

WESTERN Community News

YOUR PEOPLE ~ YOUR PAPER

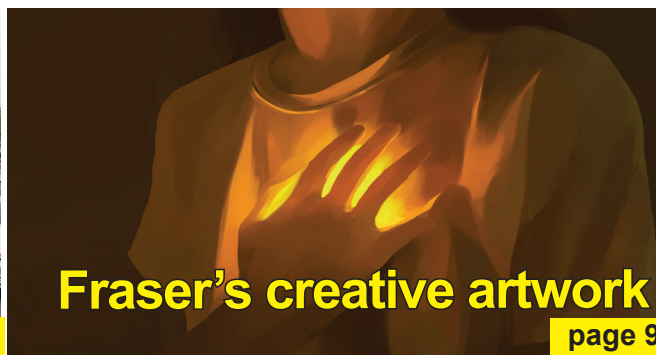
Issue 122 (Hui-Tanguru / February 2023)

Delivered to over 19,000 homes throughout Hamilton West



Donations for Auckland

page 4



Fraser's creative artwork

page 9



Bike Hub

page 11

Western Stars Ultimate Holiday Programme



See page 3

COVID Antiviral oral treatment - Free for eligible patients
Phone us to find out whether you are eligible.

Second Booster for COVID - Are you up to date? We can find out.

Rapid Antigen Test and certificate for international travellers - \$30.



**West Hamilton
Pharmacy**

Nawton Shopping Centre, Hyde ave, Phone 8463121

Fruit and Vegetables for just \$15!

For almost 40 years your community centre has been operating a successful weekly fruit and vegetable co-op.

We buy in bulk so we all save some dollars.

Each Wednesday our volunteers pack well over 100 bags from the fresh seasonal produce we receive from our supplier Foodtogether.
(3 types of veggies and 3 types of fruit)

If you would like to be part of the deal to order drop into the centre or order online at www.westerncommunitycentre.org



Western Community Centre
46 Hyde ave, Nawton, 8474873 ex 0
admin@wccham.org.nz

Learning Opportunities

In Term 1, the Good News Community Centre continues to provide our long standing programmes, lifelong learning programmes and a couple of new ones too. All our programmes are free.

On Monday evenings we have our ever-popular free weekly Te Reo classes for both beginners and advanced learners. The combined class gives great opportunity for each level to review what has already been learnt while also gently extending their knowledge of Te Reo and Te Ao Māori. No need to register for this class, just bring a pen and notebook for your learning. Class runs 5.30pm to 7.00pm.

Golden Agers is a great programme for those 65+ and runs every 2nd and 4th Tuesday from 10.00a.m-11.45am. Each session has a theme and may include craft, music, guest speakers and more. Regular trips to a range of local attractions are also a popular aspect of the programme.

The ever-popular Hub runs on Wednesday and Thursday from 3.00pm-4.30pm and is for children aged 5-16. Support is available to help with schoolwork and the students may also enjoy online learning activities, board

games and sports. Free afternoon tea is provided.

Our new 8-week course for Junior Basketball started last week and we still have room for more. This course runs Wednesdays 4.30-5.15pm and is for children aged 8-13. Please contact the office to register.

St Marks Afterschool club continues to run on Tuesdays 3.00-4.00pm and includes games, bible talk, prizes and afternoon tea.

Our community basketball for children aged 13+ continues after Junior basketball from 5.30pm-7.30pm.

We will also be hosting two separate Money Mates Workshops run by Hamilton Budgeting Services. The dates are March Monday 20th and 27th from 10.00am-1.00pm.

Whanau afternoons run Sundays from 3.30-5.30pm and are a great opportunity to meet new people, play games and share a meal.

Please email the office to register on goodnewscommunitycentre@gmail.com or call on 850 5020. You will find us at 78 Breckons Ave, Nawton.



