

WESTERN Community News

YOUR PEOPLE ~ YOUR PAPER

Issue 132 (Whiringa-ā-nuku / October 2024)

Delivered to over 19,000 homes throughout Hamilton West



page 5 **Confidence Booster**



Memories in Nature page 8



Thursday 31st October 2024, 4pm - 7.30pm
Western Community Centre

Treats in the Park page 12



*Scouts Sail, Splash, and Soar
at the Spring Regatta!*

FREE PRESCRIPTIONS

- 1) Adults 65 and above.
 - 2) community services card holders
 - 3) Children 13 years and under
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**West Hamilton
Pharmacy**

Nawton Shopping Centre, Hyde ave, Phone 8463121

Laughter Yoga

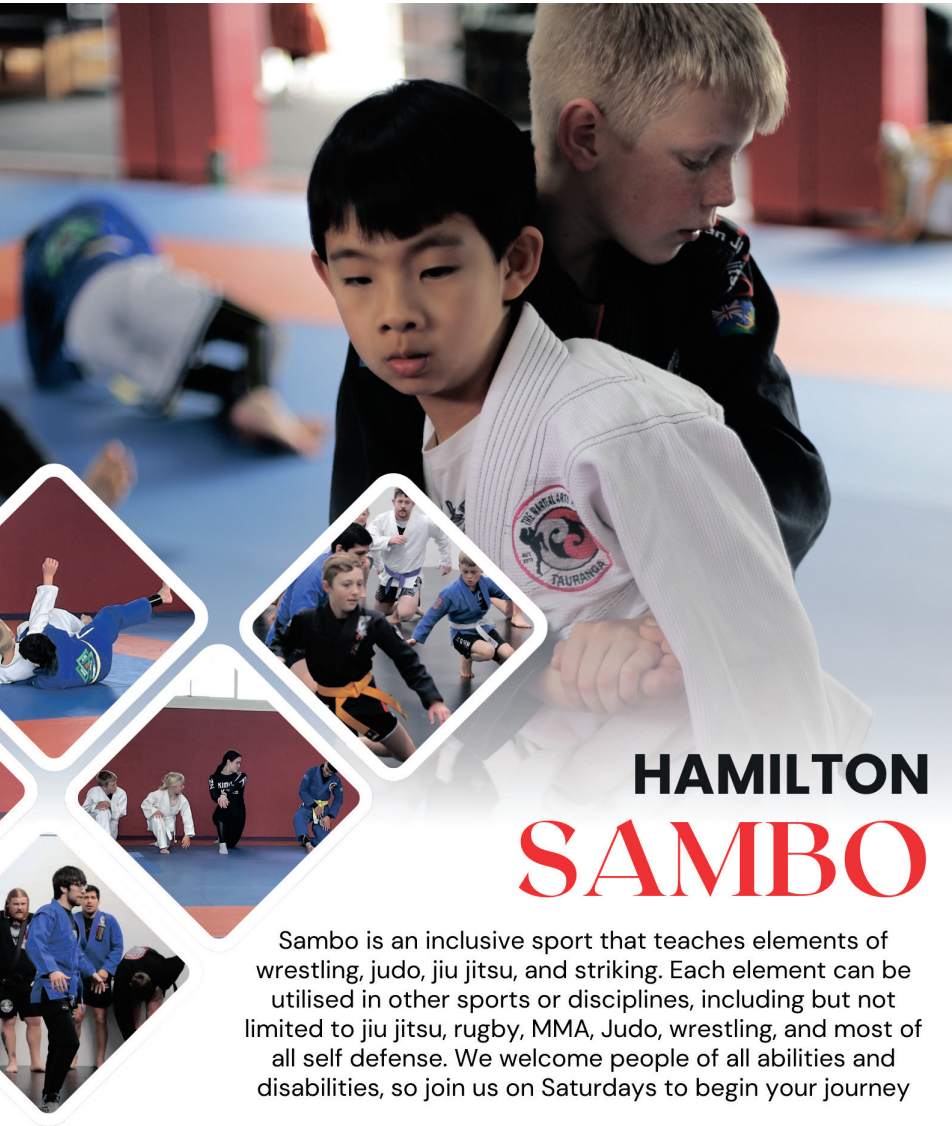
Laughter yoga (Hasyayoga) is a practice involving prolonged voluntary laughter. This type of yoga is based on the belief that voluntary laughter provides the same physiological and psychological benefits as spontaneous laughter. It is done in groups, with eye contact, jokes and playfulness between participants. Forced laughter often turns into real and contagious laughter. Children welcome to attend with parents.

