

WESTERN Community News

YOUR PEOPLE ~ YOUR PAPER

Issue 119 (Here-turi-kōkā/August 2022)

Delivered to over 19,000 homes throughout Hamilton West



YEP Achievements
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Frankton 6th Black stoked to be back!



Frankton Rugby Sports Club is a fun and friendly club from juniors right through to seniors. The club is located on Rifle Range Road in Frankton, with Swarbrick park as the home grounds used for training and game day. Frankton Rugby has proudly been around since 1912, that's 110 years of Frankton!

Second boosters for at-risk groups

A second booster is recommended for people at increased risk of severe illness from COVID-19. If you are eligible, you should get it at least 6 months after a first booster. The following people can receive a second booster as a priority:

- people aged 65 and over
- Māori and Pacific peoples aged 50 and over
- residents of aged care and disability care facilities
- severely immunocompromised people who received a 3-dose primary course and a fourth dose as a first booster (this would be a fifth dose for these people)
- people aged 16 and over who live with disability with significant or complex health needs or multiple comorbidities
- people aged 16 and over with a medical condition that increases the risk of severe COVID-19 illness

A second booster is also available for:

- all people aged 50 and over
- healthcare, aged care and disability workers aged 30 and over.



**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@wccam.org.nz

Rainbow Hub's Community Wardrobe

Are you looking for sustainable clothing to add to your wardrobe? New shoes for the school dance? New jackets for winter? New *anything*?

Rainbow Hub Waikato's community wardrobe boasts an enormous collection of vintage, modern, chaotic and relatable pieces - all for free, and all for the taking! With everything from shoes to gender-affirming undergarments to prom dresses, there's no reason not to take a look!

Pop in during one of our weekly drop-in sessions and grab yourself a gender-aligned makeover, on us.

We have brand new premises at 36 Bryce St, so head in and check us out. We run a range of drop in groups through the week. Full details can be found at www.facebook.com/RainbowHubWaikato



Dinsdale Lions Club

By Dinah Foster

Lions Clubs throughout Hamilton and the greater Waikato / BOP District, recently had a drive to make beanies for those receiving cancer treatment and staying at the Waikato / BOP Cancer Society Lions Lodge. Over 800 beanies were knitted by

Lions members and supporters and presented to the Lodge. Beanies are always gratefully received, especially in the colder winter months. Lions District Governor Suez Reid and member Arvind Raman are pictured presenting the beanies to representatives of

the Cancer Society Lions Lodge in Hamilton. If you would like to know more about joining a Lions Club and becoming involved in the ways in which we support the community, contact Lucie on 0272838837 for more information.



Knowing how to apologize can save relationships

By Jenny Ensing

The book "Five Languages of Apology" (Chapman & Thomas, 2006) offers five steps to move toward healing relationship injuries. Chapman suggests that people have preferred ways of receiving apology messages, and that knowing which language to use influences whether the apology will be successful. It can be helpful to simply use all five languages in each apology.

We need to hear: "I'm sorry", "I was wrong", "What can I do to make it right?" "I won't do it again" "Please forgive me"

Here are the five languages of apology:

1. Express Regret

"I'm sorry" expresses regret. That is, when I say "I'm sorry", I am recognizing that I have contributed to an injury to a person or relationship.

2. Accepting Responsibility

"I was wrong" or "I made a mistake" is recognition of our own error.

3. Restitution

"What can I do to make it right?" is about restitution - in some ways making up for or paying for the damage done

4. Commitment To Change

"I'll try not to do that again" is genuine repentance - a commitment to grow, to learn, to change, and if possible, not to make the same mistake. Sometimes this needs to be "I will not do that again".

5. Requesting Forgiveness

"Will you please forgive me?" is a request that puts the situation into the other person's hands, and recognizes their feelings and their part in the process of healing.

For tips on how apology processes can heal relationships, please contact Jenny on 0275367464, or go to www.couragecounselling.com



Vote Sanjay Joshi

I am contesting Hamilton City Council elections because I feel strongly that the west ward, particularly Nawton Dinsdale area is not getting its due share from Hamilton City Council. We are not getting basic facilities. For example, we do not have Council maintained toilets which are open after hours or on weekends. The presence of the police is patchy, absent from the scene at times they are most required. Council must start a dialogue with police department.