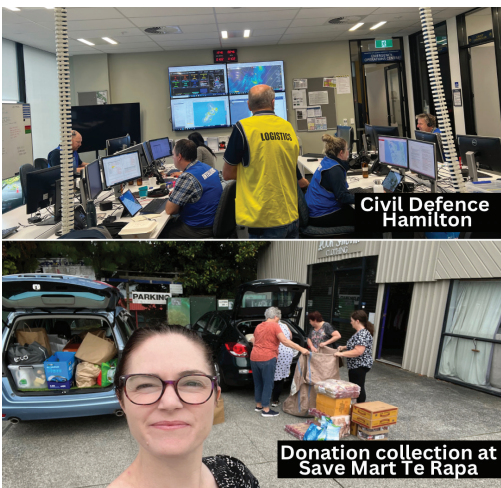
Councillor Comment

by Emma Pike Hamilton City Councillor

Since getting elected as a Hamilton City Councillor in October I have enjoyed catching up with various stakeholders that keep our city going and growing. One of the roles that I have been assigned to as a Councillor is to be a representative on the Waikato Civil Defence Emergency Management (CDEM) Group. As part of my role, I have visited the Civil Defence team based in Hamilton who have a very important role of planning for and aiding during any natural disaster or emergency. It's been a rough start to the year for many in New Zealand as heavy rain and flooding has dampened the summer spirits for some parts of the country. While Hamilton has been spared from the worse of it, many of us have friends and family in Auckland, Northland and Coromandel which have been quite badly affected. Our local Civil Defence team has played an important role in supporting these other regions to help with the recovery efforts. In addition to this, Hamilton City Council also deployed a team of Building Inspectors to Auckland to help with over 4,400 Rapid Impact Assessments that have been carried out on people's homes.

As is often the case in a disaster, Hamiltonians wanted to help out in

a personal capacity too. So, in my capacity as a Councillor, I connected Excel Catering & Event Management with Western Community Centre, Glenview Community Centre, Pukete Neighbourhood House, Te Whare O Te Ata, and Waimarie Community Centre, who kindly agreed to be drop off points for collection of donations. This was a huge success with truckloads of food, bedding and items which were sent to Auckland and distributed by Brown Buttabean (BBM) food bank. Thank you to the team at Excel, BBM, all the community centres that helped out, and of course all of you who made donations and came together to aid other kiwis during these difficult times along with the hardworking team at Civil Defence.



Hamilton West MP



by Tama Potaka

Kia ora e hoa mā. Hamilton West is a great place to grow up and grow old. Since the recent by-election, I have been settling into my new role as your MP for Hamilton West. It is an absolute privilege and honour to serve you. I am attending many hui, recruiting staff, being inducted to Parliament and IT systems, and attending big events like the Hamilton Sevens and the opening of the Fale Pasifika on Mill Street. I am the

National Party spokesperson for Māori development and social/emergency housing issues.

Many people like to catch up to discuss how you are feeling and key issues for Hamilton West. Over the next few months, our team will organise community clinics in places like the Western Community Centre. These clinics will be notified on Facebook (<https://www.facebook.com/TamaPotakaHamiltonWest/>) and elsewhere. You can email me on tama.potaka@parliament.govt.nz or call our team on 07 834 3407. I am happy to meet at mutually convenient times. Current hot topics include immigration, law and order, and the cost of living.

My thoughts are with the people suffering from the unprecedented wet weather events recently around the country and particularly Auckland, Coromandel and Waitomo.

Mauriora – stay healthy in Hamilton West.

Come and join us for lunch

Here at the Western Community Centre we have different activities available for those aged 50+ who are interested in accessing support services or simply wanting to socialize. Every third Friday of the month we have a luncheon planned with a new theme for each month. Our luncheons are all held at the Western Community Centre at 12pm. Bring a plate/dish to share because we love to taste each others foods! Now, if you come to our luncheons you will then find out where we will be going for our upcoming bus trips.

This provides our 50+ group to get out of Hamilton for the day at an affordable cost. Remember spaces are limited, therefore to book your spot on our trip you must purchase a low-cost ticket.

