

WESTERN Community News

YOUR PEOPLE ~ YOUR PAPER

Issue 116 (Hui-tanguru / February 2022)

Delivered to over 19,000 homes throughout Hamilton West



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First Step Towards 'World-Class' Wildlife Destination

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First Step Towards ‘World-Class’ Wildlife Destination

By Megan Wetere

Work on a striking new entrance to connect Hamilton Zoo and Waiwhakareke Natural Heritage Park has entered its second stage, marked by the opening of the new Zoo entry building in mid-December.

“So this is just the start of that investment and it’s really exciting that the first part of the project was complete just in time for summer. And of course, this is just the beginning of a much wider, exciting project. By connecting these two treasured

The next milestone for the precinct will be the opening of a new café, followed by the precinct’s new playground shortly afterward.

Community Committee Chair Councillor Mark Bunting said it was exciting to see progress with the long-awaited project.

“Our Zoo team are very excited to finally have such a great gateway to the place they’ve put so much of their hearts into. I can’t wait to enjoy a snack and coffee in the café.”

Construction for the Shared Entry Precinct is scheduled to be complete by October 2022.

“This is a clear sign that we’re serious about our nature precinct being a world-class attraction. This entranceway says to the rest of the country and hopefully soon the rest of the world – get here and stay the night in our city. If you love the Hamilton Gardens, you’ll love what we’re building just up the hill!”

Stage two of the project has begun and will focus on creating better access between the two sites. This will involve upgrading and urbanising Brymer Road (between Baverstock Rd and just north of the Zoo), upgrading the car parks, improving bus facilities, and delivering safer access to the site for pedestrians and cyclists.

Council wants to ensure Hamiltonians enjoy a connected, vibrant, attractive, and prosperous Rotokauri-Northwest community. Work is being done to ensure we can plan and deliver great wellbeing outcomes for the Rotokauri-Northwest neighbourhood that will one day be home for up to 20,000 people.

The project is part of a wider vision to combine the two much-loved sites and create a premier wildlife destination for the city.

The new building includes a retail space, toilets and reception, with a fresh new look and feel.

Mayor Paula Southgate said it was an exciting milestone to celebrate.

“The Zoo is much loved but we know there are parts that are in need of some love and repair. It’s a major tourism asset for our city and we need to keep investing in it. It is our responsibility to look after all the city’s special places,” she said.

places, we’re creating a world-class wildlife destination right here in Hamilton. We can showcase our beautiful natural world and inspire future generations to learn about it.”

Hamilton City Council Elected Members and Maangai Maaori celebrated the opening with a blessing of the new building.

Waiwhakareke Natural Heritage Park is a flagship project for biodiversity in the city, and the Hamilton Zoo is kaitiaki to about 600 native and exotic animals. Council’s Zoo Waiwhakareke Shared Entry Precinct Project, funded through the 2018-28 Long-Term Plan, will help streamline access between the two sites.

Take five minutes for your future

By Emily Coffey

How to change your life in five minutes? Enrol to vote, or check that your enrolment details are correct. Enrolling is fast and easy and can be done online here.

Enrolling to vote, or checking that your enrolment details are correct, means that come October, you can have your say on who should lead Hamilton for the next three years.

Why is enrolling to vote such a life-changing move? The mayor and 14 councillors elected to lead our city will shape the future of Hamilton, in both the short and long-term.

Do you care about the health of the Waikato River? How our city grows? The speed limit around schools? Or how we plan for and adapt to climate change? The mayor and councillors act on behalf of Hamilton to make decisions on important topics like these.

This year’s election is an exciting one – it’s the first time Hamilton will be using the Single Transferable Vote (STV) system

to elect the council. Instead of selecting candidates with a tick, voters will now rank the candidates in order of their preference.

STV is a transferable voting system – if your top ranked candidate reaches the vote quota, part of your vote can be transferred to your next choice. Likewise, if one of your preferred candidates doesn’t get enough votes to get elected, your vote is transferred to your next preference.

The 2022 elections will also see the introduction of a citywide Maaori ward in Hamilton. If you’re enrolled on the Maaori roll, you will vote by ranking the Maaori ward candidates.

If you are of Maaori descent and not yet enrolled, you can choose to enrol on the Maaori roll, or the general roll.

If you’re enrolled on the general roll, you will vote for candidates in either the east or west ward, depending on where you live.

So, make 2022 a year of small actions with a big impact. Enrol to vote, and shape the future you want to see for your city.



