

# WESTERN Community News

YOUR PEOPLE ~ YOUR PAPER

Issue 117 (Aperira / April 2022)

Delivered to over 19,000 homes throughout Hamilton West



## Frankton Festival brightens up Commerce St

See page 11



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# Kia ora Kirikiriroa, could you be our next leader?

Now's the time to consider if you, a friend or whaanau member could stand to be one of Kirikiriroa Hamilton's leaders in this year's local government elections.

Hamilton City Council is urging people to start thinking about putting their hand up for a seat at the Council table.

If you're a New Zealand resident, enrolled on the electoral roll, and you're passionate about improving the wellbeing of Hamiltonians, this is when you should be seriously thinking about it.

To help you prepare, check out the key information on [yourcityelections.co.nz](http://yourcityelections.co.nz)

Nominations for candidates open in July, but preparation should begin much earlier "because it's a really big gig", said Council Chief Executive Lance Vervoort.

"Councillors' decisions have a huge impact on our residents. You'll be the leaders of our city, people will look to you for advice and guidance, and our city deserves the best.

"Now is the time to look deep into what Council does – listen in to one of our Council meetings, check out our Long-Term Plan and learn - you'll find good stuff.

"It's an exciting time in Council. Hamilton's growing at great knots, which means we're facing some great opportunities and interesting challenges.

"There's so much happening, from planning our roads and cycleways and housing, through to critical infrastructure projects and how we respond to climate change. As a councillor, you'll be guiding our city through all of this and making sure we're sustainable for future generations to come."

In total there will be 15 seats up for grabs\*, with two seats being introduced in the new Maaori Ward, including the position of Mayor.

Candidates can choose to stand in the Maaori Ward or one of Hamilton's General Wards – East and West. Although councillors are elected from their respective wards, it's their duty to represent the interest of the city as a whole.

Ticks will be given the flick this election, with the introduction of the Single Transferrable Vote (STV) system. This means that voters will rank candidates (1,2,3), rather than ticking boxes as they have done previously.

## So, what skills does a councillor need?

There're no special qualifications or experience required to stand for Council. Councillors can come with a wide range of skillsets – which is awesome – but there is particular expertise that makes an

effective councillor:

### Communication / Whakawhiti korero

You'll be the voice and representative of the people of Hamilton. You'll need to speak publicly in meetings, events, and with media, and clearly articulate your opinion on issues facing Hamilton.

### Decision-making and strategy / Te whakatau me te rautaki

Helping to run a city is a juggling act and you'll need a clear head and an open mind. You'll consider the differing and important needs of our community and understand the wider impacts of the decisions you make at Council.

Decisions vary from a street naming policy, how to increase nature in the city, and setting the 10-year strategy for the city. Councillors make decisions based on information, advice and recommendations from Council staff, so understanding how Council plan and pay for everything is important.

### Collaboration / Mahitahi

As wonderful as Hamilton is, we can't work alone. You'll need to focus on relationships and building partnerships. Your political influence goes beyond the city's boundary - how you represent Hamilton with local and national partners is pivotal.

### Learning / Ako

You'll need to be aware of the key issues facing our great river city now and continue learning as the city evolves. You'll understand more about what makes Hamilton tick, and the different communities that make the city special.

There's a large reading component to help you prepare for Council meetings too, where you'll pick up plenty of Council-specific jargon and processes you'll grow fond of overtime.

### Passion / Ngaakaunui

As with any job, you should be enthusiastic about it! If you're active in your community, a parent or passionate citizen, or just love the tron, think about standing for your city and shaping the future of Hamilton.

So, do you have what it takes to stand for Council and lead Hamilton into the future?

\*Please note: This representation structure is subject to a final decision by the Local Government Commission, due no later than 11 April, 2022.