Held at the **Western Community Centre**



TUESDAY'S
9.30am - 10.10am





HAMILTON SAMBO

Sambo is an inclusive sport that teaches elements of wrestling, judo, jiu jitsu, and striking. Each element can be utilised in other sports or disciplines, including but not limited to jiu jitsu, rugby, MMA, Judo, wrestling, and most of all self defense. We welcome people of all abilities and disabilities, so join us on Saturdays to begin your journey

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Hamilton Sambo

KIDS CLASSES

Saturdays 2-3pm
\$10 per family
9 Pembroke St

ADULT CLASSES

Saturdays 3.15-4.15pm
\$10 per person
9 Pembroke St



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Free Support for Pacific Job Seekers!

By Pare Wikepa

Puatala – the place where change happens! Your next big chance is right around the corner. Shoot us an email or give us a call – we’re here to help you out for free for six to twelve months. If you’ve got Pacific roots and are hunting

for a new job or want to level up from your current gig, we’re pumped to hear from you. Reach out and let’s make it happen together!
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Aerospace Industry



Tertiary Studies



Civil Construction Industry



Auto Mechanic Industry



The Job YOU Want!



Construction Industry



Electrical Industry



Auto Mechanic Industry



Tourism Industry

Supporting your path to recovery



Brain Injury Waikato supports individuals in the greater Waikato region living with brain injuries. While we aren’t a clinical service, we work closely with medical professionals like GPs and occupational

therapists to provide advice, information, and support during recovery. One of our key services is navigation support, helping connect people with resources and advice. We also run monthly support groups at the Western Community Centre in Hamilton on the last Friday of each month, from 10:30 am to 12:00 pm. These groups are a welcoming space for those with brain injuries and their families to connect, share experiences, and learn from each other. Additionally, we offer information sessions and workshops on topics relevant to brain injury recovery, open to everyone in the community. Our website provides resources, links to other support services, and details on upcoming events. Whether you need support, information, or a place to connect, Brain Injury Waikato is here for you.



Seven reasons to shop FIFO first

1. Meat, fruit, veg, bulk food and international food prices are really good. At FIFO Supermarket, the healthiest food is the best value.
2. You’re supporting a local business, helping invigorate the Nawton shopping centre and increasing local employment.
3. Explore an amazing selection of products, especially whole foods like interesting frozen vegetables, flours and legumes. Jazz up your meals and supercharge your nutrition with more fun and variety on your plate.
4. Take back your privacy. Enjoy an original loyalty programme without giving away your personal data. We love getting to know our customers the old-fashioned way. Come in for a chat!
5. Choose to shop FIFO to give others choice. Help keep our doors open for the neighbours who rely on us.
6. Build something special: we are in this together. Whether it’s suggesting a new product or sharing your expertise, there’s room for you to help

shape our store.
7. Be yourself, since it’s your local. The wide aisles, uncluttered walls and relaxed atmosphere means you can skip the crowds, noise and overwhelm at busy Big Corporate stores. Come as you are: you are welcome here. >> FIFO Supermarket, 66 Hyde Ave. Open 7 days from 7 AM till 9 PM. For specials and much more, follow us on Facebook: Fifo Supermarket Hamilton NZ



Hinemoa Buffalo Lodge

Located in the Nawton Hall is the oldest Buffalo Lodge in the Waikato, Hinemoa Lodge No 11 GLNZ, English number 4426 GLE. It was first constituted in February of 1924 in the Toorak Chambers Hall Victoria Street Hamilton. The Founders were Bro. Alf Wilson C.P. and James Emerson KOM. The Royal Antediluvian Order of Buffaloes originally began in London in 1822 by Actors and Stagehands at the Drury Lane Theatre. It was all a bit of fun, and money raised was able to help brothers in need. The Order grew and reached New Zealand in the 1880s. Up until 1927 the Hinemoa Lodge attendances had been good however membership dropped and the Lodge relocated to Daltons Music studio Ward Street and attendances increased. The Lodge nearly closed again in 1933. By the 1940s it was meeting in Frankton Bowling Club and attendances were good. The Immediate post war years were a thriving period for the Lodge. In 1966 the Lodge shifted to Cook Street Hall and remained a tenant until the year 2000. Since 2003 the lodge has called Nawton its home. As with any organization there are some

requirements for joining. The Buffaloes are a mens only Lodge. There used to be a Bisons Lodge for the ladies. The lodge raises funds by way of small fees, fines and donations. There is some ceremony but not excessively. The Lodge holds mock charges, as a way of raising funds and we always finish on a Fish and Chip supper. Membership enquiries are welcome. Contact HinemoaBuffs4426.NZ@protonmail.com or call 07 834 0977