Minimising the risk of Omicron

By Hamilton West MP Gaurav Sharma

Keeping people safe has always driven our COVID response – and now that we’re facing Omicron, our focus is no different. We know Waikato is likely to see many more cases than we have previously, but there are ways we can all help to protect each other.

As a former doctor (GP) who previously worked in Nawton, I know getting a vaccine booster as soon as we are eligible is one of the most important steps we can take, because the latest data shows boosters provide better protection against Omicron, making us less likely to get seriously ill.

If you’re over 18 and it’s been three months since your second dose, you’re now due for your booster. Book today, or find your nearest walk-in clinic, by visiting BookMyVaccine.nz or calling 0800 28 29 26.

More than 1.3 million Kiwis are already boosted. Thanks to everyone in Hamilton who’s already stepped up to get that extra layer of protection.

Thanks, too, to everyone who has been masking up, scanning in, keeping a safe distance, and using their vaccine passes. At Red light, these behaviours become even more important. Mask requirements are being strengthened, because we know that wearing a mask, when done right, has a significant role to play in managing Omicron. Now you need to wear an actual mask – rather than wrapping a bandana, scarf, or t-shirt around your face – and they’ll be required in more places. As a simple rule of thumb, aim to wear a well-fitted mask whenever you leave home. The readily available blue medical masks are a great option.

Children aged 5 to 11 are also now eligible to get vaccinated. This is a great way to keep tamariki as safe as possible and minimise their likelihood of passing COVID on to vulnerable whānau. If you’re a parent or caregiver, I encourage you to seek out information to help you make this decision.

Over the past two years, everyone in Hamilton has pulled together to respond to COVID-19. It’s been a huge team effort – and, together, we can all help to reduce the risk of Omicron.

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Authorised by Dr Gaurav Sharma, **Labour**

WESTERN Community News

The Western Community Newspaper is published by the Western Community Centre in partnership with Fraser High School. It’s been Hamilton’s only 100% locally owned and operated newspaper for the past 36 years. The Western Community Newspaper is delivered bi-monthly across Hamilton West to 19,000 letterboxes.

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YOUR PEOPLE - YOUR PAPER

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.

TUESDAY'S
9.30am - 10.10am



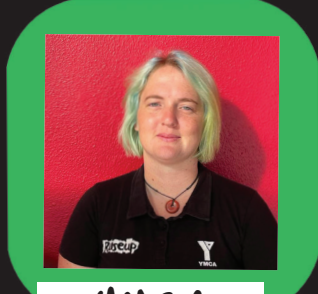
HELD AT
WESTERN COMMUNITY CENTRE

Have Your Say: Whats Coming Up For Youth In H-Town



Te Ahurei a Rangitahi

Our 12-18yo support groups are running weekly.
Sisters in Arms-Thursdays 5pm and
Brotherhood-Wednesdays 5pm.



YMCA

Youth Burn is a free 1 hour session at the YMCA Gym for ages 14-18. Fridays In the term time youth can arrive at 4pm sign in at reception and receive access to the gym for free. with all things exercise.



WCC

Toa Whakapuawai is Western Community Centers youth development program that thrives on building Character, Values and Mana from 3.30pm-5.30pm.
Year 8-10 meet every Wednesday
Year 11-13 meet every Friday



Vision College

At Vision College, we offer free courses for 16 to 19-year-olds to gain credits. Experience different career options and help achieving your Learner Licence, financial planning, CV writing & lots more.



Holiday Programme 2022



A New year, with new faces, and new friendships formed! An epic start to the new year! Here at the Western Stars Holiday Programme we had a variety of activities such as arts n crafts, nerf wars, wheels days, baking. Along with a number of trips to the movies, the Taitua Arboretum and nearby beaches in Raglan and Waihi.

This programme we welcomed a new staff member Emma, who done a fantastic job as expected and we look forward to her going on into our Afterschool Care Programme.

With a number of participants being on our programme some for a number of years, it is very exciting to see them taking on some helper roles, with a few wanting to return as volunteers eventually. We definitely have some future leaders here in our community!

Below you will find dates and details for our coming programmes so keep an eye out online for when you can book in. Also if you would like to book into our Afterschool Care Programme you can of course do that on the same website below or go to our website for more details.



Programme Dates

TUES 19TH - FRI 29TH APRIL 2022
MON 11TH - FRI 22ND JULY 2022
MON 3RD - FRI 14 OCTOBER 2022

Venue 46 HYDE AVE, NAWTON, HAMILTON

Cost PER DAY \$36. | FULL WEEK \$180.