We have generous funders that help us to fund these trips specifically for our Seniors. We appreciate the excitement and opportunities this presents for our 50+ programme. Check the dates for the year below and mark it in your calendar! For more info contact Ngahuia at 07 847 4873 or email ngahuia@wccham.org.nz

50+ Luncheon and Trips		
17 Feb	PICNIC Bring your picnic food along	WINZ Senior Services
17 March	Trip! Raglan "Become a local"	Beach Togs Raglan Shops
21 April	Hot Cross Buns Anzac Biscuits	Featuring Ukulele Band
19 May	Trip!	Keep an eye out for our upcoming trip
16 June	Olde Cinema Fancy a comedic film?	Bring your favourite movie snack
21 July	Trip!	Keep an eye out for our upcoming trip
18 Aug	Soup Kitchen Bring homemade SOUP!	Bring your tips & tricks for meals on a budget
15 Sept	Trip!	Keep an eye out for our upcoming trip
20 Oct	Don't be a CHICKEN Bring creative chicken dishes	Self Defense Effective Protection
17 Nov	Evening Ball Suit & Tie! Dress to Impress	Don't forget your entry ticket!
15 Dec	End of year Trip!	Keep an eye out for our upcoming trip
All Luncheons 12pm at Western Community Centre		

Your Say... New Year's Resolutions...



Western Stars Holiday Programme

A big thank you to the whānau, tamariki and Western Stars team who made up our Western Stars Holiday Programme this summer!

We had an awesome start to the year with a two week long Holiday Programme for our tamariki. Despite the rain this summer, we managed to visit Kaipaki Petting Farm, play on the skate park and playground, and have sports with Coach Jess from Playball. The programme was filled with fun activities like arts and crafts, minute to win games, cooking and baking, and trips to the movies and Leap. A popular activity these holidays was getting our tamariki to help pick apples from our trees at the Western Community Centre to make apple pies. If you would like to enroll your child/children into our holiday programme during the next holidays, our programme is for ages 5 to 13 and is just \$36 per day. We look forward to seeing you all again next school holidays!



Western Wheels learner license programme

Each year we support over 300 people to gain their learner licence through this awesome course.

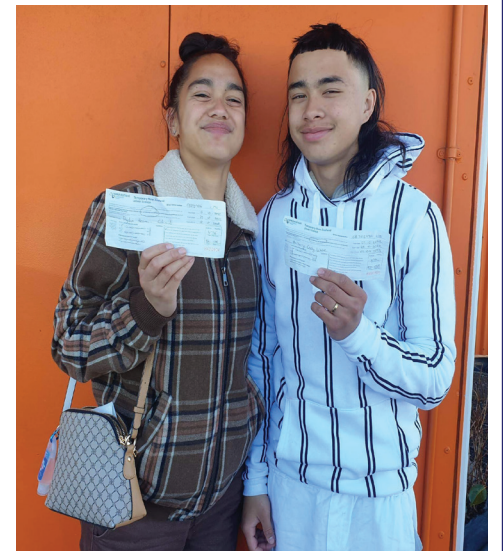
Three days are spent learning the road code in a relaxed and fun environment, learning at your own pace. On the fourth day we take you to VTNZ to sit the test. Course fee is \$50 paid to WCC on the Thursday before the course starts. Payment confirms booking.

\$93.90 is the VTNZ Test Licence Fee (this is paid at VTNZ when you sit the test). Be ready to present your birth certificate!

Hours are 9am - 3pm, lunch is one hour. We provide tea, coffee and milo, just bring morning tea and lunch or pop down to the shopping centre.

IMPORTANT: Payment and registration MUST be made the THURSDAY before each course. Places are limited so get in quick. Check our website <https://www.westerncommunitycentre.org/western-wheels>

[westerncommunitycentre.org/western-wheels](https://www.westerncommunitycentre.org/western-wheels) for the course dates. To book or for more info contact the centre 8474873 ex 0, admin@wccham.org.nz



Western Stars After School Care Programme

From 3pm till 5:30pm

\$14 per day

Western Community Centre
46 Hyde Ave, Newton, Hamilton

Phone: 078474873

Email: westernstars@wccham.org.nz

Website: www.westerncommunitycentre.org

Hamilton CHILDREN'S DAY 2023

Te raa o ngaa tamariki ki Kirikiriroa

Saturday, 4th March
Sunday, 5th March



Saturday 4th March

Garden Place (10am - 2pm*)

