

# WESTERN Community News

YOUR PEOPLE ~ YOUR PAPER

Issue 121 (Hakihea / December 2022)

Delivered to over 19,000 homes throughout Hamilton West



Check out the line up

page 2



Put on my suit & tie

page 9



Enjoying 50+ at WCC

page 10

## Fraser High School's Aiga Tasi Student Prizegiving

See page 8

COVID Antiviral oral treatment - Free for eligible patients

Phone us to find out whether you are eligible.

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

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



**West Hamilton  
Pharmacy**

Nawton Shopping Centre, Hyde ave, Phone 8463121

Authorised by Rob Salmond, 160 Willis St, Wellington.

✓ **Georgie  
Dansey**

for Hamilton West



Labour





# Your Hamilton West MP Candidates

**Naomi Pocock**

**TOP**



I am a mother, a project manager, entrepreneur, and charity Director. I wrote a PhD on meanings of "home" and am the Education Spokesperson for TOP. I was worried about the future for my children until I found TOP in 2017. TOP wants a fairer society and a healthier planet, and has policies to affordably achieve both. Every child deserves a warm, dry, affordable home; a sense of community and belonging. We'll work with either side on policies that are proven to deliver results. Vote the same; get the same results. Vote for me, and the status quo will go.

**Richard Osmaston**

**Money Free Party**



Tired of just fighting more symptoms? There must be something else. Since 2013, Money Free Party NZ has targeted the root cause. Money. Advancing the conversation to reflect our social, environmental and economic crises. And our new opportunities. We're proposing a future where everything is free, and work voluntary. With the knowledge, the technology and the resources to rapidly transform our society into one where everybody thrives, tangible integrity is within sight. Our current trajectory is lose-lose, but it's not too late to turn this into a Win-Win for Hamilton, and the planet. Richard Osmaston MFPNZ [www.moneyfreeparty.org.nz](http://www.moneyfreeparty.org.nz)

**James McDowell**

**ACT New Zealand**



Labour's MP cut and run, so we're having a by-election. It's a chance to send your message to Jacinda. We're sick of the lawlessness that's ruining our city's reputation. The cost of living crisis leaves families slipping backwards each week. She's using the Treaty to divide us when the point of treaties is to unite. We need more than just more of the same – we need real change. Voting ACT sends that message loud and clear. I'm a husband, a father, and have called Hamilton home for 17 years. Please vote for me, so I can take your message to Parliament.

**Gordon J Dickson**

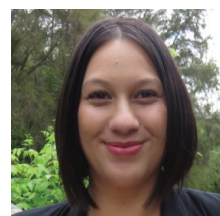
**Independent**



Born Mosgiel, Otago, lost mum, cancer 42, seven older sisters, Allanton Primary, Taieri High, Otago, Open & Waikato Polytechs, Universities Canterbury & Otago Law & Politics. Visited/worked 84 countries driver/guide tourism Europe, Africa and N Z, Milford. Republican. Atheist. Environmentalist. 4 children, separated with alienated daughter/now mother. Self-employed Senior Quantity Surveyor, Mediator, Arbitrator, Nebosh HSE. Resurrected our home, Pongas, relocatable buildings, commercial property management, subdivision Referee Soccer, League [Provincial & International], Rugby, Hockey Convenor Men & Boys Health & Wellbeing Conference 9 Sept 2023 Ohope Hunt/fish/Hilux/snow skiing. Healthy & wise

**Jade Tait**

**Vision New Zealand**



Kia ora, my name is Jade Tait and I am your candidate for Hamilton West - born and raised in Hamilton. I am passionate about enacting positive changes for families from the ground up. For the past 10 years I have been volunteering, studying and working in the social sector. As your representative for Hamilton West my top priority is to tackle the cost of living crisis. This by-election can be a key turning point for Nawton as a community and you the residents of Nawton are the deciders. Your vote is powerful and can either continue the status quo or make a vote for change.

**Georgie Dansey**

**Labour Party**



My name is Georgie Dansey. I'm a mum, a teacher and a small business owner. I've lived in Hamilton for nearly 20 years. I know our community and what we need. I own and run a local gym that employs 10 people, so I know how hard our small business owners work and the contribution they can make to our community. I'm raising my own children here in Hamilton so I know what our local families need to help them get ahead. I'll fight for more support for families with the cost of living, safer communities and better healthcare.

**Rudi du Plooy**

**New Conservative + One Party**



Rudi du Plooy holds a diploma in law and is currently President of Grey Power Hamilton and Vice President of Hamilton Residents and Ratepayers Association. "I am motivated to be in politics not because of what I may gain, but rather what I can contribute." Living in Hamilton West for nearly 8 years, Du Plooy is acutely aware of the local issues. Key issues include the cost of living crisis, addressing crime (ram raids). He is advocating the return of localised police stations including one for Dinsdale. The Dinsdale roundabout needs practical re-evaluation and greater safety options for cars, cyclists and pedestrians.

