

WESTERN Community News

YOUR PEOPLE ~ YOUR PAPER

Issue 143 (Here-turi-kōkā / August 2026)

Delivered to over 19,000 homes throughout Hamilton West



Photo Credit: Tuhimata Brown

FREE ASTHMA COUNSELLING

Do you use your reliever (Blue)
inhaler more than 3x a week?

If you do, your Asthma is not well controlled!
BETTER BREATHING, BETTER TECHNIQUE

INSIDE NAWTON MALL
PHONE FOR AN
APPOINTMENT
WE CAN WORK
TOGETHER
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You can send printing to wccopy@gmail.com
46 Hyde Ave, 847 4873, Mon - Fri, 8.30am- 5.30pm

Councillor Comment - Cr Maria Huata



Kia ora e te hapori o te uru o Kirikiriroa!
Ko Pirongia te aroaro o Kahu te maunga.
Ko Waipaa te awa.
Ko Ngaati Apakura te hapuu.
Ko Waikato Maniapoto te iwi.
Ko Puurekireki te marae.
Ko Maria Te Aukaha Huata tooku ingoa.
Greetings to our western Kirikiriroa community!
I am honoured to share a snippet of who I am and how council life is going with you all.
I was born and raised in Htown alongside my seven siblings.

Between my husband and I we have 11 children and two mokopuna.
My background is steeped in Education, Te Reo and Tikanga, Maaori Peforming Arts and Broadcasting.
It is an absolute privilege to be a Maaori Ward Councillor.
Council mahi is full on, exciting, challenging with multiple moving parts.
The well being of our whaanau, whenua and wai, is what drives everything I do.
Mauri Ora
Naa Maria x

Living Within Your Means:
Cost-of-Living Crisis

By Susanne Henderson
When the cost of living goes up faster than pay, living within your means is about staying on top of your money. Start by working out what your money needs to cover each week. Make a simple budget that matches how often you get paid. Write down your income, then your must-pay costs (rent or mortgage, power, insurance, transport), then groceries, then debt payments. Anything left over is “spending money”. If there’s nothing left, that’s not a personal failure—it simply shows what needs to change.
Then look for savings in the three biggest areas: housing, food, and transport. Go through your bills once a year. Compare power, internet, and insurance prices, and ask your provider if they can give you a better deal. For food, plan a few easy meals for the week, shop with a list, check the unit price, and buy what’s in season. Try supermarket brands instead of name brands. For transport, combine errands,

share rides if you can, and see if you can cut costs like parking, tolls, or premium fuel.
If you have debt, pay off the debt with the highest interest first (often credit cards or buy-now-pay-later). Keep paying the minimum on all other debts, then put any extra money onto one debt until it’s gone. Also try to build a small emergency cushion (even \$500–\$1,000). This helps you handle surprises without going back into debt.
Last, track what you spend for two weeks. Your banking app and receipts are enough. Look for small costs that add up, like takeaways, in-app purchases, and too many subscriptions. Keep one or two treats you really enjoy and pause the rest for now. If money is very tight, ask for help early—many companies have hardship support, and free budgeting help is available through community services. Small changes done consistently can make a real difference.



‘FREE’ Workshops

Limited Spaces Available

When	Where	Topic
14 August	Western Community Centre 10.00am to 12.00pm	Everyday MoneySkills
11 September	Western Community Centre 10.00am to 12.00pm	Everyday MoneySkills
16 October	Western Community Centre 10.00am to 12.00pm	Everyday MoneySkills
13 November	Western Community Centre 10.00am to 12.00pm	Everyday MoneySkills
9 December	Pukete Neighbourhood House 10.00am to 12.00pm	16 Sleeps Til Christmas
11 December	Western Community Centre 10.00am to 12.00pm	14 Sleeps Til Christmas

GOT A PHONE?
WE CAN HELP

CONFUSED BY YOUR PHONE, LAPTOP, OR APPS?
WE’RE HERE TO HELP - AT YOUR PACE

- We can help with:
- Using smartphones & tablets
 - Laptops & computers
 - Apps, email & photos
 - Internet & online forms
 - Video calls & settings
 - General questions

THIS IS A FREE SERVICE!