# Supporting Kiwis with the cost of living

By Hamilton West MP Gaurav Sharma

Over the last month, I held 12 constituent clinics across various neighbourhoods of Hamilton West - Nawton, Dinsdale, Bader, Melville, Frankton, Te Rapa, Hamilton Lake, CBD, St Andrews and Flagstaff. The idea is to give people alternate options to come see me to talk about their issues either during lunch time or outside work hours in their neighbourhood.

People brought a range of issues to me including help with warm homes funding, Kāinga Ora related dispute, rental market concerns, advice on mental health support, KiwiSaver related problems, concerns re migrant exploitation, case of predatory behaviour from loan sharks, passport and immigration matters, policing issues, disability access related concerns and discussion re the war in Ukraine – to name a few.

One of the concern that was raised in the clinics was around cost of living, especially in light of the additional pressure families are feeling as a result of the Ukraine invasion which has caused a global energy crisis that is being felt across New Zealand. I know this price spike has been tough for many here in Hamilton.



**Dr Gaurav Sharma**  
MP for Hamilton West

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Authorised by Dr Gaurav Sharma,  
Parliament Buildings, Wellington



# Want a cheap flight? Take the Te Huia first.

By Ewan Wilson Hamilton City Councillor



I love to fly and I'm constantly looking for a bargain. Most people know if you want the cheapest airfare, you book early, fly on a Tuesday, and avoid the business traveler peak AM and PM flight times. But even if you follow those simple rules and fly out of regional airports in New Zealand, you'll pay much more than your major city counterparts.

Hamiltonians you now have an affordable alternative, it can save you hundreds of dollars and gives you more flight options. The trick involves first taking the train from Hamilton to Auckland International airport. Te Huia train now stops at Puhinui Station and the new rapid bus services to the airport. The train cost \$12 one-way or

is free if you have a gold card. Do you save much money yes? Is the total travel time much longer. Not always!

Hamilton Queenstown flight one-way on Air New Zealand on the 22 of March \$336.00 flight time 4.55

Auckland Queenstown flight one-way on Air New Zealand on the 22h of March \$89.00 flight time 1.50

Saving \$247 one way.

Don't get me wrong I love Hamilton airport use it frequently and the direct flights to Wellington and Christchurch can be very convenient and it's always nice to support your local airport but if you have time and you're looking for an adventure and on a budget you might find combining the Te Huia train service with cheaper and more frequent jet services out of Auckland saves you money.

# Don't Underestimate Common Sense

By Deputy Mayor Geoff Taylor of Hamilton City Councillor



Earlier this term our council came up with a proposal to introduce a \$5 charge to park at Hamilton Gardens with the aim of trying to encourage bus or cycle use. It's one of a number of decisions that I think have defied common sense.

Since that Gardens idea there have been a few others; the shenanigans on Ward

St and Rostrevor St known as Innovating Streets which I prefer to call "Irritating Streets". Our council also voted to pay contractors above their contract price because councillors thought they weren't paying their staff enough. Then there was a decision to allow councillors – no one else - special extra paid child care.

The latest is a plan – passed on the casting vote of the mayor – to ask ratepayers for \$50k to subsidise council staff to take the bus to and from work to encourage "sustainable travel". I think it is immoral to ask ratepayers and residents – in a cost of living crisis – to fork out for such a cause.

I remember saying in a council debate

that if I brought these ideas to a barbeque with my friends, what would they say? Would they take the idea seriously or just shake their heads and laugh? What would that "sniff test" tell them? It morphed into what I call the Common Sense BBQ Test. I think the BBQ test is a useful way of gauging pretty quickly if an idea is worth even considering or just plain silly. I used in in all meetings.

Indeed to emphasise my point, twice every weekend I am taking a Common Sense BBQ – in the form of a free sausage sizzle – to a park to meet residents and listen to their views on things. We've had seven great BBQs so far including popular

events in Grandview and Western Heights. I'm heading your way soon!

I acknowledge that the mayor and councillors are asked to make many decisions, some we get right and some we don't. But I think common sense is always a damn good place to start.