**Donna Pokere-Phillips**

**NZ Outdoors + Freedom Party**



Donna is Co-Leader of the NZ Outdoors and Freedom Party, which promotes people, localism, nature and the freedom to be our unique selves. NZ Outdoors Party promotes bold thinking to target the health system, to empower people to stay healthy and target mental health, by recognizing the interconnectedness of physical, mental, spiritual and environmental health. Donna is a long term and well respected member of the Hamilton West community who has a long history of advocacy in human rights and environmental respect. Vote Donna Pokere-Phillips for a new style of politics which puts our people before globalist interests.

**Tama Potaka**

**National Party**



Kia ora, I'm Tama Potaka and I'm National's candidate for the Hamilton West by-election. I'm aspirational for our city and making sure it's the best place to grow up and grow old. That means we need to address the cost-of-living crisis making it harder to get ahead and crack down on the ram-raids and crime making Hamiltonians feel less safe in our communities. I'm asking for your vote because those are the issues I'll focus on relentlessly if I earn the right to be your new MP as part of Chris Luxon's energised National team. Please vote Tama Potaka today!

**Peter Wakeman**

**Aotearoa Legalise Cannabis Party**



Tena Koutou Katoa. The time to come together is now! Hamilton West deserves leadership that empowers our people. Your vote will ensure that the electorate kills off punitive electioneering. Kia kaha tatou! Democracy works best when your friends are in the same Waka, rowing the same way! Our whanau, friends and families all deserve positive outcomes. In moving through the streets and communities of Hamilton West, it has been my pleasure in witnessing the positive movements of communities. I look forward to being a kai-mahi that gets the work done for the Electorate. Tutira mai nga iwi! Tatou! Tatou e!

**Gaurav Sharma**

**New Zealand Momentum Party**



Many of you will recognise me as your local doctor. Before getting elected as an MP, I worked as a GP in Nawton. In the last 2 years, my focus has been to increase access to constituents as I held 52 constituent meetings across different neighbourhoods to give people more options to discuss their issues. It is my belief that if an MP can't speak up for themselves, they will never be able to speak up for their constituents. You have seen me ask the government serious questions on many important issues because for me COUNTRY COMES BEFORE PARTY.

Frank Fu did not respond to our correspondence

## 2022 Hamilton West by-election

## enrol and vote here at the Western Community Centre



46 Hyde ave, Nawton

Mon 5<sup>th</sup> to Wed 7<sup>th</sup> Dec 9.00<sub>am</sub> to 4.00<sub>pm</sub>

Fri 9<sup>th</sup> Dec 9.00<sub>am</sub> to 2.30<sub>pm</sub>

Sat 10<sup>th</sup> Dec 9.00<sub>am</sub> to 7.00<sub>pm</sub> (this is Election Day)

Go to [vote.nz](http://vote.nz) for more voting locations



# Your Say... *My Favourite* Holiday Destination in NZ...



## Thanks for your support over 24 years

by Dave Macpherson

When I was first elected to Council, I never dreamt I would either be on it for so long, or be involved in so many, varied, public activities.

I've been asked a lot recently what I enjoyed the most on Council - my reply has been 'certainly not the meetings, but what I got the most satisfaction out of were the community activities in the West area and, more recently, the campaigning for better transport throughout the city and region.'

Some of the community highlights were; working on the Western Community News for 17 or so years, helping get the Western

and Pukete Community Centres built and running, campaigning against water meters, running the social volleyball competitions in Te Rapa for most of the time, helping sort out residents' issues with Council and other bureaucracies, working on getting the Living Wage for Council workers and for our underpaid bus drivers, coaching kids' volleyball teams at Fraser High, and working on Hamilton's growth-related issues (we're the fastest-growing city in the country, over the last 10 years).

After not too many years on Council, I realised what a crucial role transport plays in the life of Hamiltonians, and worked on many transport campaigns and issues

- starting with the installation of 40kph speed limits outside every school in the city (the first in the country) and other road safety measures; dramatically improving the city's bus services - including getting the Orbiter started, starting the move for more and safer cycleways, getting the Ring Road finished, and of course who could forget our Te Huia rail service to Auckland, successfully growing each month.

My best wishes to the West Hamilton communities for the years ahead.