Every Mondays 10am – 12pm
DROP IN SESSIONS – No appt needed
46 Hyde Ave
Western Community Centre



Listen to Real Conversations That Matter on FreeFM

By Vicky Haden-Jones
A sharp, refreshingly honest look at the hidden moments that quietly rewrite lives. Small Things That Matter by Tim Bray, who sits down for real conversations that uncover the overlooked habits, turning points, and tiny decisions creating massive ripple effects across our communities. Disability is the backdrop, but humanity is the story. Genuine, surprising, and deeply real, this series dives into the raw friction of personal growth, the power of autonomy, and what happens when we choose to drop the tragedy lens and view people as they truly are. From gardening workshops creating real independence to radical changes in workplace biases, these stories prove that true societal transformation always starts with the small things most people miss.
Episodes can be found on Free FM across the Waikato on 89.0FM, livestream via [freefm.org.nz](https://www.freefm.org.nz) or your Google Home or Alexa, just ask your device to “Play Free FM eighty-nine point zero”. Or access all our podcasts at [freefm.org.nz](https://www.freefm.org.nz) Apple Podcasts, Spotify and more!
If you’re interested in creating your own radio show or podcast, learning about how we work with the community, get started now – read more at <https://www.freefm.org.nz/Involved/Content-Creator.aspx> or email us at info@freefm.org.nz
We love seeing fresh content from across the community — whether it’s in English, te reo Māori, or

any other language spoken in Aotearoa. If your story isn’t being told elsewhere, this is your chance to change that.
Proudly supported by NZ On Air and part of CAMA Community Access Media Alliance. Free FM champions direct, diverse, and meaningful participation in media across Aotearoa.



Saturdays 10am

freeFM 89
Independent Community Media

Listen On Spotify, Apple Podcasts, and other platforms.

Irirangi Te Motu NZ On Air

CAMA Community Access Media Alliance

PODCAST

THE SMALL THINGS THAT MATTER

REAL PEOPLE. REAL STORIES. REAL IMPACT.

Have your say...

IF YOU COULD DO ANYTHING IN
THE WORLD FOR THE DAY,
WHAT WOULD IT BE?

RHYTHM

BE A FAMOUS FOOTY
ATHLETE FOR THE DAY

MANUKAU

GOING ON A
CRUISE

PARAIRE

GOING ON A CRUISE TO JAPAN
WITH THE FAM

EDITH

FLY EVERYWHERE

TE MANIHA

BE INVISIBLE

Cultivating Aspiring Youth Workers

By Aaliyah Muru-Williams

Volunteering at the Western Community Centre Youth programme was a rewarding experience that gave me valuable insight into the role of youth workers. I enjoyed observing how Reegan and Tom organized activities, built positive relationships, and supported the young people in their care. During the holiday programme, I assisted with a range of activities that encouraged teamwork, creativity, communication, and problem-solving. It was great to see how these activities helped young people develop practical life skills that they can carry into their future. I found it especially rewarding to work alongside experienced youth workers who encourage, motivate, and uplift the teenagers while creating a safe and inclusive environment. Watching these teens participate and challenge themselves, highlights the positive impact that supportive adults can have on their

confidence and personal growth. This experience strengthened my appreciation for youth work and reinforced my passion for pursuing a career supporting young people to reach their full potential.











HANG OUT
SESSIONS

FOOD

SPEAKERS

OUTINGS

ACTIVITIES

EVENTS

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

GIRLS YOUTH GROUP
AGED 13-18YRS.



Youth Hub Construction Officially Underway

By Neil Tolan

An exciting new chapter has begun, with construction now officially underway on our long-awaited Youth Hub.

Located directly across from our skate park and basketball court, the Youth Hub will become a dedicated space where children and youth can gather, build connections, access support services, and engage with our youth workers in a safe, welcoming environment.

This milestone represents years of planning, collaboration, and incredible community support. Thanks to the generosity of individuals, businesses, organisations, and funding partners, we have now raised more than \$950,000 to transform this community space into a vibrant hub where local children and young people can connect, grow, and thrive.

We are deeply grateful to everyone who has contributed to making this vision a reality. From generous donations to community-led fundraising events, every raffle, fundraiser, and act of support has played an important role in bringing the project to life. A special thank you goes to the many dedicated individuals who organised their own fundraising initiatives and inspired others to get involved.

We would also like to acknowledge our funding partners for their outstanding support: Len Reynolds Trust, Lottery Grants Board, WEL Energy Trust, Grassroots Trust, The Lion Foundation, DV Bryant Trust, Gallagher Charitable Trust, Trust Waikato, Glenice & John Gallagher Foundation, Lodge Tawhiri, Altrusa International of Hamilton,

Hamilton Central Rotary, and Cambridge Drainage and Earthworks Limited.

We also thank Hamilton City Council for gifting us the unused sports changing rooms, making this project possible.

