

WESTERN Community News

YOUR PEOPLE ~ YOUR PAPER

Issue 124 (Pipiri / June 2023)

Delivered to over 19,000 homes throughout Hamilton West



Youth street night

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100 Years of Fraser Tech Rugby

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FREE PRESCRIPTIONS from 1st July!
Please support your local pharmacy.

Are you **Māori** and have knee pain?

Would you like to learn how to best manage your knee pain? We can assess your knee and give you information and support at no cost to you. We are seeking Māori for a study that tests the best ways to help whānau with knee pain. You can take part if you have knee osteoarthritis, or you are aged 45 years or older & have knee pain.

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For Wel Energy Trust

neil.tolan@me.com

Councillor Comment - Cr Louise Hutt



We're nine months into the new Council term and have already seen some important decisions made for our city. I hold the disability and age-friendly portfolios, and am the lead for our transport strategy and the climate action working groups. Back in March we approved 28 safety and accessibility projects that are 90% funded by the government's Climate Emergency Response Fund. These are projects like new or improved pedestrian crossings, installing bus shelters and seats, and just generally making our city safer to get

around by bus, walking, or cycling. This has really positive outcomes for people with disabilities, our older people, as well as all the kids and teens who bike, walk, or bus to school. After the Annual Plan meeting on June 1st, residents of Whitiara can also expect an upgrade to the Ulster St and Abbotsford St intersection. There have been some serious injuries to pedestrians along that stretch of Ulster St in the last couple of years and it will provide a useful crossing point for users of The Comet bus, local schools, and sports fans. Looking at the recent experiences of our neighbours in Auckland, as well as those down on the east coast, our climate working groups has been having serious conversations about both our climate emissions and how we respond to our changing climate too. This is ongoing work that should see us well placed to look after our city and be doing what we can to tackle climate change. - Your Councillor, Louise Hutt

FROM YOUR MP



by Tama Potaka
Kia ora koutou katoa,
I've been inundated with safety concerns this month. From the roads to personal safety, it's clear that our community needs reassurance and action to ensure Hamilton remains the best place to grow up and grow old. I recently visited Lloyd Street in Nawton to speak with locals about their concerns regarding speed and limits on their street. We need to make our streets safer for everyone, especially our children. Dangerous driving hurts families and especially young people.

The safety of children in emergency housing on Ulster Street is another pressing issue. Everyone in Hamilton West deserves a safe environment to grow up and grow old in. I'm heartened by the recent donation of shoes by Jameel and the rest of the team at Torpedo 7 to children in Ulster Street. As a community, we need to come together to support those who are struggling. ANZAC Day was a poignant reminder of the sacrifices made by our brave men and women who fought for our country. It was a time to reflect on the present and future and the importance of unity, courage, and sacrifice in the face of adversity. I was also delighted to attend the opening of the brand new ACC building on Collingwood Street. This exceptional facility is a testament to the positive impact of the Waikato-Tainui investment into our city. Let's continue to prioritise safety and generosity to strengthen our families and communities. Together, we can make Hamilton West the best place to grow up and grow old. Mauriora

Fraser Tech is 100



Fraser Tech Rugby celebrated its 100th Season this past King's Birthday weekend (June 2-4 June) where many generations of Fraser Tech Players, People and Personalities who all converged on the clubrooms on the corner of Mill Street and

Nawton roads to celebrate the milestone. Fraser Tech rugby club was founded back in 1923 but back in those early days it was called Technical Old Boys Rugby Club. The club has gone on to be very successful this is highlighted by statistics such as since the introduction of the Waikato-wide competition in 1968 the club has gone on to win the premier title on no fewer than 13 occasions with many of those titles coming during the late 80's and early 90's where they won no fewer than 5 of those championships and won their last championships in 2021. The club has had many successful players who have worn the clubs mighty blue and white jersey who have gone on to represent the club from provincial level to



the international arena throughout those 100 years and while it took a number of years for the club's first All Black in Kevin Greene who toured Argentina in 1976/77 there have since been a vast number with current day All Black Samisoni Taukei'aho being one. The club would like to acknowledge the great work the Centenary organising

committee have done with support from the club's committee, the centenary sponsors for their support of the event and everyone who attended and who made the celebrations over Kings birthday weekend the great occasion it was.



TAMA POTAKA
MP FOR HAMILTON WEST

Mema Pāremata mō
Kirikiriroa ki te Uru

tama.potaka@parliament.govt.nz
tamapotaka.national.org.nz
021 866 459

Funded by the Parliamentary Service. Authorised by Tama Potaka, Parliament Buildings, Wgtn.





Western Wheels

by Reegan Tata

Are you needing support in gaining your Learners License ? We have the course for you !

For over 25 years now we have been running a successful learner licence course for the community at an affordable cost. \$50.00 for the course which covers three days in class learning and understanding the road code and on the final day our facilitator will take you to be tested at VTNZ. \$93.90 is the VTNZ Test Licence Fee (this is paid at VTNZ when you sit the test).