These areas are also witnessing rampant in fill housing. Many such homes do not have a garage. We are finding more and more cars parked on the road, making our roads extremely unsafe. A major accident is waiting to happen. Somebody needs to speak up and I am happy to not only shout from the rooftop but participate in drawing up regulations also, to prevent this. I am a solutions oriented person, so the car owners who are parking their car on road will be given a sensible solution.

Rotokauri is growing and this is the time to put regulations in place so Hamilton retains its green image. We want more native trees to attract Tui, Bellbird and even kererū. There is no reason why this area should not be superior to the newer subdivisions in the north where large homes and a minuscule courtyard is the norm - at the expense of beautiful, native flora and fauna.

Energy is misguided without experience and experience can't bring results without energy. I am a combination of both. I have toiled for water conservation project in India called 'Paani Foundation' and worked for 3 months in 40 plus degrees centigrade. I pulled up my sleeves and vaccinated for 48 plus hours a week in the testing times of COVID pandemic. Now the peak of COVID vaccination is over, I have some spare time; thanks to my son Nachiket, wife Shobha and technician Zubaida.

I am now eager to take up more responsibility. I have strong desire for community work. I have led community tree planting. I have been conducting Laughter Yoga sessions and I have also been teaching yoga. Teaching juniors Chess and forming junior Chess club is my next social project. The more we keep our juniors engaged in smart, intellectual activities; the more chances we have to keep them off road - doing nasty activities we have been watching on prime news. All my contributions to community have been totally on voluntary basis, with no expectation in return.

Friends, please vote for me in the coming Hamilton City Council elections. If you have not received your voting pack, contact Hamilton City Council on election@hcc.govt.nz. If you have a problem, contact me.

We have a STV system, so you can rank me, preferably as number 1, or as high as possible.

Thank you for your time.



VOTE FOR

Louise Hutt

#1 HAMILTON WEST

Chairperson of Go Eco

Senior Advisor for the COVID-19 Directorate, Te Whatu Ora

Passionate about the West, and doing the best for whānau and future generations



Authorised by Louise Hutt
vote.louisehutt.com

Your Say..... How was Chill in the Park



Niwa

I loved all the free lollies that they were giving out and the bouncy castles were my favourite.



Taimana

I enjoyed going to all the different food stalls and food trucks. All of the different bouncy castles were so fun!



Malachi

Seeing my friends from school at chill in the park was the best. Playing with my friends was my favourite part.



Mareikura

The candy that Melissa (holiday programme staff) brought me was so yummy! I ate it all....



Axel

Running around chill in the park was fun for me and bouncing on all the castles too.



Tatiana

It was cool being on the Western Stars holiday programme so that I could come to chill in the park this year

Celebrating Matariki at Grandview

Kindergarten

By Julie Butcher

Matariki was such an exciting time for us all at Grandview Kindergarten. In the build up to this special time of year, our play was inspired by everything it encompasses.

As we looked to strengthen our understanding of, and connection with, this celebration we discussed ngaa whetuu o Matariki/the stars of Matariki.

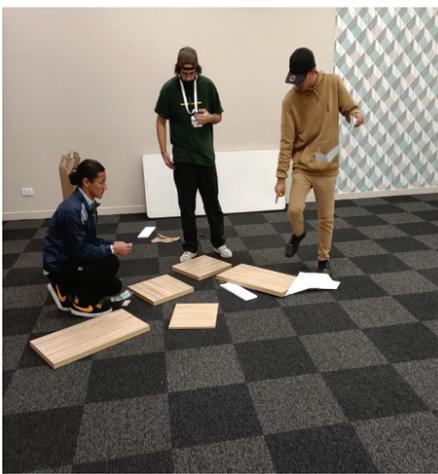
These discussions inspired collaborative art projects that included the harvesting and weaving of harakeke whetuu/flax stars. These stars have been proudly displayed on our wall.



Western's Youth Programme

By Tom Hunt

The Western Community Centre hosts Toa Whakapuawai on Wednesday and Friday afternoons from 3.30 - 5.30pm. The program is facilitated by our local



youth workers and Mentors Tom Hunt, Emile Paul, Rza Cameron and Chris Neilson.

Each term will have a THEME. Based around ways of Youth Development. TERM 1 is about working Holistically, using mentoring, setting goals and finding creative ways to reach them. We follow TERM 2 with the iceberg effect by looking at the bigger picture of our young people's worlds with mentoring and SMART goals.