While construction is now underway, there is still one important step to complete. We are currently raising funds to furnish and equip the hub with everything needed to create a comfortable, functional, and welcoming environment for the young people who will use it. If you would like to support this final stage of the project, donations can be made through our Givealittle campaign. Scan the QR code or drop into the Western Community Centre to make your donations for our Youth Hub.

We can't wait to open the doors in October and welcome future generations into this exciting new space. Together, we're creating more than just a building, we're investing in a place where young people will feel supported, inspired, and connected for years to come. Check out westerncommunitycentre.org.nz/



GOOD NEWS COMMUNITY CENTRE

Administered by the
**Te Rongopai
Community Trust**

Youth Street Mentoring Investing in Our Young People

Every young person deserves someone who believes in them.

Youth Street Mentoring, a programme of Te Rongopai Community Trust, provides free one-on-one mentoring for young people aged 14-21 in Nawton. Our mentors walk alongside rangatahi as they build confidence, set goals, and develop practical life skills for a positive future.

Using the holistic Te Whare Tapa Wha model, we support young people with employment, education, budgeting, cooking, healthy relationships, and connecting with community services. Many participants face challenges such as financial hardship, unstable housing, anxiety, or social isolation. A trusted mentor can make a lasting difference.

The focus of the programme is to support a positive transition from school to the next stage of life. We are encouraged by the positive outcomes we've seen, with young people gaining employment, returning to study, growing in confidence, and becoming more connected to their community. Our vision is to see every young person realise their potential and know they are valued.

If you know a young person who could

benefit from mentoring, or if you would like to support this programme financially or with opportunities for the youth, we'd love to hear from you.

Contact 078505020 or info @ goodnewscommunitycentre@gmail.com Te Rongopai Community Trust at Good News Community Centre, 78 Breckons Avenue, Nawton, Hamilton.



YOGA WITH SYDNEY

UNROLL YOUR MAT, UNWIND YOUR MIND.

BEGINNER FRIENDLY



This yoga class draws on traditional yogic practices of asana (postures) and pranayama (breath-work) to support both body and mind.

Slow, mindful postures help stretch and strengthen the body while breath-work encourages relaxation and mental clarity.

Open to all levels, the class offers a steady, supportive space to cultivate ease and awareness.

\$10 CASH | BYO YOGA MAT

EVERY MONDAY | 6PM -7PM

Western Community Centre
46 Hyde Avenue, Nawton,
Hamilton 3200

No need to book, just turn up :)

Brain Injury Support and Education Group

Brain Injury Waikato invites people living with brain injury, along with their whānau and supporters, to join our friendly Support and Education Groups held on the 2nd and 4th Thursday of each month at the Western Community Centre.

These groups provide a safe and welcoming space to connect with others who understand the challenges of living with brain injury, learn practical strategies, and build confidence through shared experiences.

Our most recent session featured a wonderful Self-Identity Workshop facilitated by Donelle Dewar. Together, participants explored how identity can change after life events, what shapes who we are, and ways to care for ourselves as we navigate those changes. It was an engaging and thought-provoking morning,

with plenty of meaningful conversation and connection.

No group would be complete without sharing a delicious morning tea, and we're incredibly grateful to Good Bitches Baking for generously providing their amazing baking. It's always a highlight and helps create the warm, welcoming atmosphere our groups are known for.

Whether you are newly adjusting to life after a brain injury or have been living with one for many years, you are welcome to come along. Our groups are free, informal, and there's no pressure to share if you'd rather just listen.

To find out more about our upcoming Support and Education Groups or other workshops, contact Brain Injury Waikato on 07 839 1191 or email admin@biw.org.nz. We'd love to welcome you.



Daytime Indoor Bowls

Nawton Community Church Hall

Livingstone Avenue

Mondays 1pm - 2.45pm.

All welcome

Enrol. Vote. Be heard.

vote.nz







PRACTICAL SKILLS

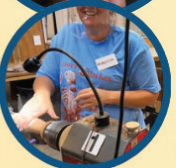
- Sewing:**
 - Learn to Sew
 - Sewing Beginners
 - Beginners with Kay
 - Continuing with Kay
- Metalsmithing & Jewellery:**
 - Introduction
 - Intermediate
- Introduction to Drones**
- Welding:**
 - Welding Monday
 - Welding Thursday
 - SheWeld - Women's Welding
- Woodturning:**
 - All Levels
 - Day Class
- Woodworking:**
 - Woodworking - Projects with Peter



HOME & GARDEN

- Beekeeping (Hybrid)**
- Landscape/Garden Design**
- Home Gardening Made Easy (Term 4)**