Martin Gallagher will feature in our February 2023 issue



## Make a child's summer unforgettable

by Neil Tolan

We would love all children to have the opportunity to attend our holiday programmes. This is because we know for a fact that the children have a lot of fun and amazing shared experiences on our programmes. Whilst we try to keep our prices as low as we can; we know some families are unable to attend because their

budget is stretched. We know there are some people within our community who are in a position to help these families but unsure of how to go about it. If this sounds like you, then consider providing a donation of any amount to go towards making Summer great for our children. Please email Neil Tolan: manager@wccham.org.nz or phone (07) 847 4873

## Upcoming works in Dinsdale

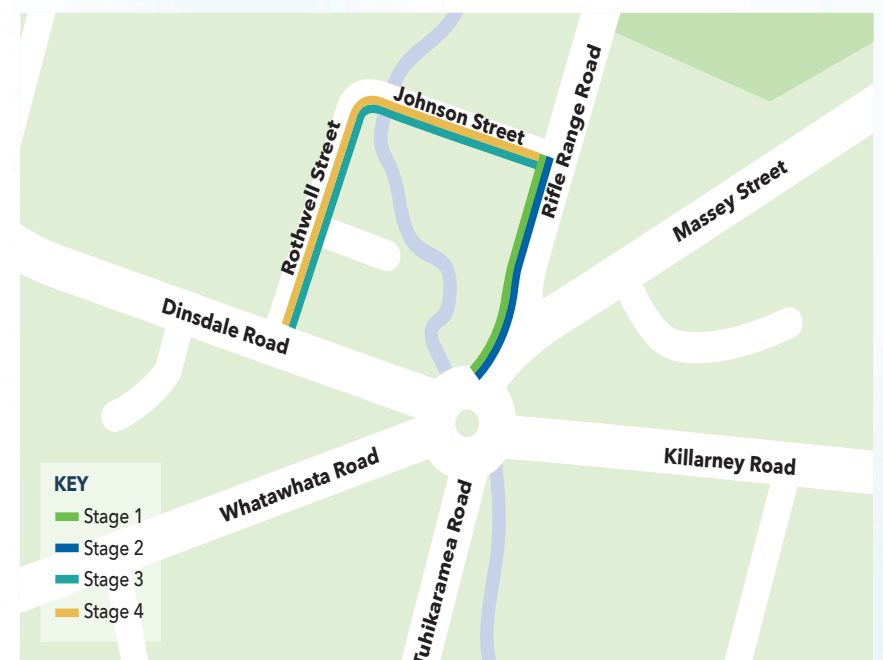
Completion mid-April 2023.

We're installing the last few pipelines for the Newcastle Water Supply Zone project, to make sure we can continue to provide essential water services for Hamiltonians.

**Stage 1: Rifle Range Road**, night works 8pm to 7am, 5-22 December.

**Stage 2: Rifle Range Road**, minor day works beginning 9 January.

**Stages 3 and 4: Rothwell and Johnson Streets**, minor day works beginning 9 January.



Find out more at [hamilton.govt.nz/Newcastle](https://hamilton.govt.nz/Newcastle)

07 838 6699

info@hcc.govt.nz

HamiltonCityCouncil



## Western Stars Holiday Programme

23 January - 3 February 2023

From 8:00am till 5:30pm

\$36 per day and \$180 per week

Western Community Centre  
46 Hyde Ave, Newton, Hamilton

Phone: 078474873

Email: [westernstars@wccham.org.nz](mailto:westernstars@wccham.org.nz)

Website: [www.westerncommunitycentre.org](http://www.westerncommunitycentre.org)



## 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 [www.freefm.org.nz](http://www.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](https://www.facebook.com/FREEFM89) and [www.instagram.com/freefm89/](https://www.instagram.com/freefm89/)



**WTS WAIKATO**  
What's the story with Gary Farrow

NZ On Air

Listen on **Spotify**

Listen on **Apple Podcasts**

**iHeart RADIO**

**FreeFM 89**  
Independent COMMUNITY MEDIA

## Kai and Carols at Good News Community

We are pleased to be able to be back this year with the very popular, Kai and Carols event at the Good News Community Centre (78 Breckons Ave). This free community event is brought to you by the Centre in partnership with local churches. We welcome the community to celebrate the meaning of Christmas together on Sunday 18th December. Doors open at 5pm, with the meal beginning at 5:30pm. Dinner and Dessert is provided although if

you would like to contribute, please bring a slice or finger food dessert.

We would like to thank the community for their support of our work in 2022. It has been great to be able to support a growing number of people this year. To the staff and volunteer team who has achieved so much – Thankyou!

The centre office and free kai store will be closed December 26th and reopen on January 4th 2023 and then we look forward to another great year.



**JOIN US FOR**  
**KAI & CAROLS**

**Sunday 18th December**

**5.30–6.30pm**  
Doors open at 5.00

**Good News Community Centre**  
**78 Breckons Ave, Nawton**

**James** ✓  
**McDowall MP**  
for Hamilton West

**Send your message  
to the Government**

**act/**

Authorised by J McDowall,  
6 Garden Place, Hamilton Central.

**VOTE**  
**TAMA POTAKA**  
**TODAY.**

**TAMA POTAKA FOR  
HAMILTON WEST**

**National**  
**N**

Authorised by T Potaka, 1 Greenwood Street, Frankton





# CAMP AWHI

## A Chance for Kids To just be Kids




# ANNUAL FREE CHILDREN'S CAMP

CHILDREN 7-17 YRS WHO HAVE SUSTAINED A BURN INJURY THROUGHOUT N.Z

- FUN ACTIVITIES
- HELD ANNUALLY IN JANUARY
- CONFIDENCE BUILDING WORKSHOPS

Please contact our office for more information



**Burn Support Group Charitable Trust**  
**PH: 09 270 0640 E: info@burns.org.nz**  
**Register Online www.burns.org.nz**

# We help burn survivors with pain management, rehabilitation and that look on your face when you first saw this billboard.