Waikato Museum (10.30am - 3.30pm)

Central Hamilton Library (10am - 2pm)

Waterworld (2pm - 6pm)

Hamilton Gardens (Enclosed Gardens)

Rainbow Kids Party (11am - 2pm)

Sunday 5th March

Hamilton Zoo Rainbow Kids Party (11am - 2pm*)

*weather permitting

Follow #HCD2023 for event updates and bus times

FREE bus services to all events



#HCD2023



Hamiltonians outstanding generosity in an emergency



We at the Western Community Centre would like to thank the community for their generous donations to the people of Tāmaki Makaurau, Auckland. We were overwhelmed by everyone's support for those who have been impacted by the floods.

Before the call was sent out for

donations there was already an abundance of enquiries regarding how we as a Community can help those affected by the floods. The Hamilton community was too quick, therefore organizers made sure they responded to the Communities generous requests and provided drop off locations where donations can be made.

Blankets, pillows, bottled water, hygiene products, non perishable food, gluten free and dairy free food, and medical supplies were among the many items donated. We would really like to thank those individuals and organizations that donated these items. Despite the current living struggles, there were still people that

purchased much needed products from the supermarket for Auckland. Each donation did not go unnoticed. Despite the current crisis, it really was encouraging to see the Community band together in order to assist those in need. Even before their own needs and current circumstances.

Thank you to Excel Catering & Event Management who organised the Western Community Centre to be one of the many drop offs in Hamilton to collect donations for Auckland. All donations were collected by a truck and distributed by Brown Buttabean food bank who are doing an amazing work in Auckland. They have been distributing produce and goods to families in need.

Playball with Coach Jess at Western Community

by Jess Delaney

My name is Jess Delaney (Coach Jess) and I'm the owner of Playball Hamilton. The newly opened Playball has been working closely with kindergartens and schools throughout the Hamilton region. We visit centres once a week to deliver a fun filled 45 minute class where kids get to learn different sports.

Using sport as the means, we provide children with a sound base from which to develop every aspect of their lives. Not only do we teach children physical skills, but through Playball they will learn social, emotional and cognitive skills. These skills include turn-taking, working with others and persistence. By teaching children these skills at such a young age, we give them the necessary building blocks that is needed to navigate teamwork and sportsmanship.

The aim of Playball is to introduce our tamariki to constructive and enjoyable sport participation through various age-appropriate programs. All of the programs have a "multi-activity" approach, ensuring a solid foundation in all the popular sports played at school. We teach sports such as hockey, soccer, baseball and tennis among many others. This is to give children an introduction into different skills.

I began working with the tamariki at the Western Community Centre's after school care programme



last term. Through my ongoing encouragement and involvement we've made some great steps into learning some new skills. I coach the children every week, with each week either cementing previous skill sequences or learning new skills through fun games.

We've been learning different types of throwing; chest passes, overhead, overarm and underarm. These important skills improve both gross and fine motor skills which in turn will help children at school and later in life. This has also led the children

to develop their team work while playing various games. We have also learnt tennis skills, both forehand and backhand, along with fielding. In addition, hockey, basketball, baseball, and soccer games have all been included in the program. It's been so awesome to see such great progress and the eagerness to try out new sports among the children!



Ongoing progress for Hamilton

By Martin Gallagher

Having completed a long career as an elected representative, both in local and central government (serving Hamilton City Council as a Councillor and Deputy Mayor, as well as Hamilton West MP), it has been quite a journey, and an absolute privilege. That privilege is given to only a few, and I am humbled by the opportunity afforded to me, by so many.

What I have learned and appreciate the most, is the people. The unsung heroes of our communities, who give selflessly of themselves to make a difference. Nothing is achieved in isolation, much is achieved by being part of a team, and I have worked with incredible teams, as well as extraordinary individuals on many

levels. Each level builds upon the next, until great progress is made through generations of people with vision.

Highlights for me, among the many, include the River Plan and greenspace development, Hamilton ring road and Waikato Expressway completion, K'aute Pasifika Fale and village completion, Hamilton Gardens ongoing development, Waiwhakareke Natural Heritage Park, Hamilton Zoo restoration, the evolution of our public transport system. Dave Macpherson who has also retired, has played a pivotal role in our vision toward the future, and I thank him for his commitment and significant ability and passion for the community.