SOCIAL, HEALTH & WELLBEING

- Death Literacy - End of Life Planning (Term 4)**
- Public Speaking with Confidence**
- Practical Self Defense with Eskrima**
- Reinvent Yourself with Confidence & Style**
- Reset your Confidence**
- Poetry for Wellness**
- Creative Presence - Mindfulness and Collage**
- Club Kahukura - Joining the Rainbow Community**

CREATIVE ARTS

- Painting:**
 - Dive into Paint
 - Dive into Landscape Painting
 - Continue Landscape Painting
- Guitar:**
 - Beginners
 - Intermediate
- Hooked on Crochet:**
 - Day Class
 - Night Class
- How to Get Published**
- Photography:**
 - DSLR/M Level 1
 - DSLR/M Level 2

CUISINE

- Barista:**
 - Barista Skills
 - Let's Learn About Coffee
- Easy Korean Cooking**
- Vietnamese Cuisine**
- Indian Cooking**
- Chinese Cooking:**
 - Chinese Cooking
 - Vegetarian Chinese Cooking
- Cake Decorating:**
 - Beginners
 - Next Tier

LANGUAGE

- Chinese for Beginners**
- Conversational English for Beginners**
- ESOL - English Language**
- Spanish:**
 - Simply Spanish
 - Spanish Intermediate
- NZ Sign Language:**
 - NZSL 1A
 - NZSL 1B
 - NZSL 1C
 - NZSL 1D

BUSINESS & COMPUTING

- Accounting for Non-Accountants**
- AI:**
 - Introduction to Artificial Intelligence
 - AI for Work and Business (advanced AI)
 - AI: First Steps
- Introduction to Small Business**
- Computers for Absolute Beginners**
- MS Excel:**
 - Intro to VBA Excel
 - Excel for Work and Business
- MS Power BI**
- Xero Accounting**
- Employment Law**

MAATAURANGA MAAORI

- Te Reo Maaori**
- Weaving - Contemporary Korowai & Taaniko**



FRASER ACE
Adult Community Education



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Hamilton, NZ
comed@fraser.school.nz
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**Zentarge Releases their New Album:
Look at Nawton inspiring young musicians**

By Mana & Taaj
Releasing our debut album, **For Them** has been one of the biggest milestones of our lives, and we couldn't let it pass without saying thank you to the community that has supported us along the way.

As Hamilton-born brothers, we've called Nawton home for much of our lives. We attended Nawton School and aside from the years we lived in the Far North, continue to live here. Over the years, we've had the privilege of performing at Western Community Centre events, including Christmas and Halloween Treats in the Park, as well as Hamilton City Council community events hosted at Elliot Park.

Those experiences, our background in busking and learning music by singing and guitar jams with our family, inspired the heart behind **For Them**.

Our ten-track album is dedicated to the people, stories and experiences that have shaped us. The title is the English translation of our te reo Māori waiata, Mō Rātou Mā, honouring our culture and those who came before us. Every song is written for a different person, shared experience or community, with the hope that listeners will find a piece of themselves somewhere within the music.

To everyone who has listened to us busk, come to a performance, shared our music, or simply encouraged us along the way - thank you. Your support has helped turn a dream into reality.

For Them is available now on all major streaming platforms, and our Album is available for purchase from Bandcamp. We'd love for you to listen, share your favourite track, and follow our journey by searching ZENTARGE on social media. From our whānau to yours, thank you. Ngā mihi nui, ZENTARGE



Our Communities Need Your Vote

Democracy works when we ALL get involved! Every voice matters; every vote counts. Unfortunately, over 1 million eligible people did not vote in the last elections. And now the rules have changed. You will no longer be able to enrol and vote on the same day. We must all be enrolled by October 25th to vote in these important elections

Voting in a general election is one way that people can have their say about issues that affect their communities. Voting is not just about personal preference; it's a decision about what kind of community we want to create. When we vote, we are not just voting for ourselves; we are voting for ALL our communities.

It is crucial that our government is truly representative of all the diverse needs, visions, and priorities of our people and communities. This means we all need to engage, participate and vote. Democratic representation shifts power, but it depends on voter turnout. Change doesn't happen by accident. It happens when we show up. If we want better healthcare, fair pay, safe housing and kai security then we all need to enrol and vote in the 2026 general elections. Choosing not to vote doesn't stop decisions, it just hands that power to someone else.