GOOD NEWS COMMUNITY CENTRE

Administered by the
*Te Rongopai
Community Trust*

10 Years serving in the local community

The Good News Community Centre is celebrating 10 years of being in operation. On Sept 27th a community birthday celebration was held with bouncy castles, sausage sizzle, cake and photo displays. An old hall had been on the site attached to St Marks Church and with amazing generosity from local funders, churches and the community a large modern facility was built. The Centre is well occupied with 100-400 people through the doors every day of the week. The centre is located on the corner of Dominion Road and Breckons Ave Nawton.

The centre offers a range of free programmes for adults including Te Reo Maaori, Golden Agers, Flax Weaving, Youth mentoring, fitness classes, basketball sessions and children's programmes. They also run several community events for the community each year. A free kai store is operated four days a week and they have recently partnered with Hamilton Combined Christian foodbank to give out food parcels.

A few comments from locals about what like about the Centre;

Lydia says "I really enjoy coming to the Golden Agers and flax weaving for the social connection. I like craft but had never tried flax weaving and like using the resources around us and have enjoyed making a variety of things."

Angela says, 'I really appreciate all that you put on for the community. The kids programmes and the events are awesome. Things are

so expensive these days and you always provide such great opportunities. I also like how you provide your food and that there is no discrimination, everyone's welcome.'

As part of their birthday celebration they are running a give a little page to help ensure they can continue to meet the needs in the community. Please consider whether you can make a donation - big or small - it would be so greatly appreciated. <https://givealittle.co.nz/cause/10-years-and-beyond> For further information about any of their programmes they can be contacted on info@goodnewscommunitycentre.com or 078505020



Wintec Students bring a brand refresh



By Monique Kelly and Lisette Elisala

A Wintec student project is underway to raise awareness of the services provided by the Western Community Centre.

The first year communication students are working on the digital marketing project with Senior Academic Staff Member, Abby Dalgety. The campaign also hopes to attract more funding for the centre.

The aim was for the students to gather information from the centre about their goals and values and create fresh ideas for them to implement. The skills learned over the course of the project can later be transferred into industry experience.

Communication Programme Coordinator, Cate Prestidge said having the community centre as the project client is all part of the 'real world learning' Wintec is known for.

Students went through a process of client consultation with centre representatives; Neil Tolan (Manager), Trish Terry (Community Connector) and Tom Hunt (Youth Development Worker). This helped them identify their target audience, the centre aims and values and their existing communication with stakeholders.

The students analysed and evaluated the existing website and social media and, in groups, came up with a range of creative strategies and concepts to pitch to the client.

The client chose the ideas they wanted to implement, which included web design, event planning, a community newsletter, brand identity

and photography proposals. Jobs were delegated to individual students in class to ensure all areas of the project were covered.

Abby Dalgety identifies the work as helping to strengthen the brand voice of the Western Community Centre. "We are planting seeds to evolve their brand and create more marketing activities for them in the future"

Students were asked what they thought about the campaign and how their ideas could strengthen the Western Community Centre's brand.

Vanya Hayward, who is working on the website design, said, "The adaptations we're making to the website will make it more appealing and professional and could attract more investors to the centre"

Manager at Western Community Centre, Neil Tolan said he appreciated all the ideas and wanted to implement some different aspects from all of them.

The students have been working in groups to create the different elements of the campaign including; creating new website content, writing media stories, designing a newsletter template and planning a fundraising event.

They are submitting their final projects to the client this week and will support the centre to implement these next term.

Living Every Moment
hospice
waikato

THE LAST BREATH

A PODCAST ABOUT
DEATH & DYING

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FreeFM 89
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Tune into FreeFM for your local radio

Want to hear voices, languages & music that is not played in mainstream media? Check out the diverse range of programmes we broadcast on 89.0FM Waikato wide and podcast across all main platforms.

We are proud to bring the Waikato community a range of shows that reflect our region's diversity. Tune in on Wednesdays at 19:00 and repeated Fridays at 19:00 and listen to Anpudan Waikato, is a Tamil language show featuring news, music, interviews and current affairs. Connecting the Tamil Community in NZ with their culture and global events! It is a platform for interaction and cultural exchange. Engage by sending requests and feedback to vanakkam@arasan.co.nz.