**Recovering from a severe burn takes time.**

Sometimes a long time. Sometimes a lifetime. And we're not just talking about healing. At least, not the physical kind. We're talking about emotional and psychological healing. And that's where we can help. We support individuals and their whānau throughout the recovery process. We foster relationships between health professionals and survivors. And most importantly, we're here for the long-haul, always on hand to improve and enhance the lives of people affected by severe burns. If you or anyone you know is a burn survivor, we can help.

Find out more at [burns.org.nz](http://burns.org.nz)



For the past 2 years I have been your Member of Parliament, and have raised your concerns and feedback both within the government and in Parliament. I am standing again as a candidate for the Hamilton West by-election and have what it takes to continue to raise your voice in Parliament and hold the government of any colour to account.

### ABOUT ME

Many of you will recognise me as your local GP. I studied Bachelor of Medicine & Surgery at the University of Auckland Medical School and before getting elected as an MP, I was working as a General Practitioner (GP) on Avalon Drive in Nawton, Hamilton.

I also have a Master in Business Administration (MBA) from the George Washington University in Washington DC where I was a Fulbright Scholar. I have previously been involved in clinical medicine, public health, policy, non-profit and business sectors in New Zealand, Spain, USA, Nepal, Vietnam, Mongolia and Switzerland.

### MY PREVIOUS WORK AS AN MP

Increasing access to Hamilton West constituents has been an important focus of mine since I got elected as an MP. In the last 2 years, despite several lockdowns I have held **52 constituent clinics** across different neighbourhoods of Hamilton in community centres, churches, markets, after-hours pharmacy, schools and cafes to give people more options to meet me and discuss their issues. I understand that not everyone is able to get time off during work hours to see an MP, so most of these neighbourhood clinics were in the weekends, after-hours or during lunch time. I have assisted over 2,000 constituents with issues. In addition to this I have hosted large public meetings with the NZ Police to discuss rising crime in the city, and with Kainga Ora regarding new public housing development in the electorate. I have also led a strong team of volunteers to help with 6 neighbourhood cleanups, 4 tree plantings and 6 blood donation drives.

I have been the Co-Chair of PCAL (Parliamentary Champions for Accessibility Legislation) and have been on the Health Select Committee where I evaluated over 30,000 submissions on various bills and questioned the work of DHBs, Ministers and government agencies.

I acknowledge that people of Hamilton West have a diverse range of opinions and I have tried to present all of these in Wellington. While I think 3 Waters has some merit, I was the only MP who took a petition against 3 Waters to present to Parliament as its important to me that we have a robust discussion on all policy issues. Similarly I have taken

and supported petitions on removing sugary drinks from our schools, on removal of the Russian Ambassador to NZ, on more support for patients with Eating Disorders, on offshore stuck migrants, and on cross-parliamentary collaboration. It is my view that as an MP I should be able to present views from across the spectrum whether or not I agree with these.


### WHY AM I STARTING A NEW PARTY?

New Zealand at the moment is at a breaking point where ram raids have become a daily occurrence and our health system is struggling with long waiting lists due to mismanagement and chronic underinvestment. Not only has the government spent \$500 million on a botched up health reform, \$200 million on centralising tertiary education sector, another \$350 million is now being spent on TVNZ & RNZ merger. Our housing crisis is one of the worst in the world, and in the last 5 years the government has only built 1,400 KiwiBuild homes out of the 100,000 promised and there are 21,000 more people on the emergency housing waiting list with many families sleeping in cars. Workforce shortages along with unchecked crime is driving businesses to close.

Instead of focussing on ideologies, there is now a **MOMENTUM** for more centrist approach to focus on the basic stuff first - fixing our crime problem, addressing our housing crisis, planning for our workforce shortage in healthcare, hospitality, education and other sectors, while making sure policies are pragmatic and delivered.

### WHY SHOULD YOU VOTE FOR ME?

As your local doctor I entered politics to challenge the status quo and to make meaningful change. It is my belief that if an MP can't speak up for themselves, they will never be able to speak up for their constituents. This is true for MPs across the political spectrum from the big parties. Over the last many months you would have seen me repeatedly ask the government serious and important questions on a range of issues. I have what it takes to continue to raise your voice in Parliament and hold government of any colour to account in these tough times because for me **COUNTRY COMES BEFORE PARTY.**



Re-elect for Hamilton West

# DR GAURAV SHARMA



Authorised by Dr Gaurav Sharma, 203/2 Village Quarter Ln, Hamilton

**country before party**





## SENIOR PRIZEGIVING CELEBRATIONS 2022

Me ka moemoeaa ahau

Ko au anake

Me ka moemoeaa e taatou

Ka taea e taatou

The whakatauaakii from Te Kirihaehae Te Puea Heerangi is a timely reminder for all of us that our students still need our collective support. Through whanaungatanga, and community, collectively to dream together is to have hope for our children in their future, in people, in ourselves.