We want to make it easy! Waikato Local is a collaborative Community network that wants to make sure that everyone who is eligible to vote is enrolled, their details are up to date, and whanau are ready to vote. So we will be coming regularly [~fortnightly] to Western Community Centre to help people check and update their enrolment details, as well as ENROLLING people even if they don't have ID.

Our first session is
Wednesday 12th August 11.30-1.30pm
So Nau mai, Haere mai come and have a chat, check your details or enrol on the spot.

**How to Enrol
even without photo ID or internet**



You do not need photo ID if you enrol using a paper form.

- Call 0800 36 76 56
- Text your name + address to 3676
- Get a form from Citizens Advice Bureau or libraries

You can return the form by:

- emailing it
- uploading a photo of it
- or posting it

Enrol early — this matters

**You must be enrolled by midnight
October 25th**

**The rules have changed - check your
details or enrol online at [Vote.nz](https://www.vote.nz)**

**Your voice matters.
Your vote matters.
Vote for your communities**

**Citizens Advice
Bureau
&
Western
Community
Centre**

Walk In Clinic

Wednesdays 10.30 - 12.30

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

CitizensAdviceBureau



Hamilton City Libraries
TE OHORAU RŌ KŌKIRIKŌRA



**Get sorted for
Money Month**



Pause. Get sorted.

**Money Month at
Hamilton Libraries**

Hamilton City Libraries are participating in Money Month throughout the month of August. Come along to our events where we will host guest financial and budget advisors, informative author talks, run fun competitions, and of course give away plenty of prizes, all to support your financial health! Keep an eye out on our website [hamiltonlibraries.co.nz](https://www.hamiltonlibraries.co.nz) or our Library What's On Calendar for more information.



Fraser Ball 2026 *Gatsby Glamour*

On Saturday, July 4, the Wintec Atrium transformed into a scene of 1920s decadence for the much-anticipated 2026 Senior Ball: 'Gatsby Glamour.' It was an unforgettable evening where our Years 12 and 13 students, along with their guests.

The guests arrived in style, greeted by an atmosphere of glitz and glam. The Ball was complete with decorations that captured the Gatsby theme. With great music provided by the live DJ and plenty of dancing, the venue was buzzing all night long.

For many, this was the highlight of the school year. A chance to dress up, let loose, and create lasting memories with friends. The dance floor was never empty, and it was a great vibe.

A massive thank you goes out to the Ball Committee for bringing this magical experience to life. Your hard work truly paid off, making it a night to remember for everyone involved.

*The photos are now available on our school's Facebook page.
Check them out to relive the magic!*



Matariki Market

Our Matariki Market Day, on Thursday, June 18, was a celebration of student creativity, enterprise, and teamwork, with stalls demonstrating innovation, cultural expression, and business skills. Alongside strong sales across many businesses, several groups stood out in key award categories.

A huge thank you goes out to all staff who supported the event across multiple areas and ensured everything ran smoothly on the day. Special appreciation to Ms Jin, Ms Sylvester, Mr Dixon, and Mr Bathan, whose time, effort, and leadership were especially valuable in making the Matariki Market Day a success.

Award Winners

Most Innovative Product, for outstanding creativity and problem-solving:

- Dylan's Sandblasted Glassware (Dylan Hunn)
- Memory Sketch (Maria Cruz, Francheska Elefante, Yana Geolin)

Best Salesperson, for excellent communication, product knowledge, and ability to close sales:

- Charming Accessories (Soana Masei)
- Scent & Sparkle (Mohamad Sharfo)

Environmentally Friendly Product Award, for strong sustainable materials and eco-friendly practice:

- Happy Plant (Sam Hampton, Matthew Bennett)
- Recycled Records (Jas Yeates, Breanna Newman)

Best Stall Display, for creative, eye-catching, and effective presentation:

- Charming Accessories (Esther Poimatagi, Kaylee Clark, Bethel Mallari, Soana Masei)
- MCA Candles (Melisa Soltanizand, Aurere Mahuika- Greaves, Campbell Buckingham)

Future Entrepreneur, for strong entrepreneurial thinking, leadership, and innovation.

- Roll and Shoot (River Purcell, Siara Dale)
- Arium and Argent (Josh Entwisle-Phillips, Joshua Addatu)

Outstanding Cultural Expression, for cultural integration and respect in product design and presentation:

- Pohutukawa Blue T-Shirts (Nasar Ghulamullah, Ubayd Sheikh, Mansanjdeep Singh)
- Māori Markets (Aj Andrews-Smith, Cassie Rivers Miringaorangi)

Most Eye-Catching Packaging, for outstanding creativity and visual appeal in packaging design:

- Cards / Comic Books and Stickers (Rhys Jorgensen)
- Botanical Healing (Charmaine Gray)



Fraser Club Fest 2026

Congratulations to Finn Richardson, Patton Martin, Charmaine Gray, Jesse Zillwood and Alivia Morley for their vision, initiative, and leadership in creating and delivering Fraser's inaugural Club Fest.