# Have Your Say: Our Skatepark



**Micah**

The park has given me new friends, memories and connections. It's an all round great place to be and is filled with love and kindness.



**Uriah**

The skatepark is good for learning tricks and playing basketball.



**Jake**

The skatepark is full of memories and friends. I like how we can all hang out here without having to worry about who you're around.



**Levi**

The community has given a lot in the past years such as giving free food to people who need it and giving an upgrade to the skatepark.

## New Found Sound Hamilton Regional 2022

*By Morgana Murdoch*

NFS is back for the fourth year running!

New Found Sound is a great opportunity and competition for youth aged 13-18 to show off their musical talents.

The Hamilton NFS is one of six regional events across Hamilton and Auckland that give youth a friendly and supportive place to show off their talents while competing for a place in the Finals.

### What does wining regionals mean?

The winning acts gain a spot in exclusive Live Music Workshops over the July holidays and a place at the Finals in Auckland.

As well as some sweet prizes on the night of regionals.

Winning the Finals means winning a recording studio session.

### Who can be involved?

There are two categories at NFS they are BANDS/GROUPS and SOLOS/DUOS.

Youth aged 13-18 that are either in a band, music groups, duo or want to perform solo can register to perform at the NFS Hamilton event.

### Where?

The Meteor Hamilton is welcoming us back for the third year running.

### When?

Saturday 14th May 6pm- The Last Saturday of Youth Week 2022

This year the Youth Week Theme is "Our voices matter, and we deserve to be heard!" So we are challenging

each act to bring a performance that helps them feel heard and seen by their fellow youth community.

This year we are providing greater opportunity to the audience that may be stuck at home by Live Streaming the event on our YouTube channel.

We will also be recording the performances at the same time so all performers will be able to request their recorded performance which we hope will help with NCEA Music assignments and their performer profile.

Finally the most important part for any youth that wants to register their act they need to go to: [https://ymcaauckland.formstack.com/forms/new\\_found\\_sound\\_2022](https://ymcaauckland.formstack.com/forms/new_found_sound_2022)

We look forward to seeing you showcase your talent!



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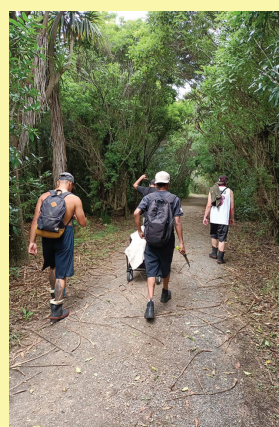
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## Toa Whakapuawai

*By Thomas Hunt*

For many industries across the country, the impacts of COVID-19 have agitated the way businesses, services, and programs, traditionally navigate. Here at Toa Whakapuawai, we are no



different. The start of the year saw us re-evaluating our program offerings to find the best way to serve our young people amongst the regulations and mandates.

The regulation limitations, paired with the

change in circumstances for many of our young people, meant that we had an understandable decline in offerings as well as attendance.

But the lift on mandates has been a welcome shift that we are jumping in to with full force. We have a full team equipped to tackle a new season for Toa Whakapuawai and are excited to announce that we are now back up and running for the year. Our programs are up and running for juniors on Wednesday afternoons 3.30pm-5.30pm, facilitated by Rza and Emile; and seniors on Friday afternoons 3.30pm-5.30pm, facilitated by Chris and Zeta.

So far this term, Toa has been working on "knowing your worth". Focusing on building group values, S.M.A.R.T. goal setting, identity and pepeha. This will



act as a segway into the rest of the year.

If you have any young people who may be interested, know of any who may benefit from the program or have any queries, please pop on down to the Western Community Centre. If you wish to register your young people

for Toa, registrations can be filled out at The Western Community Centre reception or contact Tom Hunt at [tom.hunt@wccham.org.nz](mailto:tom.hunt@wccham.org.nz).

We are looking forward to working alongside our young people and whanau combined.