I look forward to supporting the



progress by the next generation of leaders and community activists, who will build upon the legacy left to them. All elected leaders share the privilege I was given, and I wish them well in their journey.

Tired of repetitive commercial radio?



Come and check out the diverse range of programmes we broadcast on 89FM.

Introducing our new Youth Media Coordinator, Rosalie! We are committed to bringing a voice and means of connection to local rangatahi. Rosalie will be working to recruit more young people to create content and be part of Free FM. Limited spots are available in our daily youth zone, plus we podcast ALL shows. This means you can be heard on many

different platforms!

It's a great chance to get your voice heard and gain some awesome media experience.

Don't forget to follow us on social media to be in to win a range of prizes and keep updated on everything we have going on www.facebook.com/FREEFM89 and www.instagram.com/freefm89/ <https://www.tiktok.com/@freefm89>

To find out more, email Rosalie at youthmedia@freefm.org.nz

GET YOUR OWN RADIO SHOW AND PODCAST IN THE FREE FM YOUTH ZONE!

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Independent COMMUNITY MEDIA

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SOCIAL ART GROUP
MONDAY - FRIDAY



JOURNEY THROUGH ART



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CHILDRENS ART THERAPY WORKSHOPS



ADULTS ART THERAPY WORKSHOPS



ARTS FOR HEALTH WEBPAGE FOR DETAILS

Arts for Health - 2 Seddon Road, Frankton
Email at office@artsforhealth.co.nz
Linktree - www.eventspronto.co.nz/Artsforhealth



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over **\$2.4 million****.

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\$350+*
A YEAR

NO DAILY CHARGES

NO FIXED TERM
CONTRACTS

OurPower.co.nz

* Savings estimated based on an average annual household load of 8,000 kWh at 23.5c + GST per kWh compared to the average electricity prices in Waikato as published quarterly by MBIE
** As of 19 June 2021 at 22.5c + GST per kWh



FRASER HIGH SCHOOL
Te Kura Tuarua o Taniwharau

Start Days

Thank you for a great start to 2023

We have made an excellent start to the year — welcoming our new and returning students with days full of connection and fun!

The year began with karakia and an address from Mrs Crawford and Matua Paora. Our students broke the ice by enjoying various activities, from ball games to learning our haka. We also held a poowhiri at our wharenui, Te Taumata o te Maatauranga, to formally welcome our new Year 9 students and staff into the Fraser Whaanau. The new students were assigned their waka (house group). The students and our staff have made the first three weeks feel welcoming, energised, and inclusive. Thank you to everyone for your support and care.

Thank you to parents and caregivers for preparing your child for the best start they can to their school year.





First whole school assembly in 3 years!

Friday the 10th of February was the first time we joined as a full school post Covid restrictions. It was a great opportunity to introduce the students to staff and key student groups and leaders. We also announced the winners from the previous week's waka (house) competitions... a draw across the scoreboard!

We look forward to a sense of normality, with rhythms that help our students to thrive.



Student leaders kick 2023 off early

Some of our Fraser High School student leadership groups had an early start to the year! The Ngaa Niho o te Taniwha and Aiga Tasi Navigators Student Council groups, both took time out during the school holidays to connect and prepare for the coming year. We are grateful to have such great aakonga (students) and kaiako (teachers) who prioritise their future and that of others.

Aiga Tasi Navigators Student Council Group



Ngaa Niho o te Taniwha





FRASER HIGH SCHOOL
Te Kura Tuarua o Taniwharau



Apollo Projects Sports Grant

In 2022, a number of Fraser High School students received funding from Round 1 and Round 2 of the Sports Grant. More than \$10,000 has been awarded this year. Congratulations to the student recipients.

The sponsorship that Apollo Projects has offered Fraser students is \$24,479.00 per annum. The focus of Apollo Projects' sports' sponsorship is to support students to access sporting opportunities that they might not otherwise have access to due to financial constraints. Thank you Apollo Projects for supporting our rangatahi!



