as our board member Cassidy, and long term supporter Matua Shepherd offered karakia to culturally close our time there.

We take all of the wonderful blessings we've had to our new space, where our wider team gathered to check out our new home and enjoy kai together. We're really excited about our team finally being in one building - and all of the possibilities our new space can offer the next stage in our organisation's history.

Our new address is 25A Devon Road, Frankton - please check our website and social media for new opening hours.

BIKE HUB

OPEN 10-12PM
EVERY SATURDAY

25 A DEVON ROAD, FRANKTON

LEARN TO FIX
YOUR BIKE

no bookings
needed!

KIRIKIRIROA HAMILTON FREESTORES

Hours subject to change



HEALTHY ENVIRONMENTS & THRIVING COMMUNITIES

Waimarie: Hamilton East Community House
53 Wellington Street, Monday to Friday 11am-12pm
Call first on 07 8583453.

Te Whare Kokonga - Melville Community Centre
58 Bader Street, Bader, Monday - Friday 1.30-2.30pm

Western Community Centre,
46 Hyde Avenue, Newton,
Monday, Thursday & Friday) from 1pm

Glenview Community Centre, 12 Tomin Road,
Monday, Wednesday and Friday 1-1.30pm
Register before 12.30PM. 07) 843 2600

Pukete Neighbourhood House, 43 Church Road,
Monday - Friday (except Tuesday) from 11am.

Good News Community Centre,
78 Breckons Avenue, Newton,
Monday-Friday (Except Wednesday) from 1pm

Te Papanui Enderley Community Trust,
66 Tennyson Road Tuesdays and Thursday from 1pm

Te Whānau Pūtahi Community Centre,
37 Oxford Street, Monday & Friday 11.30-12.15pm

Te Whare o te Ata,
214 Clarkin Road, Fairfield, Wednesdays 11-12pm

THE FOOD RESCUED DAILY IS UNPREDICTABLE, IF YOU NEED A FOOD PARCEL PLEASE
CONTACT HERE3HELP.UZ OR LEAVE A MESSAGE ON 0800 568273




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K'aute Pasifika	07 834 1482
Ngaaruawaahia Community House	07 824 8340
Pukete Neighbourhood House	07 849 1115
Saint Vincent de Paul Hamilton	07 847 4044
Te Papanui Enderley Community Trust	0800 363 375
Western Community Centre	07 847 4873



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Jewel-box Supermarket surprises locals

Hamilton has a new treasure chest, with FIFO Supermarket’s cheery yellow exterior hiding some exciting surprises. The supermarket opened in on Hyde Ave in May, quickly becoming known for “FIFO Finds” - unusual products not normally seen at the big-box stores. Local man Leyton called the international and bulk spices section “Hamilton’s best-kept secret” on the FIFO Facebook page, while the one and only Neil Tolan commented that he found Irn-Bru, Scotland’s favourite fizzy. FIFO is believed to sell the biggest range of drinks in the city. FIFO staff say they are proud to provide the largest selection of fresh and frozen fruit and veg Nawton-Grandview has



ever seen, from family staples to exotics like breadfruit and purple yams. Store Manager Hitesh adds, “Our produce and meat are some of the cheapest in town”. Customer favourites include the housemade sausages, plump Mill’s Bay Mussels and flavourful steaks - and knowing that if they request a product, FIFO may stock it as quickly as the next day. Celebrate the Good Sports in your life in the FIFO courtyard on Saturday, 31 August from 10 AM till 2 PM. Sports activities, Fathers’ Day promotion, instore tastings and prizes for people nominated for doing good.



Our 50+ group boards Te Huia for the day



Recently the fate of Te Huia train service was under threat which had the potential to discontinue the public train link between Hamilton and Auckland. With this unknown decision looming in the background we decided to take our 50+ Club on Te Huia to check out the Auckland War Memorial Museum for our July trip. Our normal departure from the Western Community Centre at a sensible hour changed to catching Te Huia at the Frankton train Station by the crack of dawn. We took 60 people on this trip where they were armed with their bee cards and ready to take advantage of their free train ride to Auckland. For the 65+ they can go into the Hamilton Transport Centre, present their SuperGold Card and receive a free bee card. If they approach other external retailers there will be an additional cost for the bee card itself, which is \$5. Once their goldcard has been registered onto their bee card they have the benefit of utilizing the bus and Te Huia train service free of charge. Once our group arrived in Auckland they were swift to take advantage of the cafe’s that were around. Staff at the Auckland Museum were very accommodating to our

people. They also had wheelchairs available for use to those who are unable to stay on their feet for long periods of time, but would still love to see the Museum in its entirety. This is a free service the Museum provides. Our group browsed through the different exhibitions for a couple of hours before they ate lunch, however in my opinion people need more time. That was a lesson I will take into consideration next time so that my group has the opportunity to leisurely explore and absorb each exhibit.

Everyone had such a great trip and the beautiful weather made it that more enjoyable. Since Te Huia have added a new train service to their timetable on Thursdays and Fridays this made it perfect for our 50+ club to arrive back at a better hour as opposed to the last train of the day. After the hard campaigning efforts the community put into saving Te Huia, it did not go unrecognised. Te Huia has secured additional funding to operate for a further two years, much to our delight. For additional information about Te Huia train service check out their website <https://tehuia train.co.nz/> If you would like to find out more about our 50+ trips or other services that we provide at the Western Community Centre then contact 07 8474873 or email ngahuia@wecham.org.nz

Citizens Advice Bureau & Western Community Centre

Walk In Clinic

Wednesdays 10.30 - 12.30

Have a question? Ask Us! We can help and it's free, confidential and supportive!

Citizens Advice Bureau

LAWNS SERVANT AT YOUR SERVICE

OUR SERVICES

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