Interested in becoming one of our content creators or know someone that may be keen? Get in touch to discover our training and full podcasting resources and support. Everything you need is at www.freefm.org.nz. We love showcasing a range of cultures and music, so get amongst it! For an informal catch up email Vicky at communitymedia@freefm.org.nz Don't forget to follow us on social

media to keep updated on everything we have going on @FreeFM89 on Facebook, Instagram and TikTok.

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 a proud member of CAMA - Community Access Media Alliance - the member organisation delivering powerful and meaningful media content across Aotearoa.



New resource to help feed Hamiltonians

Hamilton City Council cooked up something special for the community and it's now live. On 11 September 2024, Council officially launched the kai map – a digital tool to help Hamiltonians find free and low-cost kai (food) options in their local community.

The map builds on the work of the Kai Collective, a group who works with more than 40 key community stakeholders to provide access to food for people in Hamilton.

Western Community Centre is a member of the Collective, Centre Manager Neil Tolan is looking forward to seeing how Kai Map can help them reach

more people in need.

“Western has been in the kai space for a while – we have a community garden and offer free kai through the Kaivolution programme,” said Neil. “Sharing kai and making sure our community has enough to eat is an important part of Western’s mahi, so we’re keen to see how the map can help us do that.”

You can view the kai map on the Council website at hamilton.govt.nz/kaimap. There are currently 54 locations listed - if you have any locations to add, you can do this on the map itself or by emailing kaimap@hcc.govt.nz.



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Hamilton Kirikiriroa Kai Map



Check out locations across the city that offer rescued kai, free kai, low-cost community meals, and more.

There's everything from community gardens and fruit trees to paataka kai, food banks and places to get a meal.



Scan our QR code or head to the link below.

Hamilton.govt.nz/kaimap



Transform Your First Impression: Dress for Success

They say it only takes 7 seconds to make a first impression.

And that's where Dress for Success Hamilton can help through their free dressing service for Waikato women. It is all about helping women find clothing they look and feel good in so they can make that great first impression. Dress for Success can provide clothing for job interviews, new jobs, student placement and internships, court appearances, housing viewings and other life events.

The clothes are gifted to their clients, and not only help with the problem of what to wear but, more importantly, build confidence and self-esteem. When you look good you feel good too!

Women can make an appointment when they have an upcoming job interview or are actively looking for work. They receive a complete outfit at this session, including shoes, handbag and make-up if required. Once a job has been secured, women are welcome to return for a capsule wardrobe which gives them a week's worth of clothes. “We know that clothes can be an expensive cost when looking for work, so we want to be able to remove that barrier for women in the Waikato,” says Executive

Manager Erin Andersen

Dress for Success Hamilton is a free service and is open to all Waikato women and those identifying as female. Referrals can be made through Work & Income, community agencies, or you are also welcome to self-refer directly. You can contact them at bookings@dressforsuccesshamilton.co.nz or 07 8391147.



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This is entertainment!

Fun, social and entertaining pottery workshops, Great for birthday parties, hen parties, team building, office get togethers, school holidays, or just yourself. We have a workshop to suit you.

Workshops are for 2 hours and heaps of fun
Book now on the website below or email Sam for a chat and any questions you want to ask

\$48 adults and \$35 child 16 years and under
Includes the tutor, clay, glazing and firing.

Our website is at www.potterystudio.co.nz
sam@potterystudio.co.nz. Mobile 021616900



“Taaparatia te maahina, he puurangi, he maaneanea”

Let your light shine brightly

- Na Kiingi Tuheitia Pootatau Te Wherowhero Te Tuawhitu

Fraser Taniwharau expresses our deepest condolences to the whaanau of Kiingi Tuheitia Pootatau Te Wherowhero VII, who has recently passed away. We received this news with empathy, respect, and understanding.

This is a difficult time for many in our community, and we want to assure you that our school is here to support you. Our aroha merges with all those who grieve our Kiingi Tuheitia. Together we will honour the legacy of the **Kiingitanga and Kiingi Tuheitia Pootatau Te Wherowhero VII**, and offer our support to those affected by his loss.

Fraser High School Te Kura Tuarua o Taniwharau honours the new Monarch **Te Arikinui Kuini Nga wai te hono i te po Pootatau Te Wherowhero VIII**.

Kiingi Tuheitia Pootatau Te Wherowhero Te Tuawhitu
Kua tuu koe hei pou o te Kotahitanga



Japanese Exchange

Kenno High School visits Fraser

In the middle of August this year, Fraser High School welcomed 19 visitors from their sister school, Kenno High School. It is also known as the Hyogo Prefectural Agricultural High School and is located in the southern region of Honshu Island, Japan.