TERM 3 is about Creating Liminal experiences that our young people can test different types of resilience and build better selves. We see the things that is happening on the surface SO let's look underneath the surface at the bigger part of the iceberg (The LOGIC of their actions). We are looking at creating a space where our young people can grow safely.

ACTIVE EXPLORERS
Farnborough
Early Learning Centre

BOOK A VISIT TODAY
07 850 5055

COMMUNITY GARDEN | DAILY FITNESS CLASSES | SOCCER WORKSHOPS | LONG SERVING TEACHING TEAM

35 Farnborough Drive, Hamilton |
Ages 3 months - 5 years | 7.30am - 5.30pm

Youth opportunities at Good News Community

By Syrina Pene

Our successful Youth Mentoring programme - Youth St, is available to mentor and support youth in the ever-important transition from school to next stage of life. Check out the free workshops below that we have coming up this term for youth aged 13-20.

On August 23rd, from 4.30-6.30pm we have our Youth Money Workshop. Come and learn to understand the different financial terms and help you get the best start to making your money work for you.

On September 6th, from 4.30-6.00pm we have a Youth CV Workshop. Come and learn how to create a CV for yourself.

We will also be running our Youth Employability Programme from 3rd-7th October during the first week of school holidays. This is a week of interactive

workshops and workplace site visits to help you prepare for entering the workforce.

This is a holistic approach to mentoring, focused on building strong relationships with rangatahi. If you would be interested in applying for this programme please contact the office on the details below.

You may call the office on 850 5020 to register for any of the workshops above. You can also email us on goodnewscommunitycentre@gmail.com with any other questions or to make an appointment and have a friendly chat with our mentors. You will find us at 78 Breckons Ave Nawton.



Photo: Our recent graduates from YEP 2022 receiving their certificates presented by Dr Sharma (MP)

Simple cheap power. Pass it on.

2,800 Waikato
customers have saved
over **\$2.4 million****

SAVE
\$350+*
A YEAR

NO DAILY CHARGES
NO FIXED TERM
CONTRACTS



[OurPower.co.nz](https://www.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

It's that time again!

Have your say on who represents your community by voting in the 2022 local elections. Voting documents will be delivered in the mail between Friday 16 September 2022 and Wednesday 21 September 2022.

Local elections decide who represents us on our city, district, and regional councils.

In some parts of New Zealand, local elections are also held for local and community boards, licensing trusts, and some other organisations.

The people elected to local councils get to make decisions about our daily lives and the future of our towns and cities. They set and collect rates, oversee town planning, and provide services like rubbish collection, parks and libraries.

Voting Documents

Do I have to post my voting document back?

You can post it but make sure you

COUNCILS LOOK AFTER
parks, playgrounds, roads, recycling, libraries, lost dogs, swimming pools and sports parks.

Voting is important, because Council shapes our city and your future!

yourcityelections.co.nz

VOTE

Hamilton City Council
Te Kaunihera o Kiriakira

have them in the mail by Wednesday 5 October 2022 to make sure it gets back in time (by 12 noon Saturday 8 October 2022) However, you can also deliver to one of the voting boxes throughout the city until 12 noon Saturday 8 October 2022.

I didn't receive my voting pack, how do I obtain a special vote?

Please contact elections@hcc.govt.nz

Our Electoral System, easy as 1, 2, 3

Hamilton will vote under the Single Transferrable Vote (STV) system for the first time in 2022. So, what does this mean for you as a candidate?

How STV works:

Voters receive a single (transferable) vote no matter whether there is one vacancy or several.

Voters rank the candidates in order of preference. "1" next to the name of the candidate most preferred, "2" next to the name of the candidate next preferred and so on.

When votes are counted, all the first preferences are allocated first. To be elected, a candidate must reach a "quota" of votes, which is based on the number of vacancies and the number of valid votes.

A candidate who reaches the quota is elected. If there is more than one vacancy and a candidate gets more votes than the quota, a proportion of each vote for that candidate is transferred to the voter's

second preference.

If, as a result, another candidate gets more votes than the quota, a proportion is transferred to third preferences, and so on.

If insufficient candidates reach the quota after the first preferences are allocated and after any surplus votes are transferred, then the candidate who received the fewest votes is eliminated and each vote for that candidate is transferred to the voter's second preference.

This process is repeated until enough candidates reach the quota to fill all the vacancies.



Listen On Spotify
Listen On Apple Podcasts
iHeart RADIO

Fridays 7-9pm
WANANAVU FM

Free FM 89

Tired of repetitive commercial radio?