What a wonderful feeling it was to be able to hold our first school-wide senior Prize Giving with all our community and families, since the COVID Traffic Light System.

Last Wednesday, we formally honored our students' pursuit and achievement of their goals. We celebrated their courage and fortitude balanced with a vulnerability that shows in their love and service for their whaanau and friends. Being with our Year 13s on this afternoon was especially significant because they have missed these opportunities to celebrate and be celebrated at scale, since they became seniors.

I acknowledge our staff who have often worked just as hard, sometimes harder than their students, to get them either across the line and have supported you as you have determinedly reached for your best. To our whaanau and families, parents and caregivers, whose work is never finished, and often under appreciated. Thank you for being hard working and fabulous.

The achievements and acknowledgements are a testament to the resilience and sheer determination of our whaanau and families, parents and caregivers, to sacrifice and to give their all to ensure the security of their child's future through education.

We enjoyed our celebration together. This day is all about our students, our whaanau, our people, our place.

**Virginia Crawford**  
Principal of Fraser High School,  
Te Kura Tuarua o Taniwharau







## KEY AWARDS 2022



### Tara Lingard

#### Fraser High School Year 13 High Achiever Awards

Distinction Classical Studies	High Distinction Geography
Distinction Business Studies	Top Year 13 Geography Student
High Distinction Food and Nutrition	Graduation with Honours
Food and Nutrition Award Year 13	The Rumney Family trophy for the Board of Trustees Student Representative
High Distinction History	<b>The Russell Cup for Dux 2022</b>
Top Year 13 History Student	



### Hyrum Brown

#### Fraser High School High Achiever Awards

High Distinction English	Peter Hampton Award for Overall Excellence in Science Year 13
Senior Oratory Trophy Year 13	Top Maaori Academic Male
High Distinction Biology	Graduation with Honours
Travers Trophy for Excellence in Level 8 Biology	<b>Joint Proxime Accessit for 2022</b>
High Distinction Chemistry	



### Alma Walmsley

#### Fraser High School High Achiever Awards and Scholarships

Senior Music Cup for Academic Excellence	Graduation with Honours
High Distinction Physics	High Distinction Music
A+ pass in a first year University of Waikato Computing paper	The University of Waikato Te Paewai o te Rangi Scholarship for Outstanding Academic Achievement to the value of \$28,000
King Cup for Best Piano Performance	<b>Joint Proxime Accessit for 2022</b>

### Jennifer Linton-Brown



Year 12 Awards
High Distinction Health
Top Year 12 Health student
High Distinction Mathematics with Statistics
High Distinction Food and Nutrition
Food and Nutrition Award
High Distinction History
Joint recipient of the John Quinell Award for Top Year 12 History student
High Distinction English
Morrison Cup for Academic Excellence Year 12

### Thomas Gardener



Year 12 Awards
Distinction Biology - NCEA Level 3
Distinction Mathematics with Calculus - NCEA Level 3
Distinction Physics
High Distinction English
Year 12 Excellence in English Cup
High Distinction Computer Science
The Horlor Cup for Excellence in Digital Technology
Probert Award for General Excellence Year 12

### Jack McCoy



Year 11 Awards
Distinction Business World
High Distinction Mathematics with Calculus - NCEA Level 2
High Distinction Science
High Distinction English
High Distinction Computer Science
Top Computer Science Student Year 11
Kay Cup for Academic Excellence Year 11

### Xiandrevk Gines



Year 11 Awards
High Distinction Physics - NCEA Level 2
High Distinction Chemistry - NCEA Level 2
Excite Trust Science Award for Top Level 7 Science Student
High Distinction Mathematics with Calculus - NCEA Level 2
Top Year 12 Mathematics Student
The Ian Edgerley Trophy for Comprehensive Excellence in Year 11
Kay Cup for Academic Excellence Year 11

### Emma Walmsley



Year 11 Awards
Distinction Graphics
High Distinction Mathematics
Top Year 11 Mathematics Student
High Distinction Science
High Distinction English
Year 11 Excellence in English Cup
High Distinction Art - Painting
Award for Excellence in the Visual Arts - Year 11





**FRASER HIGH SCHOOL**  
Te Kura Tuarua o Taniwharau

## AIGA TASI PRIZEGIVING 2022



## TEKAU TAU O WHAANAU O ANGITU KI TE WHAKANUI







# FRASER HIGH SCHOOL BALL 2022

The mystical, magical night began with loud flash cars and an entranceway full of stunning dresses and cool suits - this was the Fraser High School 2022 Ball. We send our congratulations to all our students who won a prize that night especially Bastion Putu and Mikah Standen for 'Ball Royalty'.