For over a decade, Kenno High School and Fraser High School have had a close relationship that allows us to learn, share and experience each other's cultures and education systems. Representatives from each school visit each other in alternative years. After a long period of travel restrictions, we were glad to have resumed this exchange with Fraser students travelling to Japan last year in 2023.

Our visitors from Japan spent the week living with their host families and participating in all aspects of our New Zealand lifestyle. Some highlights of their time here were participating in school activities as well as visits to dairy and sheep farms, Hamilton Gardens, Hamilton Zoo and participating in waka ama on the Waikato River.

A group of Fraser High School students are preparing to visit in 2025.





Winter Tournament Week with Boys Basketball



Our Senior Boys Premier Basketball team recently placed 5th in the Premier Division in the Waikato Secondary Schools Basketball Competition, before travelling to compete in the AA Zone 2 Regional Premierships in Rotorua. Our boys placed third in their pool despite tough competition and challenging losses to Te Kura Kaupapa Māori o Ruamata and Mt Maunganui College. Showing great determination, the team rallied to win their Semi-Final against Trident High School, 81-59, and went on to secure a victory in the Final against Gisborne Boys' High School, 100-68. Although our boys did not qualify for Nationals this year, their exceptional teamwork, sportsmanship, and the valuable lessons learned made the 2024 Basketball season one to remember!

Our Senior Boys Premier Reserve Basketball team secured 3rd place in the Premier Reserve Division in the Waikato Secondary Schools Basketball Competition before heading off to the Central Cup Tournament in New Plymouth. At Central Cup, the team demonstrated their skill and determination by winning all their pool games and advancing to the Top 4 playoffs. In the Semi-Finals, they were narrowly defeated by Tauranga Boys' College, 90-84. In the Final, they fell short to Wairarapa College, 93-81. Our Senior Premier Reserve placed 4th overall at the Central Cup tournament! We are incredibly proud of their accomplishments and the way they represented Fraser High School with pride. Their commitment and effort throughout the season were evident and truly paid off, marking a successful and rewarding conclusion to their 2024 Basketball season.

Our Junior Boys Premier Basketball team travelled to Rotorua for the Zone 2 Regional Premierships. As a young squad, many of the players were experiencing tournament-style basketball for the first time. They faced tough competition in the pool games against Hamilton Boys' High School, Rotorua Boys' High School, and Tauranga Boys' College, but their perseverance and determination shone through in other games where they were undefeated. Despite the challenges, it was a fantastic opportunity for growth and our boys enjoyed the experience, having a great time both on and off the court!



"Kia ora" from our Acting Principal

Ko Andrew tooku ingoa.

Ko Bramston tooku whaanau.

I would like to introduce myself as the Acting Tumuaki at Fraser High School for Terms 3 and 4, 2024. I am excited to work alongside our staff, students, and community as we approach the end of the year.

I have lived in the Waikato for two years, and my whaanau has come to love the area. We are originally from Tāmaki Makaurau and still enjoy supporting the Blues. During my time as Tumuaki, I hope to further connect with our community and continue to uphold the mana of everyone who enters our gates. Te Kura Tuarua o Taniwharau holds a special place in our community, and we are dedicated to ensuring that every student can be themselves, while striving for excellence that honours their culture, identity, and mana.

I am proud to be part of the Fraser whaanau, and as Te Puea Hērangi said:

**"Me ka moemoeaa ahau,
ko au anake;**

**Me ka moemoeaa e taatou,
ka taea e taatou."**

"If I dream, I dream alone;

If we dream together, we will achieve."

Ngā mihi nui,
Andrew Bramston



Breathtaking Landscapes

I recently had the incredible opportunity to join my classmates on an unforgettable trip to Mt. Ruapehu with our amazing teachers: Mr. Deane, Ms. Mulcahy, and Mr. Akroyd! I had an absolute blast and I'm still buzzing from all the fun we had.

I made so many new friends on the trip! It was awesome getting to know everyone and bonding over all the adventures we had. Whether it was hiking to watch the sunset or learning how to snowboard, every moment was special. Mr. Deane not only taught us many things, but also brought us together as a class!

The experiences we had were just out of this world! I never thought I'd get to see such breathtaking (literally) landscapes and learn so much about geography in such a hands-on way. The sights were stunning, and I felt like I was living in a National Geographic documentary!

I want to thank Mr. Deane for putting so much effort into organising everything and making sure we had the best time ever. His enthusiasm and passion for geography really showed and made the trip even more special. I speak for my entire class when I say that we are so grateful for that opportunity and all the memories we made.