Come and check out the diverse range of programmes we broadcast on 89FM. Here at Free FM we broadcast an eclectic range of programmes, including short series podcasts, music shows and those that celebrate a range of different languages and cultures.

We are a truly LOCAL radio station. Interested in learning about a range of unique Waikato events, hobbies, people and activities? Tune in every week to WTS Waikato – a show that tells the hyperlocal, controversial, and quirky stories of our region. From trains, to abandoned places, steampunk and local film this show has it all!

You can access our shows on 89.0FM Waikato wide, streaming and podcasting via ww.freefm.org.nz and the Access Internet Radio app, plus on Amazon echo.

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/



Vote Shanti Ralm

Your Hamilton West candidate for city council

A Voice for the Community!

Get wellbeing support

✓ Free ✓ Easy ✓ Quick

www.heretohelpu.nz | 0800 568 273

Here to help ☺



Welcoming the new Deputy Principal

Teena koutou, Teena koutou, Teena koutou Katoa
Ngaa mihi au ki te Maunga oo Te Pane o Mataaoho
Ko Hauraki te Moana
Ko England te whenua oo ooku tiipuna
I te tau 1965 i haere mai a Bramston ki Aotearoa
Ko Taamaki Makaurau te waa kaainga oo tooku whanau
Ko Andrew tooku ingoa
Noo reira, Teena koutou, Teena koutou Katoa

Kia Ora my name is Andrew Bramston and I am excited about joining Fraser High School, for the past eight years I have worked at Avondale College in Auckland as a Head of Faculty for Commerce, focusing on improving student outcomes and revitalising the curriculum to support Maatauranga Maori and Te Ao Maaori.

I am looking forward to immersing myself into Fraser and Hamilton life. I have moved here with my wife and three boys, and we are excited to discover what the mighty Waikato has to offer. When I'm not working at school I enjoy football and cricket, having played and coached multiple teams, to success within Auckland and nationally.

I wanted to work at Fraser because of their commitment to improving educational experiences for all rangatahi, especially tangata whenua.

Ma whero ma pango ka oti ai te mahi
With red and black the work will be complete



Matariki noho with Hei Taniwha



Maanawatia a Matariki

Hei Taniwha celebrated Matariki together in Term 2 with an overnight noho marae. As a roopuu we shared maatauranga about Matariki and how it is known and celebrated in different iwi. We had amazing kai together, feasting haangi, crumble and boil up with doughboys. Tino Reka! Games were played and time for our

Hei Taniwha whaanau to re-connect and spend time with each other. We remembered those who had passed, reflected on the year that had been and looked ahead to the coming year. After an early wake up, we even got to see Matariki rising as we stood around the umu kohukohu whetu, giving Taramainuku a morning gift of kai.





Senior Production

The Senior Production is always a highlight of the Fraser High School year! We are so proud of the performance from our talented students at the Senior Variety Show 2022. Each show was packed out with whaanau, friends, and schools from across the Waikato.

The production team worked hard to bring together an array of entertaining acts — featuring performances from 6 cultures, a range of dance from hiphop and kpop to jazz and ballroom dance, a special performance by the Girls Group Medley, along with Popular Duets and Drama Acts.

A huge thank you to all of the Fraser staff and whaanau who helped make this show possible. Everything was taken care of from kai to costumes. Our students looked fabulous and their confidence was undeniable!

Young Enterprise Scheme



Congratulations to Tina Hille Taylor on winning their scholarship!

On Friday the 1st of July one of our Fraser High rangatahi, Tina Hille Taylor traveled to Wellington for the weekend to work on projects and business ideas that are capable of changing and improving the world.

Tina was participating in the Young Enterprise Programme (YES) Enterprise in Action weekend where she worked with 5 other high achieving students from all over New Zealand.

Tina's first challenge was to create a business that solves the ever-growing problem of our disconnect and lack of connection with our environment. Their solution was 'Eco Camp,'

a marketplace for people to stay where they can pay with their own funds or time and effort to gain an experience, learning, and reconnect with the environment and culture. Tina's idea was presented to a panel of NZ Business entrepreneurs who, impressed with this innovative solution, awarded her group first place which came with an individual \$4000 university scholarship, a cash prize and further development opportunities.

Tina hopes to use this experience of working on social and cultural based projects to fulfil her passion of making the planet a better place for everyone.