The day was a resounding success and a wonderful celebration of student leadership, belonging, creativity, and participation. The energy across the school was remarkable, with students enthusiastically exploring the many opportunities available to them and making connections with clubs, activities, and like-minded peers.

A sincere thank you to all of our club stallholders, food truck operators, performers, artists, staff, and student volunteers who contributed to the day. Together, you showcased the incredible diversity of talents, interests, cultures, and opportunities that make Fraser such a vibrant learning community.

Most importantly, Club Fest created opportunities for students to find a place to belong, discover new passions, and become more connected to school life. That is a legacy worth celebrating. Thank you to everyone involved in making the inaugural Fraser Club Fest such a memorable and successful event.



Raa Whakanuia

On June 3, alongside haukainga, we commemorated a year since the reawakening of our wharenui Te Taumata o Te Maatauranga. We celebrated this day by coming together for karakia, kai and beautiful performances by our tira haka from Hei Taniwha. We are deeply grateful for the kaitiakitanga of haukainga; their support and guidance have made this journey possible. A special thank you to The Plant Depot and Edible Solutions for their assistance with this event.



Year 8 Information Evening

It was wonderful to welcome our Year 8 students and their whaanau to Fraser High School on May 28 for our Information Evening. It was great to meet many families with long-standing connections to Fraser through older siblings, parents, and grandparents who are part of our school's history and community.

A huge thank you to our staff who showcased their learning areas and created engaging activities, challenges, and displays for our school community to enjoy and experience.

We also acknowledge our Senior Student leaders, who joined with staff to warmly welcome guests, shared their experiences, and answered questions throughout the evening.

We look forward to welcoming our new Year 9 students to Fraser in 2027.



Culinary Fare



Our Food Technology students were at the Culinary Fare from July 2nd-3rd, producing mouth-watering creations. They did well managing themselves under immense pressure. Some of the exciting delicacies included: a static 'Cold Dessert' entry by Aushita Ram, who made a decadent sweet cheesecake with a coconut bottom layer and a raspberry jam top layer, garnished with desiccated coconut and a jam-filled chocolate coconut; and a delicious dish of crispy pork with karekare sauce and kumara mash by Shayleen and Mae.

ITS Service Industry Workshop



On the 14-15th May, we had 23 students attend the ITS Service Industry workshop where they gained work-ready and transferable skills before they did their work experience.

As always, the students especially enjoyed the role-playing, learning about the legislation, food safety and all the interactive activities. There was lots of laughter, and the library was buzzing with conversation. It was an awesome couple of days of learning and connection.

Outward Bound - Outdoor Pursuits Centre Finn Musty, Year 13



One of our sports leaders and all-round awesome students, Finn Musty, returned from a life-changing experience at OPC. Here are his words on the trip:

"Today I want to share my experience of completing the 21-day Outward Bound course and why I believe it's one of the best opportunities young people can have. I knew it would be physically challenging, but I didn't realise how much it would challenge me mentally and emotionally as well. Over the 21 days, I pushed myself further than I ever thought I could.

Everyday brought something different; whether it was hiking, sailing, kayaking, rock climbing, or working as a team, there were always moments where I wanted to give up. But Outward Bound taught me that growth happens when you step outside your comfort zone. I learned that I was capable of much more than I had believed.

One of the biggest lessons I took away was resilience. Things didn't always go to plan. We had tough weather, long days, sore muscles, and moments where everyone felt tired. But instead of quitting, we encouraged each other to keep going. That showed me the importance of teamwork and supporting the people around you. Another lesson was confidence. At the beginning of the course, I doubted myself in many situations. By the end, I was willing to try new things without worrying about failing. I realised that making mistakes is part of learning, and every challenge helped me become stronger.

Outward Bound also helped me appreciate the little things in life. Living simply, spending time in nature, and being away from phones and social media gave me the chance to really focus on myself and the people around me. I built friendships that I'll never forget, formed connections that became far more meaningful than I ever expected, and created memories that will stay with me for the rest of my life. Sharing those experiences with people who were all pushing themselves made every challenge worthwhile, and it reminded me how important it is to be present and open to the people around you.