Students did their best pose in the Flash n Dash Photo booth and enjoyed delicious kai from Mavis & Co. Getting our students to break it down at the dance floor, documenting our night with all of the photos taken, enjoying each other's presence, and just letting loose was the year's highlight. Big thanks to all those involved for making it a truly memorable night at Fraser High. One we will never forget!





# What's on at Western Community Centre

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

## The Western Community Centre

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

We offer printing and photocopying services, free use of computers and a landline, lamination, binding, and scan to email services.

### Fruit & Veggie Deal - Just \$15

The best deals of fresh fruit and veggies! Order and pay at Western Community Centre and pick up your bag on Wednesday from 11am-5.30pm or Thursday and Friday 9am-5pm.

### Tiger Worms for your Worm Farm

\$20 for an ice cream container of tiger worms. We're also happy to provide support to people about worm farming. Worm Tea is also available with 2L for \$3.

### Justice of the Peace

Available every Tuesday from 9am – 11am. No appointment needed, just turn up! Make sure to bring your originals and photocopied versions for the JP to sign.

### Tables and Chair Hire

Tables \$7 each - Chairs \$3 each for hire. For weekend hire pick up Friday drop off Monday. Visit our website to book online.

## Triple 1 Care Workplace First Aid

Visit [www.tripleonecare.co.nz](http://www.tripleonecare.co.nz) to find out when the next course is being held. Book on 0800 487 475 ext 7

## Toastmasters

Meet a great bunch of people, have an enjoyable evening AND learn the art of public speaking in a supportive environment at Dinsdale Toastmasters on Tuesdays from 7.15 pm - 9.00 pm. For more info phone 0800 736 753 during the day or 07 850 4187 in the evening.

## Citizen's Advice Bureau

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

## Children's Holiday Programmes

We run 2 weeks of holiday programmes from 8am-5.30pm based at Western Community Centre. 8 weeks of holiday programmes are held throughout the year. WINZ subsidies may be available. Enrol online at [westerncommunitycentre.org](http://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](http://westerncommunitycentre.org)

## Laughter Yoga

Free Laughter Yoga class every week! Tuesday morning from 9:30-10.10am. It's a great way to start the day, just turn up and be ready to laugh.

## Courage Counselling

Courage Counselling is dedicated to helping you strengthen your relationships, regardless of the issue, or the size of the issue. Courage Counselling can help you build strong relationships. Call Jenny to book on 027 536 7464.

## Walking Group

Runs every Monday from 9am. Meet at the Western Community Centre for a 45min easy walk followed by a cuppa.

## 50+ Luncheons

Luncheons and trips take place on the third Friday of each month at 12pm. The potluck luncheons provide an opportunity for seniors in our area to socialize. Transport is provided if needed. Email [ngahuia@wccham.org.nz](mailto:ngahuia@wccham.org.nz)

## Woolly Club

Every Wednesday we meet at the Western Community Centre at 10am-12pm. Bring your craft projects, knitting or crochet.

## Children's Chess Club

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

## Venue Hire

We have a selection of different spaces available for hire. Our rooms are ideal for meetings, training events, presentations, children's birthday parties and more. Visit [westerncommunitycentre.org](http://westerncommunitycentre.org) to book.

## Out West Radio Show - Free FM

Tune into 89.0FM every Friday 11am – 11.30am to stay updated with news and information about what's happening Out West. Visit [freefm.org.nz](http://freefm.org.nz) or Spotify for podcasts of the show and further info.

## WESTERN Community News

### Editor-in-Chief:

Neil Tolan

### Managing Editors:

Ngahuia Nelson

&

Melissa Symington

### Fraser High School

### Editor:

Georgia Ranginui  
Charlton

If you are interested in advertising, or have a story to share in our paper please contact us on [westerncommunitynewspaper@gmail.com](mailto:westerncommunitynewspaper@gmail.com)

Check out more at [facebook.com/westerncommunitycentre](https://facebook.com/westerncommunitycentre)

**YOUR PEOPLE - YOUR PAPER**

## Aged to perfection at Western

by Ngahuia Nelson

Here at the Western Community Centre our 50+ Group have been able to do just that.

We provide a variety of activities on a weekly and monthly basis that will interest you. For those who enjoy a good stroll, we have a walking group leaving from the Centre every Monday at 9am for approximately 45 mins, ending with a solid cuppa and great conversations. If you want to do something that's not as active then try out Laughing Yoga 9:30am - 10:10am, no yoga mat required! Calling all knitters, crocheters, craft lovers and colouring experts! Come along if this sounds like you, to the Woolly Club held on Wednesdays 10am - 12pm. Without a shadow of a doubt you will always be offered endless amounts of hot drinks with the occasional sweetie here at the Centre.

Throughout the year we have something special planned for our 50+ group every Third Friday of the month. It could be something as great as a themed luncheon or

exciting like a day out of Hamilton.