For many families gaining a license is a huge step forward its about breaking barriers and not limiting yourself. We provide an environment where you can feel at home and have a fun creative space



to learn, utilizing all kinds of materials from board games, print outs, ice breakers, car mats and many more . The learner license courses hours are 9am - 3pm, lunch is one hour.

April 2023 our facilitator Reegan Tata had facilitated 3 successful course which worked out to be 54 hours of tutoring , 51 students and 49 passes. It was a huge week for our facilitator and all the students enrolled the biggest congratulations to all the hard work and successfully gaining a Learners Licence.

Enroll now to secure your spot for the next learners licence course coming up in July! Just head to our website <https://www.westerncommunitycentre.org/> and book in. All relevant details are available there as well as other course dates that we will have throughout the year.

For more info contact the centre 8474873 ex 0, admin@wccham.org.nz

Youth's succesful Quiz Night & Concert

Te Rongopai Community Trust would like to thank our sponsors, community partners and volunteers who generously donated of their time and resources provided for our Youth Street young people's quiz night and concert, recently held at our Good News Community Centre.

Our goal was to encourage our Youth St members to step outside of their comfort zones to perform in front of a crowd and showcase their talent. Four of the young women presented singing items, and all were warmly applauded.

The youth were involved in planning, organising, time management, finding solutions and taking responsibility with the support of our Youth

mentors.

The evening was a great success with prizes to share all round.

We are hoping to hold a Matariki event. Please stay tuned to our facebook page.

Kaivolution is available Monday to Friday at 12.50pm here at 78 Breckons Ave Nawton. Nau Mai Haere Mai.



Recreate NZ

Recreate NZ has been providing 'life-changing experiences for youth with disabilities' for 20 years nationwide, and going strong for 5 years in the Waikato. These experiences take place on a range of adventure, recreational, social and education programmes. These programmes are designed to create a fun, safe and inclusive environment where young people can thrive and challenge themselves. One of Recreates values is young people leading young people, and with a dedicated and enthusiastic team of staff and volunteers, a sense of authentic community has been achieved. Another highly valuable benefit to Recreate programmes come in the way of respite to the families and especially the primary caregivers. With all the challenges facing so many families, Recreate understands the need for caregivers to take a break and to become recharged.

Our programmes are designed for young people with mild to moderate intellectual disabilities. Everything we do is group based, with a ratio of 4 young people to 1 leader, with an age range of 10-35. We rely heavily on the support of our volunteers for our programmes to run and greatly appreciate the help they give us. If this sounds like something

that might interest you as a volunteer, please get in touch via email at sarahs@recreate.org.nz. It is an amazing way to give back to the community in a fun and exciting way. Or alternatively if you are a youth who might want to come on our programmes, then you can register through our website online <https://www.recreate.org.nz/becomeaparticipant> or email myself sarahs@recreate.org.nz.



Western Community Centre Presents

CHILL IN THE PARK 2023

THURS 13TH JULY / 11AM TO 3PM

JUST \$5 PER PERSON TO ENTER THE SNOW ARENA!

14 Ton of snow!

NAWTON'S GOT TALENT COLOURING IN COMP INFLATABLES FOOD STALLS & MORE...

46 HYDE AVE, NAWTON, HAMILTON | MORE INFO AT ADMIN@WCCHAM.ORG.NZ WWW.WESTERNCOMMUNITYCENTRE.ORG

Tired of repetitive commercial radio? Tune into FreeFM!

by Stacey Ward

Want to hear music that is not played on commercial radio? Come and check out the diverse range of programmes we broadcast on 89FM.

Here at Free FM we have a diverse range of programming. We are proud to bring the Waikato community a range of shows that reflect our regions diversity. Tune in every night on 89FM or via www.freefm.org.nz and www.accessmedia.nz. We love showcasing a range of cultures and music, so get amongst it!

One of our most popular music shows, Back Porch Bluegrass is a celebration of all things Bluegrass and Country. Hosted by Paul Trenwith – a founding member of the Hamilton County Bluegrass Band, it offers interesting insights into this genre of music. Paul was awarded a Queen’s Service Medal for ‘Services to Country Music’ for his dedication to furthering bluegrass and country music over the last fifty years. Tune in every Tuesday evening at 10pm.

Don’t forget to follow us on social media to be in to win a range

of prizes and keep updated on everything we have going on www.facebook.com/FREEFM89 and www.instagram.com/freefm89/ <https://www.tiktok.com/@freefm89>

Free FM is by the people for the people – we champion a platform for direct involvement in the media. Supported by NZ On Air and a proud member of CAMA - Community Access Media Alliance - the member organisation delivering powerful and meaningful media content across Aotearoa.



Rongoa Clinic at Western

Are you in pain? Do you struggle with sleep or find it difficult to concentrate? Do you feel heavy, flat or low? Are you stuck, lost or on edge? Have you been told by other health professionals that there is nothing they can do? Our Kaupapa might be right for you.