Stay connected!

FOLLOW @Fraser High School



or check out www.fraser.school.nz



**Check out some of
the artwork from
our 2022 creatives**



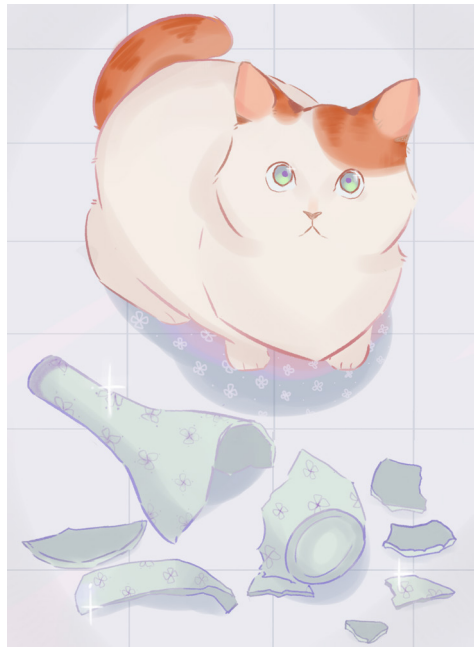
Noah Smiler



Emma Walmsley



Saskia Elliott



Emma Mather



Ashlin Dons



Chaka Luki



Emily Schriener

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, free use of computers and a landline, lamination, binding, and scan to email services.

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 or Thursday and Friday 9am-5pm.

Tiger Worms for your Worm Farm

\$20 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 2L for \$3.

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. 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

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 0800 736 753 during the day or 07 850 4187 in the evening.

Citizen's Advice Bureau

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

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. Enrol online at westerncommunitycentre.org

Western Stars

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 \$14 per day or \$70 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. 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.

Children's Chess Club

Learn how to play chess Thursdays 4pm. Free at the Western Community Centre. Any age. Run by Sanjay Joshi.

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.

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.

WESTERN Community News

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Charlton

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

Have a question? Ask us! It's a free service

by Celeste Rakena

Kia ora, my name is Celeste and I was born, bred, buttered and spread here in Kirikiriroa. I am of Waikato-Tainui and Ngapuhi Ngati Hine descent and for most if not all of my life, I have lived to the West of Waikato awa. Because of this, I have walked, talked and played within the walls of the Western Community Centre for a good portion of my life. I've created a lot of core memories here like attending board meetings with my Dad, Treats in the Park, coming to a baby shower, going in to purchase the \$15 vege bags and now volunteering as a Citizens Advice Bureau (CAB) Interviewer. I consider this place a part of my manawa and whare, and my aroha for this Centre has only grown that much more as I've gotten to know the wonderful manaaki of the people who work and volunteer here. I know them by name and I'm greeted the same. It's the type of care that 'fills ones cup'. Before I came to this position I had been looking for an opportunity to give back to this Centre as it had given to me, and about six months ago I saw an ad on their Facebook page looking for volunteers to help pilot a new initiative for CAB. I had heard of CAB before but didn't really

know what they did. After a little research, I liked what they offered to the community and took the jump to sign up. Six months later, I've helped an elderly couple regain their licence so they can drive on the road again, assisted a woman in communicating with her neighbours to get overgrown trees and plants cut down, given advice on how to create a will and much much more. Both the Western Community Centre and the Citizens Advice Bureau offer a plethora of services and resources that I've been privileged to witness firsthand, every week on Wednesdays 10.30am-12.30pm. So if you have a question, or you just need someone to talk to - my name is Celeste, and I'd love to learn yours too.



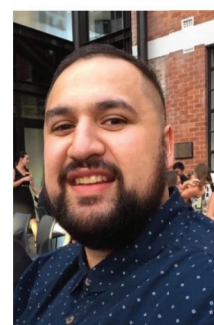
Begin your Te Reo Journey at Western

Interested in learning the indigenous language of Aotearoa New Zealand? We've got the perfect location and education provider for you! The Western Community

Centre and Fraser Ace have teamed up to provide a more accessible learning environment for the Community. This course is perfect for all people.