TO BOOK GO TO THE WEBSITE BELOW
WESTERNCOMMUNITYCENTRE.AIMYPLUS.COM

Kirikiroa and Saint Peter's Scout Groups

Join Forces

By Chris Gardner "Kauri"

Together, the groups have offered Scouting to Kirikiriroa Hamilton for a combined 164 years.

Saint Peter's Sea Scout Group, with a hall at Saint Peter's Park in Lorne Street and a boatshed at Lake Rotorua, is one of New Zealand's oldest. It was formed in 1908 when Lt Col David Cossgrave brought Scouting to New Zealand the year after it was founded in the UK by Sir Robert Baden-Powell, 1st Baron Baden-Powell.



Saint Peter's Scout Group has a 114-year history of teaching boating and water safety adventure skills.

Kirikiroa Scout Group has operated from Grandview Road, Kirikiriroa Hamilton, since 2020. It formerly met at Saint Columba's Parish Hall as Saint Columba's Scout Group from its formation in 1972.

Kirikiroa, and previously Saint Columba's Scout Group, has a 50-year history of teaching camping, emergency, tramping, and vertical (abseiling and rock climbing) skills to its members.

Kirikiroa and Saint Peter's Scout Group welcomes members between the ages of five and 26 and all genders, ethnicities, and religions to its Kea Club, Cub Pack, Scout Troop, and Venturer Unit. It is also a Duke of Edinburgh Hillary Award Unit.

Youth members choose whether they wear the grey Land Scout uniform of Kirikiriroa or the navy-blue Sea Scout

uniform of St Peter's. Regardless, all youth have the chance to learn land-based and water-based adventure skills.

The group will alternate between land Scout and sea Scout opening and closing traditions.

"This partnership is a win-win for the youth of Kirikiriroa and St Peter's," said Group Leader Chris Gardner. "It will enable both groups to better deliver on the purpose of Scouting, which is to empower youth through adventurous experiences."

Group Leader Scott Aitken said, "Kirikiriroa Scout Group (formerly Saint Columba's Scout Group) has been forced to relocate in two consecutive years, and as the only land Scout Group serving the Western side of Kirikiriroa it was important to ensure we had stability for our youth to fulfil their adventurous dreams. The joining of Kirikiriroa and Saint Peter's is the realisation of a lot of hard work to ensure the youth of both groups continue to benefit from the strength of knowledge across the combined team of Kaiārahi (coach/mentor)."

"The enthusiasm of the youth and their families in the opportunities going forwards with this combined group is great to see," said Group Chair Steve Adams. "We have plenty of scope to include new members who may wish to see what Scouting has to offer in 2022".

Scouts Aotearoa Waikato Zone leader Jane Hansen said: "I am delighted with the merging of two groups. It will present more opportunities for our young people."

For more information visit www.kirikiroascoutgroup.co.nz or email kirikiriroa@group.scouts.nz

Youth become work ready

By Syrina Pene

In December, a Licence to Work



'Ultimate Programme' was held at the Good News Community Centre to assist youth develop employability

skills needed in the workplace. This is a nationally recognized qualification that provides youth with a solid foundation for employment. It builds the skills, talents, and insights they need to get work, keep work, and create lifelong careers.

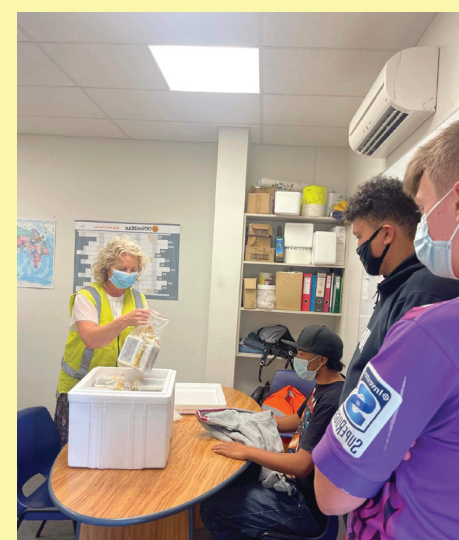
The seven employability skills include Positive Attitude, Communication, Teamwork, Self-Management, Resilience, Willingness to Learn, Thinking Skills.

The students also do two workplace site visits as part of the course. For this course we were grateful to the Hamilton Zoo and Canary Foods who explained about roles and workplaces skills for their workplaces. The students then

build up further work experience hours and voluntary hours for their certificate.