Te IO Mahi is a Rongoā Māori Community and Whānau Healing Clinic that offers traditional ancient Māori healing practices, including purea, mirimiri, karakia and whakawhiti kōrerō. We can cleanse, balance, align, bless and offer guidance. We are a group of trained Tohunga o IO Matangaro, Māori priestesses and priests who belong to a nationwide organisation called Ngā Tohunga o Ngā Hau e Wha. Our holistic services can help with a range of issues, including spiritual, mental and physical problems.

We approach our mahi with respect and observe Kaupapa and Tikanga with all that we do. We invite people from all walks of life to experience the magic of IO Matangaro healing. Everyone is welcome, regardless of their backgrounds, beliefs or identities. We do not discriminate.

We hold monthly clinics on the first Saturday of each month at the Western Community Centre in

Nawton. We are available from 10am until 1pm. We offer a very affordable rate to the community @ \$20 for 20 minutes. We also have Rongoā Māori available for purchase.

If you would like to make an appointment outside of this time or book our services at another location that you think could benefit from what we have to offer, please contact us on 0274 835242 or teiomahi@gmail.com. We can also be found on Facebook under the name Te IO Mahi.

Rongoā Māori Community and Whānau Healing Clinic

We Offer:

Purea – Cleansing

Mirimiri – Balance and Alignment

Karakia

Whakawhiti Kōrerō

Rongoā Māori

Western Community Centre
46 Hyde Ave, Nawton, Hamilton
10.00am – 1pm, Sat 1 July
\$20 for 20 Minutes

Brought to you by
Te IO Mahi, Kirikiriroa Waikato and
Ngā Tohunga o Ngā Hau e Wha

Improving money mindset

Having a positive money mindset can help you in achieving financial success. Having a negative attitude towards money can lead to stress and anxiety, which can ultimately hinder your desired success.

One of the first steps in improving your money mindset is to change the way you think about money. You can start by identifying any negative beliefs you have about money, such as the idea that it’s impossible to save or that it’s always better to spend money than hold onto it. Challenging these beliefs and replacing them with positive ones can help improve your money mindset.

Another way to improve your money mindset is by setting financial goals. By setting realistic goals for what you want to achieve financially, you can create a clearer path to success. Goals can include paying off debts, saving a certain amount of money, or investing in your retirement fund. Having a clear idea of what you want to achieve and how you plan to do it can help motivate you to take positive financial actions.

Creating a budget and sticking to it is another key step in improving your money mindset. A budget can help you track your spending, prioritise your expenses, and make sure you’re not overspending or under saving. Having a budget can also help you feel more in control of your finances and reduce financial stress.

Lastly, surrounding yourself with supportive people can help in improving your money mindset. You can also seek out



online communities or financial mentors to help motivate and inspire you. You can look to friends and family members who have positive money mindsets to learn from them and get guidance. This kind of support can help you stay accountable and keep you on track for achieving your financial goals.

By taking these steps and actively working towards improving your money mindset, you can reduce stress and anxiety and achieve your financial goals. A positive money mindset can lead to better financial habits, increased confidence, and ultimately, long-term financial success.

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 666 399 and ask to speak to Hamilton Budgeting.

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



Citizens Advice Bureau & Western Community Centre

Walk In Clinic

Tuesdays 10.30 - 12.30
Wednesdays 10.30 - 12.30

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



The upside and downside of Comparing Relationships



by Jenny Ensing
Upside

“It is absolutely normal” to compare your relationship to someone else’s, according to Dr Brian Doss of the University of Miami. He goes on to add that “It’s hard to know what a relationship ‘should’ or ‘ideally’ looks like, so we use our previous relationships, relationships of our friends, and our parents’ relationship as important benchmarks for our current relationship.” Pattemore suggests that “In some instances, looking at other couples can help you determine the direction you’d like your relationship to take”.

Downside

While comparisons can be beneficial, there can also be a downside if negative thinking is frequent. When couples compare their relationship or partner to others, it can often lead to dissatisfaction, resentment, and hopelessness in both partners,” explains Megan Haase, a mental health counsellor. Frequent negative comparisons can also create, sadness, low self-esteem, and demoralization. Social media provides numerous comparison-making opportunities, which can impact mental well-being (Frampton & Fox) and lead to unhappiness about relationships. What we see on social media is a very limited view of what others might be going through.

5 Things to remember when comparing relationships:

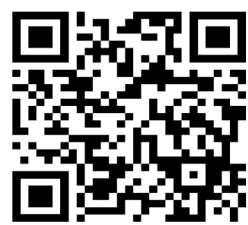
1. We need to remember that each person and relationship is unique.
2. We often compare our relationship to others when we are struggling.
3. It is ok to struggle in relationships – relationships involve imperfect people learning to navigate life together. (Abuse is not ok.)
4. We can plan for our relationship to bring fulfilment by focusing on positives and spending quality time together.
5. If you think comparisons arise because there is abuse, or you feel your relationship is missing something, consider seeking outside help.

If you think it would be helpful to talk to someone about your relationship, or for ideas to support a fulfilling relationship, please contact Jenny at Courage Counselling.co.nz 0275367464.