Pride in Schools week 2022

Pride in Schools week falls in Pride Month. Pride Month is a time people all around the world celebrates our rainbow community.

This year members of our Fraser High School Senior Council and Rainbow Group worked hard on our school based activities.

On Friday the 18th we held a Pink Shirt Day, Fraser High Rainbow group worked with other students to show their support and stand against bullying. What a great end to the week. A big shout out to everyone who showed their support this Pride Month!



More than a maths teacher

Tarun Kumar is a Mathematics and Statistics Teacher at Fraser High School. He is more than a teacher, and Fraser is proud to celebrate Tarun's other amazing contributions and achievements in our community.

Tarun has been the President of the Waikato Gujarati Sports and Cultural Association, and the Executive member of New Zealand Gujarati Sports and Cultural Association for 17 years (2003-2019). In 2019, Tarun was appointed as the Patron of Waikato Gujarati Sports and Cultural Association. Recently, the New Zealand Gujarati Sports and Cultural Association presented Tarun with the GOOD SORTS AWARD in Auckland recognising his contributions to Sports. Tarun also represented Waikato Gujarati Sports and cultural Association playing sports including Soccer, Table Tennis Squash.

Mr Kumar, we are proud of your accomplishments in our community.



Quad Bike Practical Training

This is the year 12 Agriculture class (group 1) completing their Quad bike practical training as part of their class curriculum. During this session they learnt how to do a vehicle pre-check and how to operate a Quad bike safely.

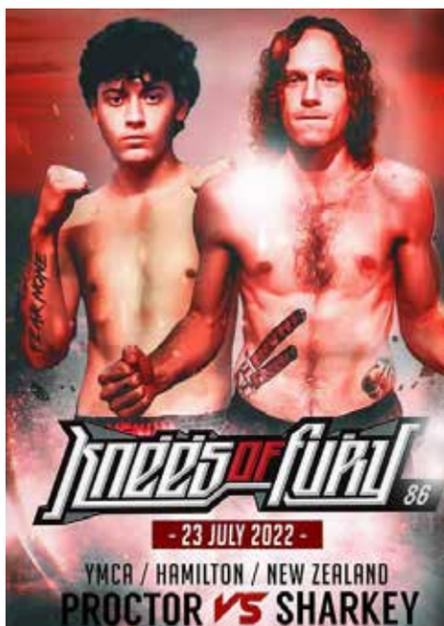


Titus Proctor at Knees of Fury

Congratulations to Titus Proctor for claiming victory at the Knees of Fury 86 event on the 23rd of July. This is a prestigious New Zealand Muay Thai Boxing event. Titus fights out of Tihipuke Muaythai (TMT) in Hamilton. Chris Malone, Titus's Mentor, mentioned how great this achievement is:

"Very proud of Titus Proctor, a past pupil of Fraser High, who claimed a huge victory at the recent Knees of Fury event. Winning an event like this was a goal that Titus set while at school last year.

It is fantastic to see his hard work and dedication pay off. Titus has always shown grit and resilience against the odds; looking forward to seeing more success from this determined young man. It was a privilege to mentor Titus during his time at Fraser"





FRASER HIGH SCHOOL
Te Kura Tuarua o Taniwharau

Your Journey Starts Here

Nau Mai Haere Mai
We invite you into our whaanau

**Enrol Now to ensure your
learning choices for 2023**

Year 8 Enrolment Conferences

Please complete the online enrolment application ASAP. The school will be in touch to book a conference with you.



Online Enrolments are open

www.fraser.school.nz/enrolment

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 have printing and photocopying available should you need it at an affordable cost. We also offer other essential services such as free use of computers and a landline. We also have lamination, binding, and scan to email services for a small fee

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. Toiletries, cleaning products, nappies and sanitary items are also welcomed. This will be distributed out to much needed families in our Western Community.

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 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.

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. However if you have forgotten we do have printing services available

Tables and Chair Hire

We have tables and chairs for hire! Tables \$7 each - Chairs \$3 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 if you are eligible. Single day booking available as well. For more information or to sign up go to westerncommunitycentre.org/after-school-care. Book in your child/ren online today!

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. It's a good opportunity to socialize and exercise at the same time.

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 ngahuia@wccham.org.nz or call 07 847 4873 ext 0 for more information.

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. 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.

WANTED!

If you have any unwanted empty ice cream containers, please feel free to drop them off to our front reception.