This programme is perfect for practical hands-on learners. Our goal is to help you develop the skills needed to succeed in the workplace while also having fun. It is aimed at those aged 15-21 years.

If you are interested in our next intake in the April school holidays or any of our future intakes please visit our website at goodnewscommunitycentre.com and click on the YEP tab to register or contact Ramon Sorenson on 0273220305. We have a limited number of sponsored places that allow us to provide the course for free for young people.



Let's get Creative!

By Rhiannon Jackson

It's time to get inspired at Arts for Health! We have some exciting activities lined up for you. After a great summer, we're now ready to give you the inside scoop on our community art workshops.

There's something on offer for everyone: sculpture, visual art, and art therapy. All materials are included in the cost, which is only \$125 per term per workshop. Led by enthusiastic and experienced tutors, these adult art groups (and a family art therapy group) is small with a maximum of 12 students per class and is accessible for both beginners and intermediate level students. You will be making friends in no time. Our workshops start from 11

February for 8 weeks.

For those of you that are not ready for full term arts workshops, maybe our new Mental Health Mondays or Community Art Days on a Tues/Wed/Thur might suit you. All of these programmes start at 9:30-2:30pm and are \$5 per visit with basic materials provided. This is a great way to work on your own projects at your own speed with our art facilitator available to give you encouragement. Community Art Days are particularly accessible to people who struggle with social situations, have a learning disability such as dyslexia, ADHA or Autism, or are just needing a welcoming friendly place to be creative.

Arts for Health is a not-for-profit organisation providing access to the

creative arts five days per week.

We are based in the Ward Park Arts and Crafts Centre at 2 Seddon Road Frankton (easy access both by car and public transport).

If you would like to know more about what we do check out www.artsforhealth.co.nz, or to book for a workshop at www.eventspronto.co.nz/Artsforhealth



Thank You All

By Dave Macpherson Hamilton City Councillor



Kia ora and welcome (I think) to our third Covid-disrupted year in the West.

I want to thank the whole community for soldiering on through the restrictions, and keeping your families, jobs and organisations going through these difficult times. I have personal experience with a sports competition I run in the West that has been a real stop-start experience over the last two years – but I know how much the community appreciates still having these opportunities for recreation and friendship, despite the difficulties.

If your not already vaccinated and boosted, please do so – it's the best protection for the whole community against the spread of Covid; it's not just an individual matter, and we can all do our bit

by being part of it.

I also want to mention the bus and train drivers operating in our patch – some services are having to be cut short, or even suspended for a while, but we're making strenuous efforts to ensure that the thousands who need the buses (and train) to get to work or school, or to visit friends and family, can still do so.

In the last year, the Te Huia train to Auckland has started – and stopped for a while under lockdown, before starting up again a couple of weeks ago. We were delighted to have Prime Minister Jacinda Ardern in our patch a few months ago, officially launching NZ's first new inter-regional rail service for over 30 years, at our shiny new Rotokauri Transport Hub, across the railway line opposite The Base. As well as six train arrivals/departures each working day, there are already over 200 bus movements going through there, most of them connecting through our Western suburbs.

Tired of repetitive commercial radio?



Want to get an insight into all things theatre? Tune in at 5pm every Wednesday to 'Backstage' with Mike and Mel. Find out the downlow on the local and national theatre scene with discussion, insight and exclusive interviews. Support your local theatres and find out all you need to know with Backstage.

Access the show and many others any time you like on via our website www.freefm.org.nz or via our app plus on Amazon Echo.

Interested in hosting your own show? We

provide full training and support to get you on the air. It's a great way to get some experience, meet new people and have your voice heard! Get in touch today! Call us on 8342170 or email Mike our Programme Director Mike on pd@freefm.org.nz.

Don't forget to follow us on socials to be in to win a range of prizes and keep updated on everything we have going on www.facebook.com/FREEFM89 or @freefm89 on instagram

WTS WAIKATO

What's the story with Gary Farrow



FreeFM 89
Independent COMMUNITY MEDIA



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Dinsdale Lion Club

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Chairperson Arvind Raman on
021 047 2886

Your Vote Really Does Matter

By Angela O'Leary Hamilton City Councillor



Happy New Year, I hope you're all managing to stay as cool as possible in these very hot temperatures.

2022 means another election year is upon us and there are a couple of

changes that Council will be engaging with you early on.

This year sees a change to the way you vote with a switch from FFP – First Past the Post, to the STV system – Single Transferrable Vote. It's a different way to vote for your elected members but if you've voted in the past for the Waikato District Health Board then it will be familiar to you.