For 24/7 support please phone/text 1737 (Need to Talk).

For 9.00am to 11.00pm support for abuse please contact the Family Violence Information Line 0800456450.

For emergency support, please phone 111.



Rainbow Hub Waikato

by Liv Mehrtens

Rainbow Hub Waikato has now launched our school’s outreach programme to help support our LGBTTTQIA+, Rainbow and takataapui communities in the Waikato & Hauraki region!

The school’s outreach programme has been specifically designed to help create safe, supportive and validating spaces for our rainbow rangatahi, and to help upskill staff and students to be more inclusive of diversity. The school’s outreach programme is an expansion of our current education services in response to an outlined need from the community. We have a 3- tier approach to achieving these outcomes which are outlined below;



- 1: To deliver professional learning and development workshops to staff within schools to ensure they know how to support their sex, gender, and sexually diverse students.
- 2: To deliver diversity and inclusivity workshops within classrooms so that students have a better understanding of the rainbow community, and how to be a supportive ally.
- 3: To connect/establish school rainbow pride groups so that young people can feel empowered and inspired about their futures, and feel comfortable with who they are.

Our aspiration is to create safe and inclusive spaces within all schools where our LGBTTTQIA+, Kahukura, Rainbow, and takataapui communities can thrive and have a positive education and schooling experience.



A safe space for taboo talk

E taua oe! (You Matter)

Taputalanoa space was created for individuals and whanau who just need a safe space to breath, to cry, to share, to download and to seek answers!

There are moments in life where people are asking:

Who is this person looking at me in the mirror?

How did I get here?

Was I really blind when I got into this relationship?

Wasn't I important enough?

Did I really go there without protection?

How do I know if he/she has STI? Where can I go for an STI test?

What is the best contraception? Where can I find information?

What is a smear test and do I really need it?

Who can I ask about the changes that my body is going through?

We all go through some difficult moments in life and knowing where to go and who to talanoa with makes a big different. The aim for Taputalanoa is to normalise taboo talk, foster light within us and find comfort in the knowing that we are

not alone.

Let us connect and be active for ourselves and for our families and communities! Come Join our Taputalanoa at Western Community every fortnight from Monday 12 June 2023.

For further queries contact - 021 2880546



Art Workshops

New workshops every term

Book online at www.eventspronto.co.nz/Artsforhealth



SOCIAL ART GROUP
MONDAY - FRIDAY



JOURNEY THROUGH
ART BEGINNERS



JOURNEY THROUGH ART



CHILDRENS ART THERAPY
WORKSHOPS



ADULTS ART THERAPY
WORKSHOPS



ARTS FOR HEALTH
WEBPAGE FOR DETAILS

Arts for Health - 2 Seddon Road, Frankton

Email at office@artsforhealth.co.nz

Linktree - www.eventspronto.co.nz/Artsforhealth





Fraser Production 2023

LOVE BELONGS



We had another successful school production, and it was amazing! “Love Belongs” was about remembering our ancestors, where we come from, who we are and where we could possibly belong in this world. Every year, we’re blown away by the skills of our students and teachers who put in endless hours to create a spectacular show.

The production team worked tirelessly on every part of the show, from auditions all the way to the final applause. Each performance was an opportunity for our students to share a part of their world, culture and/or life experience with the audience.

Finally, we would like to express our gratitude to whaanau and everyone for your unwavering support in encouraging your children to showcase their talents to the fullest.





Anzac Commemorations



Anzac Day is an occasion to honor the brave men and women who sacrificed for our country. This year we paid our respects and showed our gratitude for their sacrifices by attending the Dawn Parade and gathering for a commemorative assembly. The assembly was attended by all students and staff, and it was a reminder of the bravery and courage of those who served. It was a reminder of the importance of remembering our past. Lest we forget.

“Attending this year’s dawn service was a surreal experience. Being able to see my peers, families, friends and strangers unite to commemorate those who once fought for us was an incredible experience that I will not forget. I am grateful that we as a country continue to celebrate ANZAC and remember the fallen soldiers that fought for our nation. Lest we forget.” Keira, Head Student.



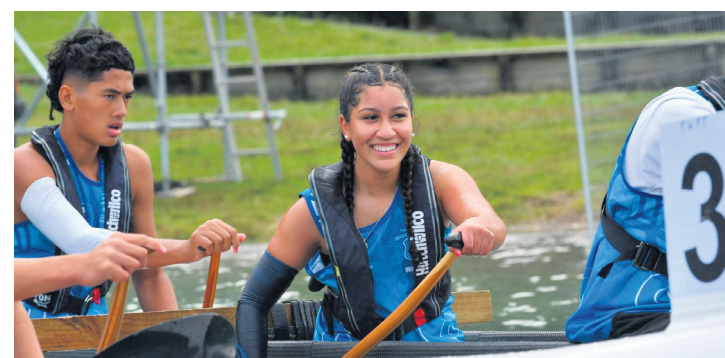
National Secondary School Waka Ama Championships 2023

Our Waka Ama paddlers worked tirelessly to compete at the Waka Ama Secondary School Nationals at Tikitapu and their hard mahi paid off. This year we had one under-16 kootiro crew and one under-19 tama crew, along with a W12 entry and some W1 paddlers. They trained at Turangawaewae and Lake Kainui after kura and on weekends to prepare for the competition. Thank you to the whaanau who supported our paddlers with transport, fundraising opportunities, and encouragement leading up to nationals.