This trip has inspired me to explore the world around me, appreciate the beauty of nature, and taught me the importance of teamwork and pushing beyond my comfort zone. Last but not least, thank you to the teachers for putting up with us and our antics, especially when we were singing at the top of our lungs on the van rides - it must've been tiring!

Written by Hannah Fortune



Hope Rising Farm Charitable Trust

Hope Rising works with tamariki and youth, by helping to build life skills through effective and practical learning opportunities. I've been working with Hope Rising for almost a full term now, along with two of my He Puaawai classmates. We've learnt multiple skills around communication with horses, leadership, problem solving, and responsibility around farm work. Hope Rising always opens each lesson with a prayer and closes with a prayer which brings ease to each lesson. We have 2 tutors between 3 students meaning we equally get support.

We started by getting introduced to miniature horses and learning how to groom them, we also learnt leadership skills by leading the horses around a paddock. On our third week, we were introduced to larger horses and gardening skills. At the end of each lesson we reflect on what skills we've worked on and how things went overall. Hope Rising gives me an opportunity to look forward to working on new skills each week and being out on a farm brings me peace. The sessions have been a really enjoyable part of Term 3 for us.

Written by Serina Nepia, He Puaawai



NZICA Community Services Award



Congratulations to Mr. Kumar the recipient of the New Zealand Indian Central Association Community Services Award. This award was presented by her Excellency, the High Commissioner of India Mrs Neeta Bhushan. Vice President of New Zealand Indian Central Association said "Tarun has provided unconditional service to the Waikato Indian Association for over 22 years. ... With his genuine commitment, loyalty and dedication to the community, Tarun has provided the community with strategic direction and positive influence. ...With Tarun's leadership and vision, the Waikato Indian Association now proudly owns a community hall and home for its members worth over \$5 million dollars.

Hand Crafted Replica Muskets



A group of Year 11 building construction and furniture students at have crafted a unique set of replica muskets for the for the school's kapa haka group. The students took on the challenge of creating muskets for the group's upcoming performance.

Rather than purchasing expensive replicas, the students utilised their woodworking skills to construct the muskets from scratch. Using 150x50 pine, they carefully cut and shaped the stocks using a bandsaw, hand planes, spokeshaves, and sandpaper. The finished muskets were then coated with Resene Colour Wood and Aquaclear for a durable and aesthetically pleasing finish.

Adding a touch of authenticity, the students also fabricated the trigger guards from mild steel, bending the metal by hand. The project provided the students with valuable hands-on experience and a sense of accomplishment as they contributed to the school's kapa haka group.

I have been bound to this room for a very long time. Beyond the dust in my body and the frigid, dry air, I can still feel the strings of time wrapped around the spinning wheels in my brain, and they have spun for many years. My gears and my arms all jerk in unison, dictated by the steady beat of my golden heart. Seconds seem to stretch so far, but I still feel as if I'm falling through time. All these years have passed me by, yet the present will forever be endless. My sole purpose was to keep hold of those twisting coiled strings of time, and I think I've kept track, but my heart can lie, and oh how I hope its words speak truth. One day, I will stop. My arms will freeze, my heart will slow, and when that day comes, I will welcome it.

Pieces like myself are created to be watched, held above people's heads as eyes to the dimension they cannot traverse. But I, oh, I am a forgotten work, stuck in my dark, dusty room. This place must have been abandoned very long ago.

I have no reason to continue my duty, and yet I am forced to despite my use running dry. Maybe one day, someone will arrive to give me purpose again, but I have started to fear that my frame is not a body at all, but a coffin for the gears and springs inside. I will stay for as long as it takes for my time to pass, and that is the only promise I can make.

Clock — by Kiera Hobbs



Celebrating Success in Mathematics



We are excited to share the highlights from the recently concluded Mathematics Week, where our students participated in a range of prestigious events. They demonstrated their talent, determination, and enthusiasm in these challenging competitions, showcasing their strong problem-solving skills and passion for mathematics.

NZAMT Senior Mathematics Competition is a national competition that gathers the brightest mathematical minds from New Zealand. On August 15th, our senior students were challenged by the most complex algebraic problems, and they represented our school with great pride, showcasing their mathematical skills as well as their spirit of daring to succeed.

Proud participants: Malaya Guysayko, Ethan Hunt, Loukas King, Jack McCoy, AJ Roberts, Marcus Turner, Emma Walmsley.