Instead of voting just for your 6 West

Ward Councillors equally, you'll be voting for them in order of preference. Essentially who you want to list as your Number 1, your Number 2 and so on.

Council will be running a lengthy education campaign so there will be lots of ways for you to understand how it works before it's time to cast your votes.

The second change for Hamilton is the introduction of two Māori Wards, one in each Ward. Again, there will be plenty of time to understand how it all works.

What's most important though is that you DO actually vote. Hamilton has had a dismal record of voter turnout and yet everything you do everyday is affected by the decisions Council makes. From turning on the water in the morning for brushing your teeth, to using the roads as you travel around the city. Your vote really does matter.

Wishing you all a safe and happy 2022.

Takatāpui Advisory Rōpū Hui

By Nathan Bramwell

KIA HIWA RĀ! He pānui mo ngā tangata takatāpui o Waikato me ngā whānau. Tēnā koe from Rainbow Hub Waikato!

This pānui is to all our ātaahua takatāpui whānau and rainbow community. Rainbow Hub Waikato is establishing a takatāpui advisory rōpū to tautoko and guide the organisation as we grow and move forward with our mahi.

We are holding four community hui to discuss these aspirations, and would love to get your insights, guidance, and support around what the takatāpui advisory rōpū should look and feel like.

If you relate to this kaupapa, have an affiliation to the Waikato and want to tautoko this mahi then we would love to connect with you at one of these hui. To register head to our facebook page: facebook.com/RainbowHubWaikato

If you are unable to join us for these hui, but would like to koha your insights and knowledge, or have any pātai around this kaupapa, please get in touch via email: education@rhw.org.nz



Touch In The Blood

Te Maia Huirama has the game of touch in his blood. Since birth, Touch has always been part of his life, specifically through his parents who have been players and coaches. Mum, Mere Nock, former Touch Black, and Dad, Tamainu Huirama, the coach of the 07 Heat Men's PTL team, are well known members in the touch community.

Te Maia's family are still heavily involved in touch, having aunties and uncles who are still currently playing for New Zealand. But



now, it is Te Maia's turn. Recently, Te Maia was named in the New Zealand under 16 boys' team. When asked about the upcoming tour, Te Maia said, "I am looking forward to meeting and playing new people and gaining New Zealand experience." This is his chance to pave his way in the sport.

Te Maia is a smart touch player, playing the game in the right way, competitively, yet skilfully. These are skills he learned from his whānau. He credits his Touch IQ to his parents, saying that his family were very influential in instilling good habits in him, early.

Wanting to follow in his Mum's footsteps, Te Maia, wants to represent New Zealand at the highest level and play for the Touch Blacks.

Ultimately, he wants to continue to enjoy the game and play with his best mates, and eventually his younger brothers

Article provided with thanks from Touch NZ

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www.gmsharma.info



Authorised by Dr Gaurav Sharma MP, Parliament Buildings, Wellington



Keep Looking While You Are Cooking

Did you know that the most common cause of a house fire in New Zealand is from "unattended cooking"?

Yes, that's right, unattended cooking! Fire and Emergency New Zealand responds to over 3500 house fire incidents each year and just over a quarter of those fires are caused by unattended cooking.

There are some simple rules that you



can follow to avoid this happening to you;

Keep looking while you are cooking – never leave cooking unattended, especially if you are cooking on the stove top using fat or cooking all. If there is a need to leave the kitchen such as a knock at the door, the children needing attention or to answer the telephone, make sure you turn the pot off and remove it from the hot element. Do not leave it cooking by itself as it is easy to become distracted.

Don't drink and fry, this is a recipe for disaster! If you plan on having a drink or two or going out for drinks, grab a takeaway meal while you are out or on your way home. You can also re-heat food in your microwave. Often people will attempt to cook when they get home and while under the influence of alcohol. This is not good practice!

Make sure you also have working smoke alarms in your home and

that your family has developed and practices an "escape plan". We recommend you install 10 year longlife photo-electric smoke alarms. One in the lounge or main living area, one in the hallway and one in each bedroom. You should also know 2 ways of escaping from each room of your home.

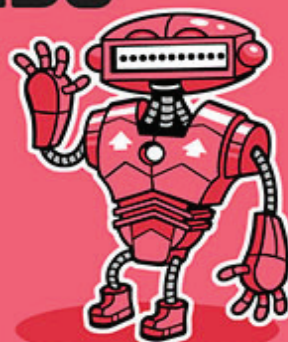
Your local Waikato Community Readiness and Recovery Team at Fire and Emergency NZ is always available to provide you with any advice or help around fire safety. Feel free to contact us anytime at; CRRWaikato@fireandemergency.nz

Keep an eye out for us too at some of the upcoming events at the Western Community Centre!