Our kootiro crew qualified and competed in the national finals for both the 500m and 250m W6 races. Despite facing challenges in the 250m semi-finals race, including a full restart, our kootiro crew persevered and

emerged as the top 12 fastest finishers in the semifinal, making it to the final. In the 500m semifinals, the koorito executed an excellent turn, and though they came in second in time, they were the first team across the line that completed the turn correctly. We would like to congratulate them for placing 4th in the 250m and 8th in the 500m U16 Girls National Secondary School Waka Ama Championship Finals 2023.

The maturity of our rangatahi was evident in the way they handled each race. They travelled to compete in Rotorua against other kura from around the motu, and we are proud of them for taking the learnings on board and showcasing their incredible skills.





Exploring beyond the classroom

Engineering in Action



The Wintec event 'Engineering in Action Day' was informative and inspiring. Former Wintec engineering students sharing valuable insights. Our Fraser students also had the privilege of touring APL Cambridge and Convex Innovative Packaging. The quote of the day was 'Attitude is everything,' which is so true! **Source: Vocational Learning**

Here at Fraser there are opportunities for students to explore beyond the classroom. The Vocational Learning Team is there to help students connect with tertiary providers and businesses that host open days or provide work experience, preparing them for the next step in their journey.

Incomparable Gateway Programme



The Puatala facilitated Gateway Programme 'Incomparable Gateway Programme' focuses on the well-being and personal skill development of our students as they transition to the workforce or further education. We were thrilled to welcome back Rebecca from Puatala Whaanau. Fa'afetai lava to our Puatala Aiga for creating these amazing learning opportunities for our tamaiti.

Tarun Kumar

The New Zealand Indian Central Association Inc.

The New Zealand Indian Central Association Inc. (NZICA) held its 97th Annual General Meeting and Conference at The Waikato Indian Association on April 29, 2023. Our very own mathematics teacher Tarun Kumar is the President of the Waikato Gujarati Sports and Cultural Association, and hosted the conference alongside his executive committee.

NZICA was established in 1926 as a means of representing the interests of the Indian community in NZ. Its primary goal was to address the concerns of Indian migrants and to promote their integration into NZ society. Over the years, NZICA has played a significant role in advocating for the rights of the Indian community in areas such as immigration, education and cultural representation. **Source: The Indian Weekender**



Apollo Projects Sports Grant

Apply online now

We strongly encourage our students to apply for the Apollo Projects Sports Grant for up to \$500 per applicant per annum. The sponsorship is a great way to enable all students to participate in sport; to make sport a healthy lifestyle choice, at school, and throughout their life.

The Apollo Sports Grant Committee will meet on 18 August and 17 November to approve applications. Thank you to Apollo Projects for supporting our sports community.

For more information or to apply please check the News Sheet in your school email or find the application link on our Fraser High School social media.



Pink Shirt Day

Koorero Mai, Koorero Atu, Mauri Tuu, Mauri Ora! Speak Up, Stand Together, Stop Bullying!

Sources: Aiga Tasi and Pink Shirt Day Website



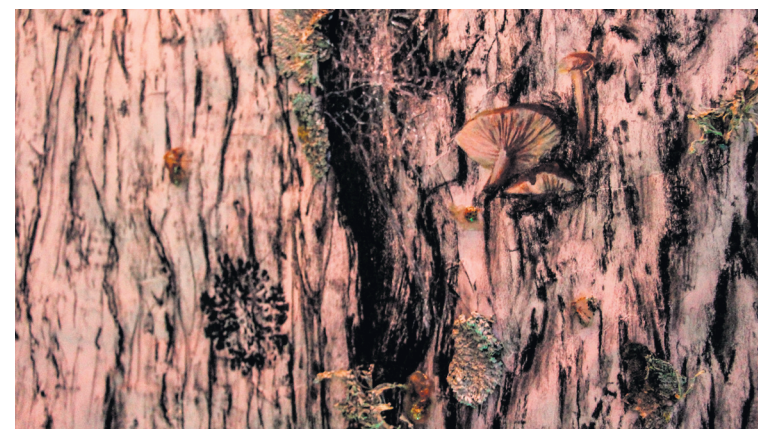


Paper Trees

'A journey through a forest'

Our talented Year 12 and 13 Art Students held the Paper Forest Installation. Their work highlighted stories and reflections inspired by our connection to trees both physical and metaphorical

Each paper tree had the same starting point. Then our aakonga conceptually brought the tree indoors and to life. The students were invited to explore the concept of trees with a starting point of creating a rubbing or frottage of a real tree. From there they could communicate anything they liked about trees, from childhood memories, to fantasy, myths and folklore, to deforestation. Students were also introduced to installation art and how the work is made for a particular space for the viewer.