## 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.

Tune in every Friday to 'Flat out Pride', a fabulous mix of music, news, events, information and issues including sexual health, homophobia and more. 'Flat out Pride' is a show that has been running since 2007 and offers the Gay, Lesbian,

Intersex, Takataapi, Queer, Faafaine, Akara'ine and Bisexual (GLITQFAB) communities a voice.

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](http://www.facebook.com/FREEFM89) and [www.instagram.com/freefm89/](http://www.instagram.com/freefm89/)



## Waiwhakareke Natural Heritage Park

By Catherine Smith

These wonderful volunteers spent the latest session at WNHP working in the shade of the ever-growing trees. They removed large numbers of tall weeds, particularly woolly nightshade, and black nightshade. We don't want the weeds to compete with the specially grown native flora. To achieve this, mulch from trees that fell in the recent storm will be used to keep precious



existing plants moist and protected from weeds.

It is most exciting to note that HCC has now appointed a new ranger (Jayden, second from the right) to manage the control of invasive weeds at Waiwhakareke. Welcome Jayden!

Mike Paviour, the newly appointed Team Leader for WNHP is determined to give volunteers a variety of tasks and educational opportunities. So do come along on the last Saturday of the month. We meet at 9am at the Brymer Rd carpark opposite Hamilton Zoo. For further information contact [waiwhakarekefriends@gmail.com](mailto:waiwhakarekefriends@gmail.com) or go to the Waiwhakareke Natural Heritage Park Facebook page.

# GOOD NEWS COMMUNITY CENTRE

Administered by the  
Te Rongopai  
Community Trust

## Lifelong Learning Opportunities

In Term 2, the Good News Community Centre continues to provide lifelong learning programmes for those keen to learn new skills and/ or build on their existing skills in the vital and in some cases everchanging areas of life.

On Monday evenings we have our ever-popular free weekly Te Reo classes for both beginners and advanced learners. The combined class gives great opportunity for each level to review what has already been learnt while also gently extending their knowledge of Te Reo and Te Ao Māori. No need to register for this class, just bring a pen and notebook for your learning. Class runs 5.30pm to 7.00pm.

Coming up we also have a 6-week Flax

weaving block course for beginners.

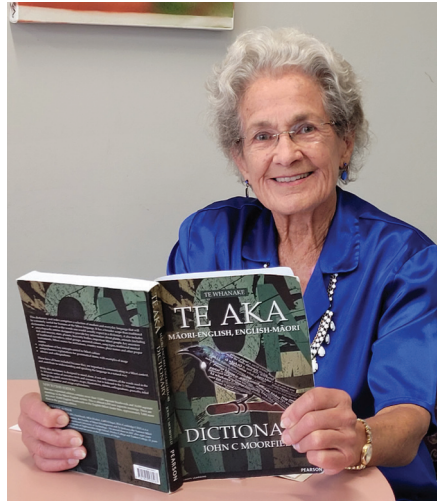
There is a wealth of knowledge shared here that you can practice and apply both in class, at home and or out and about with whanau. Starts Monday 16th May from 6.00-8.00pm and runs on Monday evenings.

We are very excited to bring Free Digital Workshops provided by Kanorau Digital which will run for four weeks each Tuesday. Free Wifi and laptops will be available for your use during the course. You will learn the basics of the digital world and increase your confidence online. Various topics include Google searching, money management, various forms of communication and much more.

A great class for those wanting to gain more confidence using web applications in a safe way. The first class starts Tuesday 10th May from 12.30-2.30pm.

Last but certainly not least we will also be hosting two separate Savvy Money Workshops run by Hamilton Budgeting Services. The first two-week block series will run on Friday May 6th and 13th. The second series will run Friday June 10th and 17th. All classes run at 9.30am-1.00pm.

Please email the office to register on [goodnewscommunitycentre@gmail.com](mailto:goodnewscommunitycentre@gmail.com) or call on 850 5020. You will find us at 78 Breckons Ave, Nawton.