Waikato Mathematics Competition is a regional competition that was a great opportunity for our students to meet excellent mathematicians from other Waikato schools. On the 16th of August at Rototuna High School, our Fraser High School representatives met gifted students from 14 Waikato schools, competing in a fun and intensive manner after weeks of training.

Their participation and perseverance were truly commendable and made us proud. The Year 9 team achieved 5th rank among all the teams! A special thank you goes to our Year 13 student volunteers and the teachers and parents, for their support in making this week memorable and enriching.

Year 9 team: Malaya Guysayko, Junior Mulipola-Temple, Marcus Turner

Year 10 team: Wynter Buisson, Sunayna Harideo, Bhavish Sharma, Rachel Walmsley

Year 11 team: Ethan Hunt, Loukas King, Alex McCoy

Junior Otago Mathematics Competition is a prestigious competition that saw participation from 5,000 students in Years 9, 10, and 11, representing 140 schools across New Zealand. Our 10 junior mathematicians participated in this, and 3 students earned prodigy recognition for their exceptional performance. Certificate of Distinction is awarded to the top 15% of participants, and Certificate of Merit is awarded to the top 50%.

Certificate of Distinction: Malaya Guysayko, **Certificate of Merit:** Japjot Johal and Ethan Walker.

Apollo Projects Sports Grant

Supporting our sports community

APPLY NOW



Thank you Apollo Projects

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

We strongly encourage our students to apply for the Apollo Projects Sports Grant which is 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 Newsheet or find the application link on our Fraser High School social media.



New Fraser Website

Scan here to check it out:



www.fraser.school.nz

Fraser ACE Unveils Exciting Term 4 Course Lineup



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

Fraser Adult Community Education (ACE) is excited to present its Term 4 2024 course offerings, designed to cater to a wide array of interests and skill levels within the community.

Whether you're looking to master practical skills or explore creative pursuits, Fraser ACE has something for everyone. Highlights include "Accounting for Non-Accountants," providing a solid financial foundation for beginners, and "ADHD and Me," offering support for those navigating life with ADHD.

For coffee lovers, the Barista course promises hands-on training, while aspiring gardeners can dive into "Beekeeping," "Garden Design" and "Home Gardening made Easy." Creative souls can express themselves through Painting, Cake Decorating and Photography.

Entrepreneurs will benefit from courses like "Small Business Intro" and "How to Get Published," offering insights into business success. Cooking classes span various cuisines, including Indian, Vietnamese, and Korean, perfect for those eager to expand their culinary repertoire.

Technology enthusiasts can sharpen their digital skills with courses like "Computers for Beginners," "MS Excel," and "Xero Accounting," while arts and crafts lovers will enjoy "Guitar," "Crochet," "Knitting," "Sewing," and more. Hands-on workshops in Metalsmithing, Welding and Woodwork are also available.

For language learners, courses in Te Reo Māori, Chinese and Spanish foster cultural understanding and communication. Additionally, "Death Literacy" opens up important conversations on mortality.

Fraser ACE continues to prioritise community engagement with offerings like "Club Kuhukua (Term 1, 2025)" and "Public Speaking," empowering personal development and effective communication. Courses like "Te Roopu Raranga," "Korowai," and "Taaniko" underscore ACE's dedication to preserving indigenous knowledge.

Fraser ACE's diverse courses offer opportunities for lifelong learning, personal growth, and community connection. Enrol today and explore your passions this term!

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.

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 vege 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.

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.

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 ngahua@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

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

Ngahua Nelson

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

Are we happy yet:

The Connection between relationships and happiness

We all want to experience happiness. One of the best ways to find happiness is through our relationships. Whether it's with family, friends, romantic partners, or even colleagues, our connections with others play a huge role in how happy we feel. The joy that comes from meaningful relationships can make our lives richer and more fulfilling. But how do we cultivate happiness in these connections? Let's explore three key points about relationships and happiness, along with three steps you can take to enhance your joy.

Good Relationships Lead to Greater Happiness

Research shows that close social bonds are the best predictor of happiness. People who have strong, positive relationships tend to experience more joy and life satisfaction.

Meaningful Relationships Balance Emotions

Happiness thrives when we maintain consistency between our thoughts, emotions, and behaviors. When our relationships align with our values, they provide emotional stability

Health Benefits of Positive Relationships

Beyond emotional well-being, joyful relationships also contribute to better physical health. Strong social connections can reduce stress and even extend life.

Three Action Steps Toward Happiness:

- **Invest in Connections:** Spend time

nurturing relationships that matter to you. Whether through regular check-ins or shared activities, meaningful interactions build lasting joy.