The ACE Team!

It's been a very busy time here at Fraser ACE! Our office roof is under construction so we are temporarily based in the wonderful, sunny and welcoming Hauora Centre. That's not all the excitement though! We would like to give a very warm welcome to our new ACE Director Jan Tinetti, the newest member of our fabulous ACE team. We are looking forward to working with Jan. Thank you to Peter Faulkner who enjoyed being out and about in the interim.

We have something for everyone. The next couple of terms are jam-packed with courses including Vietnamese cuisine, crochet, Microsoft Office and welding. There are new, improved resources and dedicated staff to support all our tutors and learners.

If you've been waiting for the right time, check out our website fraser.school.nz/adult-education to see which class is right for you.



Pictured from left: Peter, Jan, Amber.



Jan Tinetti, New ACE Director

"Kia ora ACE whaanau, my name is Jan Tinetti, and I'm excited to introduce myself as the new ACE Director. I bring with me five years of experience working at Fraser High School in the English Language Department and for the last 18 years I have worked in different areas of the education sector.

I am incredibly passionate about education and the fact that you never stop learning. I started studying for my TESOL (Teaching English as a Second or Other Language) qualification when I was 45 years old, so I appreciate the importance of Adult Education and the role it plays and the benefits it has for our communities. See you all soon!" - **Jan Tinetti, ACE Director**

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. Book your fruit and veggie pack online at westerncommunitycentre.org

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 15L for \$10 while stocks last.

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.

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

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. Tuesday and Wednesday 10:30am - 12:30pm every week. No appointments necessary.

Kaiarahi Family Court Navigator

Are you considering applying to the Family Court or currently in active proceedings? Kaiarahi Family Court Navigator provides guidance and information about the resolution and support options available to parents, caregivers and whanau. Walk-in clinics will be held on 3, 17 & 31 July 2023 at 1pm - 3pm. For more information call our Reception.

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, amke sure to enquire. Enrol online at westerncommunitycentre.org

Western Stars

Western Stars is an after school care programme run during the school term Monday-Friday from 3pm-5:30pm at Western Community Centre. Pick up from Nawton Primary and afternoon tea is provided. Fee \$14 per day or \$70 per week. WINZ subsidies may be available. Single day booking available. For more information or to sign up go to westerncommunitycentre.org

Laughter Yoga

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

Courage Counselling

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

Walking Group

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

50+ Luncheons

Luncheons and trips take place on the third Friday of each month at 12pm. The potluck luncheons provide an opportunity for seniors in our area to socialize. Transport is provided if needed. For further details please call 07 847 4873 ext 0 or email 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.

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 ext 0

Out West Radio Show - Free FM

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

WESTERN Community News

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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

Western fruit and veggie packers

Our community centre has been running a fruitful and prosperous weekly fruit and vegetable co-op for almost four decades now. By purchasing in bulk, we ensure that our community receives fresh produce and saves money.

Every Wednesday, our team of 12-15 volunteers, led by our dedicated volunteer coordinator Andrew Degarnham, come together to pack well over 250-275 bags of fresh seasonal produce. We are fortunate to receive our supplies straight from the markets through our trusted supplier Foodtogether.

A group of 8 - 10 people come from Geneva Healthcare, an organisation that provides disability support. The team arrives each week with their staff and is able to make a meaningful contribution to their community. This particular group has been volunteering with our centre for over 10 years.

We also have a number of community members that assist each week and are part of our team. Our entire team is a great bunch and there are always plenty of laughs and fun whilst the work is carried out.

Volunteers arrive at 9.30 am every Wednesday and finish at 11.30 am

Key Tasks include:

1. Help unload the truck
2. Help organise the produce on to tables
3. Organise produce into bags with the various quantities allocated
4. All bags taken to our reception ready for pick up
4. Help with cleaning and packing down tables

It is always a rewarding experience to see the bags filled with healthy and nutritious food that we know will make a difference in the households of those in our community. The effort put into providing a bag of fruits and vegetables is highly valued by our community. It has a positive impact on their homes and is greatly appreciated.

With the cost increases of fruit and vegetables, it has been really valuable and needed for families to have access to good food at a good price. The bags cost \$15 to our community 3 types of veggies and 3 types of fruit.

The previous week the \$15 bag would have cost \$26.31 at our local supermarket. A number of people who purchase the packs also pay it forward by purchasing additional packs for us to donate to our families in hardship. Without our dream

team of volunteers, it would be very difficult for our centre to provide this service, particularly with the ever-increasing growth we have seen.

Their commitment over 10 plus years has greatly impacted our community, including becoming one of the country's biggest weekly Fruit and Vegetable co-ops.



HOW TO SAVE ENERGY AT HOME

If you are struggling with power bills in winter and your home is cold or damp or you just want to come along and learn some new tips then come to this free one hour talk. Learn practical tips and tricks for making your home healthier and more energy efficient this winter.