Since we recently rode the modern Te Huia train in August for an outing to Auckland, we decided to take it way back in the past by boarding the Glen Afton Line Heritage train in October. The contrast in trips and locomotives was spectacular to behold.

In November we had a 'I smell pancakes and waffles' luncheon. All I can say is what a success this was! I had high expectations for this luncheon and our team here at the Western Community Centre knows how to deliver. The food was delicious! All prizes were greatly received by our winners. Not to mention we had so many new people.

With a great host, full bellies and everyone participating in activities, the atmosphere was an enjoyable, relaxing buzz. Our next luncheon will be held February 2023 and we look forward to seeing many new faces in the coming new year.

Merry Christmas and Happy New Year!



## Citizens Advice Bureau & Western Community Centre

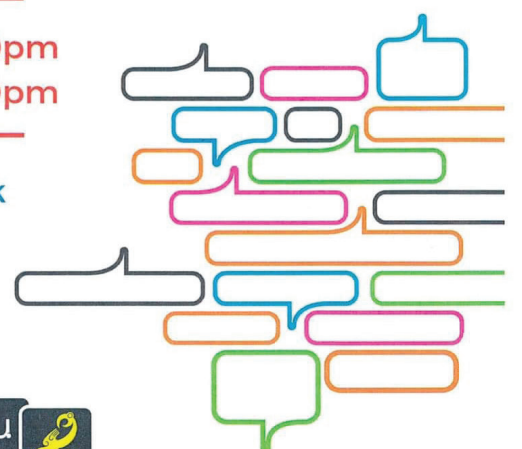
## Walk In Clinic

Weds - 10.30am to 12:30pm

Thurs - 10.30am to 12:30pm

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

Citizens Advice Bureau



## Hamilton West by-election

## enrol and vote at the Western Community Centre

Mon 5<sup>th</sup> to Wed 7<sup>th</sup> Dec, 9.00<sup>am</sup> to 4.00<sup>pm</sup>

Fri 9<sup>th</sup> Dec, 9.00<sup>am</sup> to 2.30<sup>pm</sup>

Sat 10<sup>th</sup> Dec, 9.00<sup>am</sup> to 7.00<sup>pm</sup> (this is Election



46 Hyde Ave, Nawton



## The Catchy Christmas Trap

‘Twas the night before Christmas, in the garden and house

Pest creatures were stirring, a stoat and a mouse;

A possum, a rat, all the things that aren’t good

For our native animals, and our neighbourhood

The kiwi, the tui, and the lovely weka

As well as the piiwakawaka and small pekapeka

All shivered with fear in their burrows and nests

As they feared for their lives because of

the pests

But the solution is easy, in this season of giving

A gift that keeps all our native birds living

A present that suits the young and the old

A surprise that is quirky, and meaningful, and bold

At Go Eco you’ll find it, upon a shelf in the shop

A pest trap; the gift that won’t be a flop!

A pest trap; the gift that ends native birds plight!

☐HAPPY CHRISTMAS TO ALL, AND TO ALL A GOOD-NIGHT!



## Go Eco Xmas Hours

Our Eco shop, Enviro-centre and Bike Hub will be closed from 4pm Friday the 23rd of December, and reopen 10am Monday the 9th of January.

Our Food Rescue service will close on Friday the 23rd of December and restart on the 4th of January. Please get in touch with your closest Free-Store for opening hours or check our website [www.goeco.org.nz/](http://www.goeco.org.nz/)

**WE RESCUE FOOD!**



## Eco shop a conversation starter

Our Eco shop started as a place to find the best products to help reduce individual and household waste; from reusable bags, cups and worm-farms. We made the zero-waste journey that little bit easier, by selling tried and tested products, alongside education on the wider environmental, social and climate impacts of consumerism.

Most of those products are now stocked in supermarkets and chain-stores - so we’ve been thinking about what is next...

Over the past year you’ll have noticed that we’ve been refining the zero-waste products we stock while sourcing new and exciting lines.

When you visit the Eco shop today, you’ll find more books, zines, badges and locally made products. We want to spark conversations in our community, and educate people on the relationship between colonisation, consumerism and the climate crisis. We stock BWB Texts which are short books on big subjects, by great New Zealand writers, with titles like Decolonising Aotearoa or Fragments of a Contested Past. We have a range of books in te reo Maaori, on the history of Aotearoa and on equality.

We also want to support local economies, by keeping the proceeds of the sales, in

the Waikato. We seek to hold long term relationships with suppliers who want to use our space to sell their products because economies should be circular not linear. Today, you’ll find more specialty foods like locally produced honey, chocolate and condiments.