Meet the bunch of Hamilton City Council candidates competing for Mayor, 6 West Ward spots and 2 Maaori city wide councillors.

Lunch with the BUNCH

Friday 16th September, 12 noon
held at the Western Community Centre



Budgeting services available at Western Community Centre

By Shabana Nisha

Buy Now Pay Later

With all the advertising on television, the internet, social media and so on, Buy Now Pay Later has become very popular.

But is it good or bad? Maybe it is good to spread out payments with no interest to get those things that you need or want, but it can also be bad.

Bad if you have several of these schemes going at the same and stretches your finances.

Bad if you do not have the money available for each instalment when required.

Bad if you cannot actually to make these payments with the cost of living being so high in the current climate.

Buy Now Pay Later is a type of debt and all debt comes with risks. If you are late or not able to make a payment you can be charged a late fee up to \$20 each time. If you continue to miss payments the penalty rate can even increase and even harm your credit rating.

So how do you use Buy Now Pay Later effectively?

- Try not to be tempted to take out more than one at a time.

- Use Buy Now, Pay Later to buy larger ticket items only if you have to. Better yet, save up for it

instead.

- If you must take out more than one of these, list them all and set reminders in your phone when repayments are due.

- Make sure to have enough funds in your account when repayments are due, so you don't get charged late fees.

- Don't get left with a black mark on your credit rating by missing payments and not paying off any penalties.

If you need any help at all to do with your finances Hamilton Budgeting Advisory Trust have several Financial Mentors who would love to assist you. Call the office on 07 838 1339 or 0800 211 211 and ask to speak to Hamilton Budgeting. Financial Mentors at Western Community Centre on Tuesdays

You can also find us at www.budgeting.co.nz

#hamiltonbudgetingadvisorytrust



Hamilton Community Market Fortnightly Sundays

9 AM – 1:00 PM

FRASER HIGH SCHOOL, ELLICOTT RD, HAMILTON

Indoor & Outdoor Stalls with new stalls appearing fortnightly along with regulars

FREE ONSITE PARKING

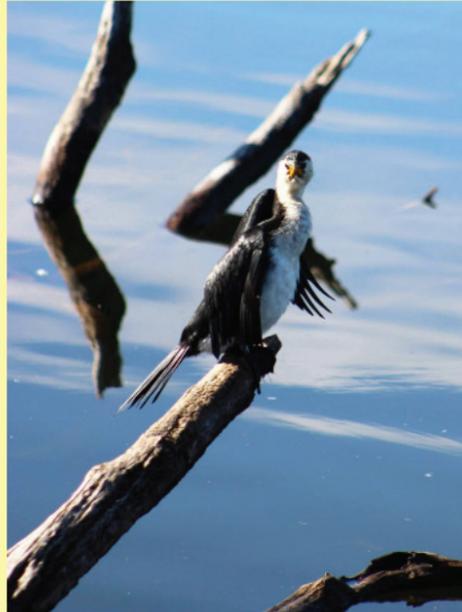
Find us on Facebook
Hamilton Community Market

Email: hamcommarket@gmail.com
Ph/Txt 022 676 9878

Take the #3 Dinsdale bus to Waiwhakareke



Did you know you can take the #3 Dinsdale bus direct from the Transport centre to Waiwhakareke natural heritage park. With half price fares in place until the end of January 2023 we recommend giving it a go. You'll be dropped off at the Hamilton Zoo, which is just across Brymer Road. Waiwhakareke changes throughout the year, depending on how much sun or rain we're having. Since Arbor Day the tracks have had big glorious puddles to wade through - so make sure you take your gumboots! It's great fun for kids. The 65 hectare park has an easy track, which takes about 45 minutes to get around - though longer if you stop to take photos of all the native birds. In a recent trip Kelli spotted an abundance of tauhou, piwakawaka and riroriro. If you're lucky



you'll also spot tui, kotare and Kāruhiruhi like the one pictured above. Of course no trip would be complete without seeing the ducks & geese... If after visiting you'd like to get involved with the restoration project, come back for the monthly working bee. From 9-12pm every last Saturday of the month you'll find Friends of Waiwhakareke on site. While there is lots of planting happening at the moment, soon the focus will change to releasing the native seedlings of weeds, like honeysuckle and convulvulus. Many hands make light work, so you will always be welcome. Bring gloves, a planting spade if you have one, and buckets of enthusiasm. To find out more make sure you follow Waiwhakareke Natural Heritage Park on facebook. .