If you have a recent electricity bill handy, feel free to bring it along - we'll help you make sense of it, while looking at ways to reduce it.

This workshop can be delivered for free thanks to WEL Energy Trust who are committed to reducing energy hardship through advising and assisting with healthy homes and energy efficiency through the Affordable Energy for All programme.

We will start with some Pizza and you could WIN one of two \$50 petrol vouchers we are giving away. You can register by calling 8474873 ex 0 or admin@wccham.org.nz

THURS 22ND JUNE
6PM

HELD AT THE
Western Community Centre,
46 HYDE AVE, HAMILTON



Thank You!



End of an era

As we move towards a new year, our team are reflecting on our key projects and where we need to go as the climate, biodiversity and equity crisis deepen. From that, we have some news for you. For the past decade, our Eco shop has been the place to help you on your zero-waste journey, but as you know, those items are now available in supermarkets and stores everywhere (which is a good thing...). So, after reflecting on the role of our retail space in the community, we have made the decision to CLOSE our Eco shop, from 1 July 2023.

As you can imagine it was a difficult decision to make, not least because we have to say FAREWELL to our Enterprise Coordinator Sandra Jensen, who has been with us through a difficult two years in retail. That said, she is now on the market for a new job! Our loss your gain - please email any awesome opportunities to her directly sandrajensen99@yahoo.com.

The Environment Centre will continue to be OPEN TO THE COMMUNITY and available for meetings, workshops and events, and our team will continue educating and organising projects for



transport, biodiversity and kai.

We want to take this opportunity to give THANKS to everyone who has supported our Eco shop over the years, from Ward Street, to Five Cross Roads, to where we are now in Frankton. We also want to thank everyone who has partnered with us to sell their zero waste, locally made or conservation starter products.

We are currently working on RELAUNCHING OUR ONLINE STORE with a selection of the most popular products. For now, you can still shop in-store 10-4 pm Monday to Friday until the 30 June, or online 24/7 at shop.goeco.org.nz

Tree Pruning Workshops at Western



Join us for a FREE hands-on workshop and working bee to learn about tree health; why and when to prune; as well as being shown different techniques for pruning apple, citrus and feijoa trees. By demonstrating and providing this vital education, will have fruit trees bringing forth an abundance of fruit.

We will use the fruit trees around the Western Community Centre for guided practice and it will also provide a much appreciated service to help keep these community fruit trees healthy and productive. Many enjoy the easy access and abundance of fruit every year.

If you have loppers or secateurs please bring them along.

Local food growing is a climate action and builds food secure communities.

"Food security exists when all people at all times have physical and economic access to sufficient safe and nutritious food that meets their dietary needs and food preferences for an active and healthy life".

We work with community centres to maintain and care for their fruit trees, while providing community based training and connection opportunities.

Our kai workshops are facilitated by Michael Heiler, our resident gardener and aborist who takes a permaculture approach to the relationship of food growing & the environment

This workshop will be held on Friday 23rd June at 3.30-5pm. Western Community Centre, 46 Hyde Avenue, Nawton

It's free but please register via tinyurl.com/GoEcoEventbrite



BUY AN EPIC T-SHIRT
SUPPORT OUR WORK

SHOP.GOECO.ORG.NZ



Kuumara Waananga - Honouring Matariki

Nau mai haere mai ki Kuumara Waananga. Gather with us, to learn and share knowledge and koorero of the kuumara and growing in the Waikato. Learning to grow kuumara connects us to our whakapapa and whenua - before bringing us forward to plan for the new year. Go Eco believe that a food sovereign Waikato is a cornerstone to achieving our vision for healthy environments supported by thriving communities. Food sovereignty is the right of people to healthy and culturally appropriate food produced through ecologically sound and

sustainable methods, and their right to define their food and agriculture systems. Climate adaptation and mitigation require nations to produce more food and to ensure that food is able to be accessed where it is needed. As we move toward the systemic changes required to achieve equitable, just & regenerative food systems we are supporting community resilience through cooperation, sharing and education.

Join us at 5.30pm Friday 30 June. Western Community Centre, 46 Hyde Avenue, Nawton

Venue Hire

We are an Environment Hub, delivering our own events and workshops, as well as having an accessible and affordable meeting and event space for the community to hire.

The cost is \$40 per half day / \$60 per full day.

If you're a Waikato based environmental group, we can help by providing our facilities for free! helping you keep more of your money for hands on work!

To enquire email hello@goeco.org.nz or call 07) 8394452



Donate to Go Eco

<https://goeco.raisely.com/>

Bike Hub

Drop-in, with your bike between 10-12pm Thursday to Saturday - 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. We repair and rebuild donated bikes to be rehomed - if you have a bike to donate please get in touch hello@goeco.org.nz

You'll find the Bike Hub in our carpark, which you can access from Kent Street.