Stay safe out there and remember, Keep looking while you are cooking and don't drink and fry!

Kevin, Michelle and Abi – Waikato Community Readiness and Recovery Team, Fire and Emergency NZ.

UPSIZE YOUR PASSWORDS



CYBER SMART WEEK 2021

How Not To Get Hacked

Afraid of being hacked? Worried about people stealing your personal information? I've got some easy tips to help minimize your risk of being hacked.

In October, New Zealand celebrated Cyber Smart Week, where the government's 'Computer Emergency Response Team' or CERT

as its known, pushed for people to be more cyber aware and safer online. You can see more info from them here: <https://www.cert.govt.nz/cybersmart/>

The first tip from me is don't talk to anyone who rings you on your phone who then goes on to talk about your computer, internet connection or cell phone. Almost all the people we see at work come in that have been scammed out of money, let someone into their computer after they were called by them. The second tip is to use a password manager, this is for everyone, whether you just Tik Tok on your phone or have an ancient PC you just use to read your emails. BitWarden is free, there are other good ones as well like LastPass. You can use it to make all your passwords super tough to hack. It'll help you make them long, strong and unique and the best part is? You won't have to remember them! You can download the app for you iPhone or Android, and add the extension to Chrome as well as a desktop app for Windows or Mac.

You'll only ever need to remember one password at a time for the rest of your life. Sounds good huh? And that password should be a 'passphrase'. Words strung together that you'll remember. Your favorite movie quote or lyric from a song or poem maybe? "Hereslookingatyoukid" or "Maytheforcebewithyou". Super easy to remember and waaaay less chance of being hacked.

If you'd like to know more or need more help, get in touch with Max from PC Hardware on Kahikatea Drive. 078471177 – max@pchardware.co.nz –

Fraser Leadership Waananga



'We began our year together laughing, sharing koorero, eating, dreaming and doing things that challenged us. A special way to begin our student leadership waananga week...'

- Ngaa Niho o Te Taniwha -



Fraser Alumni recognised for PMOT Award



Fraser Alumni Areta Cox (pictured left) was nominated for a Prime Minister's Oranga Tamariki (PMOT) Award in 2021. Areta was one of 50 young people to be nominated for this award. The rangatahi received her awards and gave speeches to thank their support teams at the event, which was organised by Oranga Tamariki kaimahi and held at Waikato University.

Oranga Tamariki acts as the kaitiaki organisation for PMOT Awards, which recognise the achievements and potential of young people in care. Sponsors donated scholarships valued from \$3000 to nurture their interests, talents and skills. Areta received a Te Rakahinonga Auaha – Creative Entrepreneur award, which is presented to young people doing well in the arts or creative fields, or who use art as part of work in the community.



Workshop inspires dozens of local authors to get published



The nation's bookshelves have been graced by more than a hundred books published as a result of Fraser High School's adult community education programme.

Dozens of successful Waikato authors have attended one-day workshops – called How to Get Published – since they began 10 years ago.

Tutor Josh Easby leads the workshops, creating a space for attendees to immerse themselves in the subject in a single workshop. The workshop takes participants through two options – how to find a commercial publisher for their book project or how to self-publish.

"The formula has worked well as it enables the students to decide the best way forward," said Josh. And the proof is in the publishing pudding, he says, with more than a hundred books successfully produced as a result.

Fraser Staff farewells of 2021

At the end of 2021 our Fraser Staff had the opportunity to honor and farewell some great members of our community. Some moving on to other opportunities and others into retirement. We are forever grateful for the years of hard mahi and contributions they have all made to our kura. They will be missed!

*We farewelled staff who
have been part of the Fraser
whanaau for many years
with our Kura's Haka.*



*Our aakonga and kaiako
welcomed the group
new staff into our Fraser
whanaau with a poowhiri.*

Welcome to the new Fraser Staff



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.

Food Bank & Toiletries Collection

Drop off food items such as tinned goods, spreads, tea and coffee, baking goods, healthy snacks, rice, pasta, cereals and other packaged, long lasting items to the Western Community Centre as part of the Christian Food Bank. Toiletries, cleaning products, nappies and sanitary items are also welcomed.

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 Thursday from 11am-5.30pm or 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. Pick up at Western Community Centre.

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.