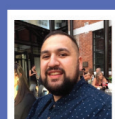


TE REO MĀORI BEGINNERS AT WESTERN



YOUR COURSE

This course will help beginners learn basic sentence structures in Te Reo Maori with the focus around everyday conversation!



YOUR TUTOR

Ihaia McIvor

DETAILS



Day and time

Mondays 10.00am-12.00pm
During school term



Register online

Visit:
www.fraser.school.nz/com-edu
or email:
comed@fraser.school.nz



FRASER HIGH SCHOOL

Te Kura Tuarua o Taniwharau



What's in store for 2023

Huitanguru has traditionally been associated with hot and dry weather - usually leading to water shortages and droughts. This year we've seen the other end of the climate crisis spectrum, which is increased rainfall leading to widespread flooding across the motu. It's the frequency, and intensity of extreme weather events, either drought or flooding that we need to be adapting and mitigating for. with urgency Go Eco have been a voice for the environment for over 20 years; and while it's been encouraging to see more mainstream awareness and action over these years, unfortunately we're still

not progressing far enough, fast enough to reduce the severity of the impacts of climate change. Our only option is systemic change; our political, social and economic systems need to be reformed, as well as our relationship to the environment. These are areas we'll continue to focus on in 2023.

We've started the year by planning, and spending time together as a team to and to reprioritise our work. We look forward to meeting, reconnecting and working with you this year. If you want to find out more about our work check out our website goeco.org.nz

Bike Month is every month

February is Bike Month, so our team have been on their bikes, taking part in the Aotearoa Bike Challenge. We set a goal of cycling 500kms in the month - you can follow our progress on social media.

Alongside our Bike Hub being open, we've also been hosting workshops to

learn the ABC's of cycling. To make sure you don't miss out on future workshops we recommend following our eventbrite tinyurl.com/goecoeventbrite or signing up to our e-newsletter which is sent twice a month. tinyurl.com/goecosignup

Free-Stores for rescued food in the West

Our free store locations in your local area are as follows:

Western Community Centre, 46 Hyde Avenue, Nawton. Monday to Friday from 1pm

Te Whare Kokanga, 58 Bader Street, Melville. Monday to Friday 1.30-2.30pm

Glenview Community Centre, 12 Tomin Road, Glenview. Mon - Wed - Friday 1-1.30pm

Good News Community Centre, 78 Breckons Avenue, Nawton. Mon-Fri from 1pm

For a list of Free-Stores city-wide please go to our website goeco.org.nz



WORLD WETLANDS DAY

FEBRUARY 2ND



WETLANDS ARE VITAL IN MAINTAINING HEALTHY ECOSYSTEMS

WETLANDS STORE EXCESS WATER FOR NATURAL FLOOD & TSUNAMI PROTECTION



WETLANDS ARE WONDERFUL PLACES TO VISIT

WETLANDS FILTER SILT & NUTRIENTS REDUCING WATER POLLUTION



WETLANDS ARE CULTURALLY AND SPIRITUALLY SIGNIFICANT

90% OF OUR WETLANDS HAVE BEEN DRAINED OR FILLED...



IT'S TIME FOR WETLAND RESTORATION



FOR MORE INFO:
WETLANDTRUST.ORG.NZ

Volunteer to restore nature

Restoration work can include planting, weeding and mulching. Waiwhakareke Natural Heritage Park is Aotearoa's largest inland restoration project. It aims to restore the native ecosystems that were once present

on the landscape. Regular working bees are held by the Friends of Waiwhakareke 9-12pm on the last Saturday of every month. The walkway is open to the public, with parking, opposite the Zoo. No dogs allowed

Events & Workshops



Tree Pruning

1-2.30pm Sat 4th March
1-2.30pm Sat 11th March
46 Hyde Avenue, Nawton

This is a FREE hands-on workshop which will cover tree health and the basics of pruning fruit trees. For the last couple of years we've been hosting these workshops at the Western Community Centre, so that we can help to keep the trees in Elliot park healthy and productive. If you have loppers or secateurs please bring them along.

Bike Hub

10-12pm Thursday to Saturday
188 Commerce Street, Frankton
The Bike Hub is a community education space where you can drop-in and be shown how to fix or repair your bike (for free), thanks to the support of Hamilton City Council.