- **Communicate Openly:** Honest conversations create trust and deepen emotional bonds, leading to more fulfilling relationships.

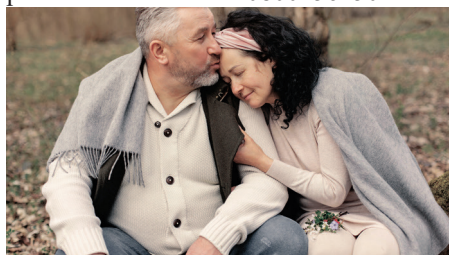
- **Prioritize Quality Over Quantity:** Focus on building a few strong, supportive relationships rather than spreading yourself too thin.

While relationships are key to happiness, some relationships may not be helpful to us. Relationship struggles are real. We might have to choose whether a relationship is helpful or harmful.

For support moving toward happier relationships, please contact Jenny 0275367464 www.couragecounselling.co.nz

If you are in immediate danger, please phone the NZ Police 111

For 24/7 support around family violence please call AreYouOk 0800456450



TAIRANGA

GIRLS YOUTH GROUP
AGED 12-17YRS.

FREE ADMISSION
WEEKLY

FOOD

SPEAKERS

OUTINGS

ACTIVITIES

EVENTS

BASED AT THE
WESTERN COMMUNITY CENTRE
Thursday Evenings 3.30 – 5.30pm
(during school terms)

Hep 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:

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.stickttohepc.co.nz





NEW GO ECO T-SHIRT DESIGN

Introducing our epic new t-shirt design! Inspired by our smallest and quietest endemic pepeketua (frog) – the Archey's Frog. These tiny nocturnal creatures are among the world's oldest surviving frog species, with their lineage dating back over 200 million years! They are critically endangered, but still facing threats from habitat disturbance (ie mining); predators (ie rats) and disease – highlighting the importance of fighting for all creatures – Big and Small.

About the artist: Carrie Shores-Laithwaite is a conservationist by trade and an artist by nature. Originally hailing from the USA, she fell in love with our unique landscapes and wildlife, deciding to make Aotearoa her home after abandoning her career aspirations as an archaeologist. Through her art, she seeks to spotlight the beauty of our native species and raise awareness of the environmental challenges they face. You can follow her on Instagram at @craftymorepork to find more of her work.

All of our T-shirts are screen printed by Studio 386 – our Devon Road, Frankton neighbour!

Proceeds from T-shirts and our online shop support community environmental initiatives across the region. www.goeco.org.nz



Last chance to get your very own decommissioned **parking meter head**. Perfect for the quirky decorator or the DIY mastermind. Donated to us by the Hamilton City Council as a fundraiser, proceeds support our Waste minimisation projects (like the Bike Hub).

Click and collect via our website. \$30 each (\$25 if you buy 5 or more). Email hello@goeco.org.nz to arrange pick up, or pop in while the Bike Hub is open between 10-12pm Friday and Saturday.

LEARN TO FIX YOUR BIKE

no bookings needed!

BIKE HUB

**OPEN 10-12PM
EVERY FRIDAY & SATURDAY
25 A DEVON ROAD, FRANKTON**



"TEXTILE WASTE" DERAIL MASSIVE CLIMATE IMPACT. CONSUMERISM

Synthetic fibres take hundreds of years to break down in landfill and release micro-plastics into our waterways.




tinyurl.com/LibraryOfUsefulThings



RESTORE THE MAURI OF LAKE ROTOROA

1:00 PM - 3:00 PM, SATURDAY, OCTOBER 12, 2024

LAKE ROTOROA (SIGNS FROM INNES COMMON PLAYGROUND)

*Nau mai haere mai e te whaanau!
Bring your friends and whaanau along to help us put 2500 plants in the ground.*

The shoreline planting will help water quality and habitat at one of our most popular nature spaces.

What to bring:

- Planting spade
- Gloves
- Water bottle
- Covered in shoes



This planting event is supported by Mana Whenua Whakamana ki Rotoroa, Go Eco and Hamilton City Council




IT'S THAT
TIME AGAIN!



treats in the park

\$5
PER CHILD



Thursday 31st October 2024, 4pm- 7.30pm
Western Community Centre



6 Treat stations, entertainment,
food stalls, community info,
skate comp, inflatable rides,
prizes and heaps more!

Taking place
Elliott Park, Hyde Ave,
Hamilton

To help us cover some of the costs
of the night. Treat Tickets are \$5.
This gets you some cool treats and
free rides on the inflatables.

For More Information check out the Western Community Centre Facebook Page or email admin@wccham.org.nz