If there's one thing I'd like you to take away from my story, don't be afraid to challenge yourself. Some of the greatest experiences, strongest friendships, and most meaningful moments in life begin with saying yes to something that feels a little uncomfortable. ...Outward Bound isn't just about outdoor activities. It's about discovering who you are, building confidence, learning leadership, developing resilience, and realising that you can achieve more than you think. It teaches you to trust yourself, support others, and build relationships that can have a lasting impact on your life. ...a quote that has stuck with me ever since, and I think it perfectly sums up the experience: **"Do, or don't do; there is no try."** To me, that means if you commit to something, give it everything you've got. Don't let fear or doubt stop you from taking opportunities that could change your life."

RYDA Workshop



On the 19th May, we took 24 students to participate in the RYDA Workshop with Rototuna High School & Hamilton Girls High School. The workshop was all about road safety, what safety features to look for when buying a car, learning to speak up if you don't feel safe with the person driving, peripheral vision, and much more. The students really enjoyed the role-playing, braking at certain speeds, the demonstration, and the free cupcakes! All in all, a great day out where we all learned something new.

Raglan Film Festival

Since 2009, the Raglan Film Festival has been celebrating the achievements of filmmakers and actors. The film festival provides an opportunity for local film makers to showcase their films for the Raglan Arts Film Festival Awards.

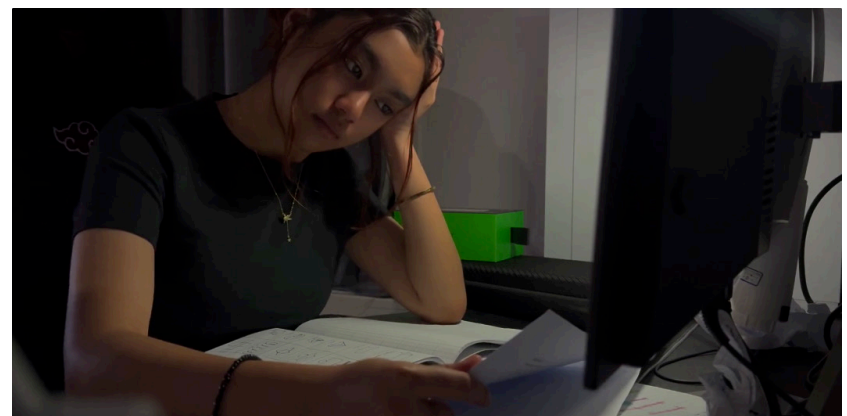
We would like to congratulate the two young Fraser filmmakers who won first equal in the Rangitahi (secondary school) category: Madelyn Magee McCaig for their film 'Big Iron' (made as a year 13 in 2025) and Samantha Montiero, (made as a Year 11 in 2025) for their film 'Praise'.



Check out their short films on YouTube by scanning the QR codes below:



Madelyn Magee McCaig
'Big Iron'



Samantha Montiero
'Praise'



Apollo Projects Sports Grant

Apply in Term 3

Applications open
20 July - 3 August



Financial Support for Young Athletes with Apollo Projects Sports Grant. We believe all students should be able to play sports regardless of financial barriers. Funded by Apollo Projects and facilitated by Waddell+Associates, the Apollo Projects Sports Grant provides financial assistance each term for registration, uniforms, equipment, or travel costs to Fraser High students showing a great attitude and potential.

Let's keep our aakonga active and thriving together!

What's on at Western Community Centre

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

The Western Community Centre

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

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

Fruit & Veggie Deal - Just \$15

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

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.

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. \$40 per day \$200 per week. 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 School OR Rotokauri School and afternoon tea is provided. Fee \$16.50 per day from Nawton School or \$21 per day from Rotokauri School. 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. No need to bring anything, just yourself.

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 second Friday of each month at 12pm. The potluck luncheons provide an opportunity for seniors in our area to socialize. For further details please call 07 847 4873 ext 0 or email ngahuaia@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.

Hamilton Budgeting Services

Susanne from Hamilton Budgeting Advisory Trust based here for two days a week. Tuesdays and Fridays during school term times. Just visit <https://budgeting.co.nz/>, scroll to the bottom of the page, and click "Book Now." Or call 0800 MONEYZ or 07 838 1339. FREE Basic Money Management workshops available throughout the year, please enquire for dates or check our website. Walk ins are welcome.

Kimura Kiwis

Wanting to get your child into martial arts? FREE Jiu Jitsu classes available for kids! Also available to preschool aged children as well. You will find us in the large room Saturdays 9am-10am. Don't forget your drink bottle! Follow our facebook page to keep updated with what we are doing.