Toa Whakapuawai for Youth



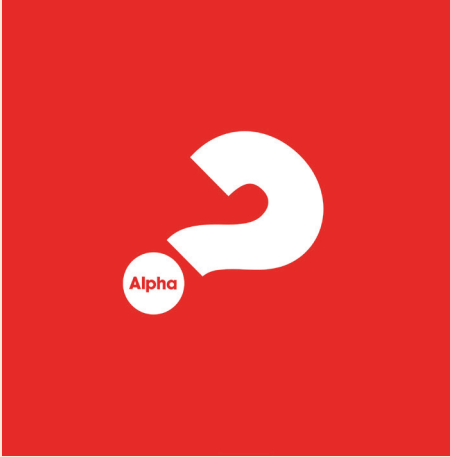
By Thomas Hunt
The program is held at the Western Community Centre, facilitated by Tom Hunt. For ages 12-18, every Monday during the school term at 3:30pm – 5:30pm at 46 Hyde ave, Nawton.
Our young people are ouilding a foundation for themselves in the community by using skills based out of Toa Whakapuawai to give back to the community, eg Mowing lawns or cleaning the local parks.
We seek to inspire, encourage and empower each other for the future. Our evidence shows there are significant benefits for young people who play an active

role in their communities. They are healthier, perform better at school/work/ study/ thrive off of their family and have a stronger sense of belonging.
We believe this will be a great opportunity for your child/children to develop skills and knowledge. This term we are creating space for our young people to own a bit of everyday chores or jobs at home. We are changing the language from chores and job to SYNC. This is a way that we can get our young people to be in sync with their whanau at home.
Things to look forward to this term. My Kitchen Rules (cook here, then cook at home). What is Hygiene? Why does it matter. How can we help? Teatoweltanga is a word we use as a form of teaching initiative - around the house. Outdoors (one with Nature). Music Mondays, based on identity and whakapapa. Toa Whakapuawai is currently working with short term and long-term goals.
If you are a parent, caregiver, legal guardian with youth aged kids or even a young person looking for something to do on a Friday afternoon, come down and check us out. Or contact Tom Hunt at 07 847 4873 or email tom.hunt@wccham.org.nz.

You're Invited!

By Rev Eric Oosterbroek
A wonderful opportunity awaits you on Wednesday nights in Term 3 at the Western Community Centre. Ever wonder if there's more to life? Beginning July 19th at 7pm, Eric & Adair, the new Ministers at Nawton Community Church, will be facilitating an Alpha Course. These are fun, interactive sessions around a Christian faith topic each week - all in a relaxed environment with supper provided!
A Māori whakatauki says, “Whāia te iti kahurangi ki te tūohu koe me he maunga teitei” [Seek the treasure you value most dearly: if you bow your head, let it be to a lofty mountain]. This proverb calls us to aim high for what is truly valuable, resisting life's obstacles to pursue what we

were created for. So grab the opportunity and come and join us as we explore the big questions of faith and meaning together. There's no cost, no pressure, and no follow-up. Get details and register your interest on (07) 847 0868, or just turn up on the night.



STARJAM HAMILTON

VOLUNTEERS WANTED

WE ARE LOOKING FOR PASSIONATE INDIVIDUALS WHO WANT TO USE THEIR TIME & ENERGY TO JOIN A FUN MOVEMENT FOR POSITIVE SOCIAL CHANGE!

StarJam is a fun, creative & positive not-for-profit that is changing the way New Zealanders view disability by helping young people with disabilities unleash their potential through music & performance.

WE ARE LOOKING FOR VOLUNTEERS TO SUPPORT JAMMERS IN OUR HAMILTON WORKSHOPS.

For more information please email hamilton@starjam.org or call/txt 022 094 0089

Cooking in season with Ōkura

“Whoatu he Ōkura hei toioranga mōu”
Send forth our cultivations as sustenance for you



Kia ora Kirikiriroa, we are the Ōkura team based at the Waikato Public Health Unit. Our aim is to educate and empower whānau with a Mātauranga Māori led approach. We work collaboratively with the community centres to deliver 2 hour workshops that use cooking as a medium to support whānau with feeding their families. Our goal is that through the teachings of these lessons whānau will see improvement in food security in their own

whare and mana motuhake with kai (food sovereignty) in their communities.
Our recent workshop done here at the Western Community Centre focused on cooking with seasonal produce and highlighted how participants can best utilize the \$15 fruit and vege packs provided by WCC. The Ōkura team have developed a range of other modules such as – Feed a whānau of four for \$15, cooking with minimal equipment and cooking from a kai parcel.
We also work closely with community providers to design workshops that align with the needs in their community. Keep an eye out for our up and coming Facebook page where we will be posting when we are in your community so you can take up this awesome opportunity to join in on one of our FREE cooking sessions! All kai and cooking equipment provided! Just bring along your whānau for a good time as we share knowledge, kai and aroha. Email admin@wccham.org.nz to find out when the next course is.
Mauri kai, Mauri ora



WE WASH HERE

FREE LAUNDRY & SHOWER SERVICE

Western Community Centre

MON 12:30pm - 2:30pm

This shift is on a weekly basis

OrangeSky
— New Zealand —

orangesky.org.nz/locations