Free Legal Advice

Niemand Peebles Hoult are offering free legal advice on Wednesdays at Western Community Centre. Appointments take place between 9am – 10am. To book contact Western Community Centre.

Tables and Chair Hire

We have tables and chairs for hire! Tables \$6 each - Chairs \$2 each. 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 or email info@tripleonecare.co.nz

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.

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/after-school-care

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 Thursday of each month at 12pm. The potluck luncheons provide an opportunity for seniors in our area to socialize. Transport is provided if needed. Email aileen@wccham.org.nz to sign up.

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/venue-hire to make a booking enquiry.

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.

Are Men too Macho to Apologize or Do Women Over-Apologize?

By Jenny Ensing



If you think you hear women apologizing more than men, you are most likely right. Does this mean that men are too macho to apologize? Funnily, Schumann and Ross wondered the same thing, and their research came up with some interesting results.

Men aren't vigorously avoiding acknowledging accountability. They just have a different scale of what they consider requires an apology. It seems that men do apologize when they think they have done something wrong. "It's just that they think they've done fewer things wrong," according to University of Waterloo Doctoral researcher, Karina Schumann. Men are not reluctant to acknowledge accountability. They just have a different view of what warrants an apology. Men are also less likely to judge themselves to be in need of an apology.

On the flip side, women were reported

to consider more events to be in need of an apology process. Women apologize more. Women also see a need to be apologized to.

Men Vs Women...Who is Right?

There is no right, according to Schumann. When researchers compared the amount of male and female apologies, relative to the number of perceived injuries to the relationship, the outcomes were the same (Rettner, 2010). Schumann suggests that this difference creates an opportunity for communication about perceptions of events.

Healthy relationships are not about who is right. Healthy relationships can be about understanding each other, and having empathy for each other's perspective. When there seems to be a difference in how things are viewed, it can be helpful to listen to each other, and try and understand from each other's perspective. When there is an injury to a relationship, it can be helpful to move into further healing processes. Abuse is not ok from any perspective. If abuse is happening, seek help. Shine offers a helpline for support around abuse 0508-744-633.

For support with listening tools and skills, and healing processes, please go to couragecounselling.co.nz or contact Jenny on 0275367464

Find this article at couragecounselling.co.nz/apology/



Awareness Week Citizens Advice Bureau

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Citizens Advice Bureau





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Local artists come together to support the Pekapeka-tou-roa



We want to say a massive thank you to (Guy) The Moskon Review and (Cam) King Of Nothing for designing and selling the epic 'metal as' Pekapeka-tou-roa tees to fundraise for our work with Project Echo. They raised \$3000 which is a huge boost.

We're involved in education, monitoring and advocacy for pekapeka-tou-roa (or the long tailed bat). They are one of two native bats in Aotearoa, the other being the short tailed. Their awareness grew exponentially after their controversial inclusion and win,

in last year's Te Rongonui o te tau - Bird of the Year competition.

But did you know they live in Hamilton West? Our latest Bat Report shows they live south of the city, mostly in Hammond and Sandford parks! With regular monitoring we can make sure we better protect their habitats from development while also telling us where we need more predator control. The report also shows other areas in the city where they've been detected, and we're hoping as we get closer to 10% biodiversity cover (from 2%) that the numbers of these incredible taonga species will increase!

We'll be doing a call-out for volunteers to help monitor for pekapeka soon - but in the meantime - the best thing you can do to help them is to start trapping rats in your backyard, particularly if you are adjacent to the river, gully, a lake or bush. You can purchase traps from our Eco shop (or online shop.goeco.org.nz) or follow Predator Free Hamilton on facebook for updates of future workshops where you can learn more about the Predator Free 2050 goal and get everything you need to start trapping at home.

Reflection on Waitangi

While many Waitangi Day celebrations were canceled this year, we hope you were still able to make time to think, and talk about Te Tiriti, in your home or workplace. Our manager Jo shares the following



reflection.

"I have been re-reading Imagining Decolonisation and in particular, the chapter contributions by Rebecca Kiddle, "Colonisation sucks for everyone" and Amanda Thomas, "Pākehā and doing the work of decolonisation". It's got me ruminating over the colonial construct that is a charity and the differences between charitable acts and what it means to act in solidarity. It is something we have to consider regularly in our work as a registered charity working within the harsh realities of a capitalist system that backs winners and upholds short term contracts and contestable funding as solutions to systemic challenges.

We have made a commitment to stand as a Tangata Tiriti organisation.