Mending

10-12pm Sat 18th March
188 Commerce Street, Frankton
In 2019 New Zealanders sent 190,000 tonnes of textiles to landfill. Caring for your garments and mending what we can will help to reduce this. At this workshop you'll learn about visible and invisible mending, patching or darning. To register your interest email sandra@goeco.org.nz



Books & Plants Market

9-1pm Sat 25 March
188 Commerce Street, Frankton. We're bringing two of our favourite things together - secondhand books and indoor and outdoor plants. Free entry.

Relationship ABC's



By Jenny Ensing

Aroha and Ben could feel the sudden escalation (names have been changed). The same hot topic had reared its ugly head again. Both of them felt triggered. Each of them could feel the emotions from previous encounters begin to surface. Things were about to escalate. They had been here before. They were ready for battle.

Aroha and Ben's experience can be common. Especially if there is no awareness that an old cycle is playing out. Old cycles playing out can be a signal that we need to shift communication gears and step into intentional communication tools. Relationship ABC's can help us shift gears and move into more intentional communication.

Awareness
Breathe
Choose a helpful response

Aroha and Ben could feel the sudden escalation. Both Aroha and Ben had developed **Awareness** of the cycle. Aroha recognised the shift in her breathing, the tension between her shoulder blades, and the slight trembling that was starting to happen. Ben was aware that the volume and intensity of the conversation had gone from 1 to 100 very quickly. Ben and Aroha wanted new cycles that would help save their relationship.

Both Ben and Aroha began to **Breathe** intentionally. They breathed deeply, then concentrated on their long, slow out breath. They were aware that communicating while emotional escalation was happening would not keep their relationship safe. They kept focussing on their breathing as they considered what helpful responses they could **Choose**.

Ben was **Aware** that, although he was breathing, the escalated feeling that invited intense and loud conversation was still there. Ben breathed again, and decided to **Choose** to defer the communication. Ben said "I'm not in a good space to be talking right now. I am going to go for a twenty minute walk, then I will come back to talk again." Aroha knew that deferring communication was how Ben was choosing to nurture the relationship. She knew Ben would come back and talk. Aroha responded "Ok. Let's try again in twenty minutes".

Having **Awareness** of cycles, **Breathing**, and **Choosing** helpful responses can save relationships. For more ideas on helpful responses to choose, call Jenny 0275367464 visit www.couragecounselling.co.nz, or



Hamilton is boring.....NOT!

by Celeste Rakena

It makes me laugh when people call this city 'boring'. I remember one day in assembly my principal at Maeroa Intermediate said "If you say you are bored, you are not doing enough." I think that quote still rings very true.

A few years ago, my normal routine was a consistent cycle of wake, eat, study/work, sleep, repeat - with the occasional social hangout with friends. Today that routine looks very different as I grew to get to know my city. Mondays are for Family Home Evenings, a dedicated time where friends and families gather to discuss their week, have a lesson and play a game, Tuesdays are for Social Volleyball at the Te Rapa Sports Dome, Wednesdays are for volunteering as a Citizen's Advice Bureau Interviewer at the Western Community Centre, Rangatahi Voices governance meetings for the Waikato Regional Council and Open mic nights at the Nivara lounge, Thursdays are for catching up with friends down at one of the many spots on the

Waikato river, or going for a walk around the lake, Fridays are for catching the sunset on Tills Hill in Dinsdale, going to a restaurant on Victoria or in any of the shopping centres peppered amongst the suburbs, Saturdays are for making short and easy trips to neighbouring towns and cities because Hamilton is centrally located, and Sundays are for church.

There are so many things happening in this city and for free. Like art gallery exhibition openings, live performances, sports, workshops, volunteering opportunities, inspiring lectures and much much more. If you're ever looking for something to do but don't know where to look, I've got three places for you to start: 1. Your local community centre 2. the Hamilton City Libraries and 3. the Hamilton Business Association. All three hold or promote events happening throughout the city and all three help prove why this city is actually, well...pretty cool. So go on, get out there and see it for yourself!



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