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. Please message us on our Facebook page (Chain Link Hamilton) if you would like to donate parts or tools pm message us.

WESTERN Community News

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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

FRUIT TREES

FOR SALE

Orange and Mandarins Trees

\$33

Each



46 Hyde ave, Nawton

All proceeds go
towards our Youth
Programmes

The Next Great Adventure Begins

By Jenny Ensing

"So, what will you do tomorrow?" a friend asked Tāne over a milo.

"For the first time in years, I don't have to rush off to work," Tāne laughed. "I'm looking forward to having more time for family, friends, hobbies, and maybe discovering a few new interests along the way."

Retirement is often seen as the reward for years of hard work, but it is also one of life's biggest transitions. Along with greater freedom can come the loss of routine, work friendships and a sense of identity. Whether you are single or in a relationship, retirement brings opportunities to create a fulfilling new chapter.

A positive transition is often built through a few simple steps:

1. Plan ahead. Think about how you would like to spend your time and what will give your life purpose beyond work.

2. Stay connected.

Nurture relationships with partners, family and friends, and make opportunities to meet new people. The Western Community Centre offers a range of social groups, activities and classes where retirees can build friendships, develop new interests and strengthen their sense of belonging.

3. Keep active. Regular exercise, hobbies, volunteering and lifelong learning all contribute to physical and emotional wellbeing.

4. Talk openly. If you have a partner, discuss expectations about finances, personal space and shared activities. If you are single, stay connected with trusted family and friends and seek support when needed.

5. Be flexible. Retirement may not unfold exactly as expected. Adapting to change with a positive outlook builds confidence and resilience.

Retirement is not simply about leaving work—it is about embracing new possibilities. With planning, meaningful relationships and community support, this stage of life can become one of purpose, connection and personal growth.

To connect to the community, or for budgeting support, please go to <https://www.westerncommunitycentre.org>. For support through the retirement transition, please contact Jenny on 0275367464/www.couragecounselling.co.nz



New here? We're Go Eco, a community-led, Te Tiriti-honouring environment centre. We prioritise Māori and hapū-led knowledge and practical solutions that make change easy and more affordable.

We support thriving communities, where people, whenua, and taiao are in balance, working together for a sustainable future.

IS YOUR HOME DAMPER THAN YOU THINK?

Damp air is harder to heat, so a damp home costs more to keep warm. A small moisture meter shows you the humidity in each room. Aim for 40 to 60 percent.

Ventilation is the best way to lower humidity indoors. Here's how: open all your windows for 15 minutes, close them again, then start heating.

Come and see us at Go Eco to grab a meter, they're just \$5.



→ Temperature

→ Humidity %

GOECO.ORG.NZ



POWER-SAVING TIPS:

- Close curtains at dusk to trap the day's heat
- Set your heat pump to 18 to 21 degrees. Higher doesn't heat faster, it just costs more
- Dry washing outside, not over the heater. Towels too
- Lids on pots. Faster and cheaper cooking
- Extractor fan on before you cook, not after
- Window film helps reduce condensation
- Switch appliances off at the wall
- Leave 20mm between oven and fridge
- Fill empty fridge space with full water bottles

Cut this out and stick it on the fridge, or pass it on to a mate.

FRUIT TREE PRUNING WORKSHOPS

(free to attend)

Pukete Neighbourhood House

43 Church Road, Pukete, Hamilton
Friday 31 July | 2.00 pm

Glenview Community Centre

12 Tomin Road, Glenview, Hamilton
Tuesday 4 August | 11:30 am

Western Community Centre

46 Hyde Avenue, Nawton, Hamilton
Friday 7 August | 2.00 pm



Scan to Register



IT'S CITRUS SEASON

Got more fruit than you can eat? Share your bumper crops with Go Eco's Food Rescue and we'll redistribute it to community centres across Waikato.



Drop fruit to 25a Devon Road, or email hello@goeco.org.nz if you need help picking. Our team harvests on Tuesdays.



@GOECOWAIKATO

For more money saving tips follow us on Instagram.

Our Communities need our VOTE!

Who are you voting for?



My whanau?

My tamariki?

My community?

Renters?

Teachers?

Nurses?

Māori?

Homeless people?

Workers?

My mokopuna?

Young people?

People living in poverty?

People with disabilities?

My LGBTQ friends?

Firefighters?

**Get a cuddle to tell a cuddle and
enrol EVERYONE you know!**

Enrol and check your details at

VOTE.nz