Charity is an inherently hierarchical system, a vertical system where the charitable actor resource flows from top to bottom. The bigger a charity gets, the greater the distance between top and bottom. Inevitably we draw an organisational map that flattens our structure because we want to walk alongside and we make the power we exert invisible in the chart. Our settler ancestors used charitable acts to soften the brutality and violence of colonisation and modern charities have adapted wholly to working within the constraints of capitalism, accountability, data collecting

& performative storytelling.

Solidarity on the other hand is about change and acknowledging that power in communities is dynamic. Solidarity acknowledges that things like inequity and environmental harm are created by a dominant culture or system. Working in solidarity opens up accountability to the communities we work with and to do this we have to trust that they know the systemic solutions and respects those.

For me, Waitangi Day is a time of reflection and learning, as a pākehā descendant of settlers, and what it means to be accountable as a Tangata Tiriti organisation".

RESTORE the lake

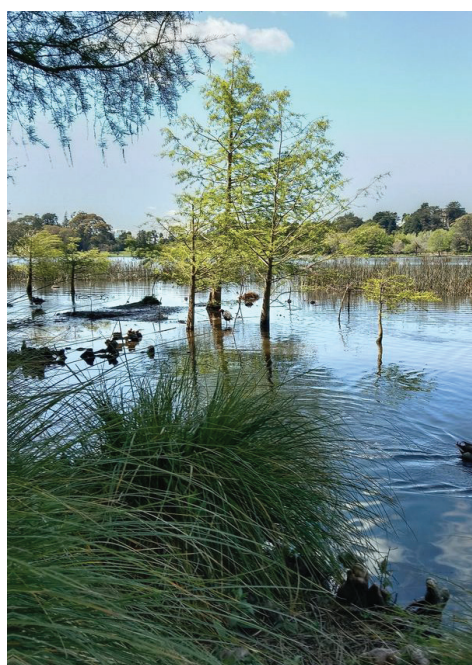
Recently, we attended a meeting of RESTORE, an advocacy group for the health and wairua of Lake Rotoroa (Hamilton lake).

We were presented with a report on the levels of copper and zinc in the lake and mitigation options. They are particularly present at the south end of the lake. In fact, did you know that the lake has been classified as being 'contaminated land'? In 1959 sodium arsenate was used to kill weeds in the water; while it worked in the short term; it remains in the soil and impacts on the wairua of this environment now.

Waterfowl and their excrement is still a major water quality issue. Currently the Canadian geese are not considered a pest in the Regional Pest Management Plan. This may be something we need your help advocating for in future.

This year Hamilton City Council will be working towards auditing and managing stormwater and drainage into the lake, particularly at the hospital end. In the meantime - it's a reminder to pay attention to what you put down our stormwater drains! If it goes down the drain it's heading for our freshwater!

This year RESTORE will be developing a restoration strategy and we'll keep you informed of that because we know how much you love the lake and would support action to restore it to its former wetland glory.



Bike Hub wheels are turning



In the six months from July to December 2021 our Bike Hub opened for 36 sessions, providing FREE bike advice and repairs to anyone who wanted it. We repaired 50 bikes and donated 29 to people needing transport. We could not have done that without the 50 hours + of volunteer hours we received, so we want to especially thank Mike, Paul, & Melvin for their support, passion and commitment to keeping the wheels turning.

2022 is looking to be a big one for getting more Hamiltonians on bikes. With support from the Hamilton City Council we are collaborating with the Hamilton Multi-Cultural Services Trust, to provide repairs and services which compliments their adult cycle training. We encourage you to contact them directly if you would like help learning to ride, and being confident on the roads.

There are lots of reasons people get on a

bike; from the independence it can give; as a form of exercise; or to meet people on a group ride. We encourage you to take up cycling for all of those reasons but also because it is an excellent form of climate action. 60% of the greenhouse emissions in Hamilton are from transport; much of that made up of short trips (less than a 10 minute bike ride). In fact, with increasing petrol prices and congestion, now is a great time to think about replacing a car trip by biking, walking, scooting. The vision behind our Safe and Healthy Journeys to School campaign acknowledges the fact that congestion increases by about 30% at school pick up and drop off times. Imagine what our cities would look like if we replaced private vehicles with public transport and safer more inclusive infrastructure!

The Bike Hub is open 10-12pm every Thursday and Saturday, so you can learn how to fix or maintain your push bike - for free! We've got the tools, some parts and the skills to show you how it's done, whether it's a puncture, faulty brakes or gears that get stuck. We also accept donations of bikes, which we fix, rebuild and rehome.



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