Climate action that feeds people; 60,000kgs of food rescued and redistributed

Founded in 2014, Go Eco operates a regional Food Rescue service which picks up excess food from supermarkets, food producers and orchards and takes it to the nearest community Free-Store. In the last year, Go Eco has rescued and redistributed over 433,275kgs of food in the region. Over 60,000 kgs of that food was delivered to the Western Community Centre.

Once we've delivered the available bread, produce, meat, dairy, and grocery items; the Western Community Centre team take-over. We want to take this opportunity to thank them for always going above and beyond to help get food into local cupboards. Together, we are reducing the emissions of that food breaking down in landfill, and making sure all the resources and energy used to produce it doesn't go to waste. Of course, as well as the environmental benefit, it gives people access to free food, with no forms or hurdles to jump through.

The range of food we rescue is unpredictable, it changes day to day, so while it cannot be

considered a 'solution' for food insecurity; it does provide a way to bridge the gap in the short term. We draw on the existing research on food insecurity in Aotearoa, which clearly recognises that addressing food insecurity requires addressing the underlying drivers of insufficient resourcing and inadequate access. This means we advocate for a Living Wage and Liveable incomes as well as supporting the community with education to develop community capacity to grow and share kai with a particular focus on kūmara and other traditional crops. We have also enjoyed collaborating with the Western Community Centre to host Tree Pruning workshops and working bees which helps improve the productivity of fruit trees around the Centre, while teaching people new skills.

We advertise our workshops on social media, Eventfinda, our e-newsletter and on He Puna Korero. To find out more about our Kai projects please check out our website www.goeco.org.nz



Bike Hub Garage Sale

We are having a Garage Sale 8-11am Saturday 24th of September at the Bike Hub, Go Eco. 188 Commerce Street, Frankton, Kirikiriroa.

We need to make some space because we are overflowing with bikes, so are having a clear out, come grab yourself a bargain!



TOGETHER WE MADE
60,096KGS



OF RESCUED FOOD, AVAILABLE TO THE WESTERN COMMUNITY
July 21-June 2022

6166kg
Grocery

26,196kg
Bread

1187.6kg
Meat

18,361kg
Produce

7294.5kg
Dairy/Eggs



Go Eco small talk - What's On

From the Biodiversity Team. Predator control for rats, stoats and possums is the best chance our native birds have to survive and thrive in the habitats they have left. Get involved, by trapping in your backyard with a \$20 trap and tunnel from our Eco shop. We're also looking for people to join community Predator Free groups around the city, to find out more email Ellen@Goeco.org.nz.

Our Term 3 Restoration Talks start on August 10th and are held fortnightly on a Wednesday evening. This term we are Building relationships with, and supporting the aspirations of mana whenua in restoration. Each fortnight will have a different speaker to talk to the kaupapa. They are Carolyn Hopa, Keri Thompson, Jo Wrigley and Catherine Delahunty. For more information and to register please go to earthdiverse.org.nz

From the Kai Team. We rescue about 30,000 kgs of edible food each month. By diverting it from landfill, we reduce carbon emissions and help to feed people in the community. We want to thank

this opportunity to thank our Free-Store partners for going above and beyond every day for their neighborhoods.

From the Transport Team. Our Bike Hub is open 10-12pm every Thursday, Friday and Saturday. Drop in to learn how to fix or service your push bike. We have the tools, some parts and the skills, whether it's a puncture, faulty brakes or gears that get stuck. We also accept donations of bikes, which we fix, rebuild and rehome. If you are new to cycling, and would like support to feel more confident on the roads - please get in touch with mayaz@hmstrust.org.nz at the Settlement Centre to find out when their next Adult Cycle Training sessions are.

From the Enterprise Team. We're making changes to our Frankton Eco shop, and are on the lookout for more local suppliers to stock the shelves. We're also keen to hear from anyone who would like to host a pop-up market, event or meeting in our Eventspace. Email Sandra@goeco.org.nz to find out more.

www.goeco.org.nz



We had a blast at Chill in the Park and we hope you did too!
 Big Huge Thanks to everyone who helped us make it happen. We couldn't provide these kind of events without the many hands that turn up and contribute. We really do appreciate all of your time and support. Thank you to Trust Waikato, NZ Lottery Grants Board who helped us cover some of the big costs for the day. Thank you to all our talented performers who got up on stage.



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