So, if it’s been a while, make sure you visit soon! The Eco shop is open 10-4pm every Monday to Friday and 9-12pm on Saturday. There are also selected products available on our website with free postage for orders over \$80. [Shop.goeco.org.nz](http://Shop.goeco.org.nz)



**188  
COMMERCE  
STREET,  
FRANKTON  
KIRIKIRIROA**

GO ECO

## Derail Consumerism events

The Fashion Industry is the world’s 3rd largest polluter, and responsible for 10% of greenhouse gas emissions. It is being fueled by Fast Fashion which is “a business model based on stealing high fashion designs to mass manufacture and sell them as low quality low price products with unimaginable costs to people and the planet”. WTOX

Guided by our vision of healthy environments and thriving communities we’re hosting events to Derail Consumerism, and the impact of Fast Fashion. 5-7.30pm 15 December. Pre-loved Clothes Market. On average an item of fast

fashion is only worn seven times. So, after asking yourself “Do I really need this?” the next question should be “Can I buy this secondhand?”. Our stallholders will be bringing in their pre-loved, good quality clothing to give you access to ‘something new (to you) to wear this holiday season. 10-2pm 17 December. Upcycled Clothes Market. At this market you’ll be browsing stalls with upcycled clothing and accessories, made by locals - so you know your money is staying in our community and not going to a multi-national corporation and keeping textiles out of landfill.



## Fundraiser: Bike Hub Garage Sale

We need to make some space, so are having a clear out, come grab a bargain.

Maybe you need a cheap bike, an obscure piece for a rebuild, or you need bits for making an art installation. 8-11am Saturday

10 December at Go Eco.

The Bike Hub is open 10-12pm Thursday to Sunday. You’ll find it in our carpark, accessed from Kent Street in Frankton. Our Bike Hub mechanic and volunteers can teach you how to repair and maintain your push bike, with one-on-one guidance, the tools and some parts to help get you back in the separated cycleway



More than Tuning & Performance on Avalon



Tuning and Performance Auto Super Shoppe, is a family-owned business purchased by Adrian and Kay 10 years ago.

Tuning and Performance is a long-standing Automotive Tuning, Service & Repair business in the Waikato, and itself has been around since 1982. Adrian completed his mechanical training 26 years ago with the previous owner Jon Butler before going on to purchase it.

We pride ourselves on ensuring vehicles are kept to a standard which keeps you, your family and other road users safe. Alongside general WOF's, servicing and diagnostics we have other specialties; the owner Adrian's passion is tuning vehicles, specializing in tuning classic and performance cars, including ECU tuning and car modifications for racing specs. Dan is a long-time employee, who

along with other qualities is a top notch fabricator, he offers a complete design and build service, so your parts meet exact specification. Kay works part time in the office, in between juggling two young children and her professional career.

If you are after a WOF and Service to keep your car safe and reliable, or you have a classic in the shed that needs some modifications or would like to get the best out of your vehicle, come on down, give us a call or email, we will do our best to help you.

We are also keen to grow our team, if you are a qualified Mechanic or Auto Electrician, or think you are a good fit for our team please email us your CV and cover letter; [adrian@tuningperformance.co.nz](mailto:adrian@tuningperformance.co.nz).

Tuning and Performance, 100 Avalon Drive, Nawton. 07 849 2550.



# LAWNS SERVANT

## AT YOUR SERVICE

### OUR SERVICES

- Lawn Maintenance
- Hedge Trimming
- General Garden Clean Up
- Mowing services
- WINZ Quotes

### QUICK QUOTES

## T-RAY

# 0273979252

[lawnsservant@gmail.com](mailto:lawnsservant@gmail.com)

Diversity education with EarthDiverse

by *Pepa Torre*

EarthDiverse is an award winning community-based diversity education provider, based in central Hamilton.

Aotearoa is quickly becoming a nation of diverse cultures. As diversity becomes the new norm, we have an incredible opportunity to embrace the knowledge of our many cultures and communities. EarthDiverse promotes the teaching of diversity knowledge in many subject areas. Our courses are affordable, and provide accessible learning to topics that often cannot be found elsewhere in New Zealand. We have an excellent team of instructors who have hands-on experience in the subjects that they teach. We are passionate about what we do. By providing diversified learning opportunities in entertaining, relaxed and no-homework style classes, we seek to make Hamilton a more inclusive and open-minded place.

Is your partner from a different part of the world? Have you learned their language? Does your own heritage originate in another country? Would you like to

learn about it? Are your neighbours new migrants? Help them settle in by reaching out in their language! Learning another language is one of the most beneficial things you can do for your personal growth, for your brain health, and for the wider community. EarthDiverse offers access to 24 different world languages, in person and via zoom.

Teaching languages is just one of our educational aspirations. Dozens of fascinating courses in world culture and religions, philosophy, history, arts, and human rights are on offer throughout the year, along with short workshops and community events. Join an EarthDiverse programme and you will gain insights about human diversity and discover new ways of perceiving the world. With diversity knowledge comes understanding. With understanding comes social empathy. With empathy, we can build a more inclusive society.

Check our courses at: [earthdiverse.org.nz](http://earthdiverse.org.nz) Or drop us a line with any questions you may have - we would love to hear from you! [pepa@earthdiverse.org.nz](mailto:pepa@earthdiverse.org.nz)



# OURPOWER

## 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

\* 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