## Dr Gaurav Sharma MP for Hamilton West

43 Pembroke St, Hamilton Lake

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 Labour



Authorised by Dr Gaurav Sharma MP,  
Parliament Buildings, Wellington





# Māhoe, Mānuka And Karamū To Replace Mignonette At Maeroa

By *Enviroschools Waikato team*

Maeroa Intermediate School has been actively restoring their gully since October 2020 and what a difference they have made!



September 2020 was the first time students had been allowed in the gully in decades. It had become overrun with weeds and there were concerns that the existing tōtara trees, smothered with weeds like ivy and mignonette vine, could die and leading to further erosion of the gully banks.

Gully restoration was seen as an opportunity for learning and action involving the whole school whilst enhancing the natural biodiversity of the area.

After talking with local gully experts, and exploring alternatives, the school came up with a vision for the gully that included an outdoor classroom space for students, planting appropriate native trees, controlling erosion, creating habitats for a wide range of native wildlife and improving the water quality of the stream.

The school had had its back to its gully for decades, but in 2019, when Maeroa staff and students, with the support from the national Enviroschools team had a deep dive into a Healthy Homes inquiry, this all changed. As part of this learning the students looked at 'nature as our first home' and four classes had an immersive full day trip to Sanctuary Mountain – Maungatautari. Teachers and students were so inspired, they came back to school realising they this enormous opportunity and action project right on their doorstep. They had built an awareness of the possibilities and they wanted to get stuck in!

With the support of the Principal, Board of Trustees, and Caretaker, and engaging with local experts during the 2020 lockdown, some of invasive weeds were dealt with. In September 2020 Waikato Regional Council staff with the support of Enviroschools Facilitator, Adrienne Grant, ran workshops for students about gullies, water quality and restoration to build knowledge, awareness and

enthusiasm.

Key teachers Julie Yeoman, Oriana Tauranga and Lizzie McKenzie have since led after-school and monthly working bees that have helped with the ongoing transformation of the gully. Between 10-20 students turn up every Tuesday and Thursday after school to help with various tasks like weeding, planting and looking after the seedlings in the nursery. Once a month there is a community working bee on a Saturday morning. Students, their parents and other members from the local community come along to help out. The very first Saturday Working Bee in October 2020 had 15 people, the last one in September 2021 had 45 volunteers.

A monthly newsletter is written and emailed out to supporters, as well as



dropped in the letter boxes of the local community by students. This is part of keeping everybody informed of what is going and has helped to build momentum.

While tackling the weeds was the top priority, the students and teachers knew that part of the process of restoration was to plant indigenous plant species. A nursery was set up so the students could propagate their own seedlings. Adrienne got students started with eco-sourcing mānuka, karamū and māhoe seed, and teacher Julie and other members of the community have since helped source seeds and plants. Part of undertaking any restoration is funding and the school has been lucky to receive funding from Matariki Tu Rākau, a community tree planting programme managed by Te Uru Rākau – New Zealand Forest

Service, who created the video below of the gully project.

Funding has also been received from Waikato Catchment Ecological Enhancement Trust (WCEET). Waikato Predator Free Hamilton have been advising the school on setting up trap lines through the gully to control rats and possums, and a large number of trap boxes are ready to be set out. Waikato Regional Council have helped fund remedial work to open and stabilise the stream channel.

Maeroa students are now regularly giving tours of the gully to teachers and students from other schools. Community members are coming forward with donations of plants and asking for ways to help and members from the wider community are coming along to help on Saturday mornings because they want to be involved in such a positive and meaningful project.

As a way to show change and progress in the gully, the school is having eight 'before and after' photos printed on to metal signs which will be placed in situ in the gully. It will be a very powerful way of showing the progress that has been made.

When Maeroa Intermediate School students, teachers and community reflected at Enviroschools silver level in 2021, they identified several next steps for their gully project.

Investigate route of gully stream. Where does it drain? Hikoi to explore stream network.

Create a photo book of gully progress to share with future kaitiaki.

Investigate canal plans for gully restoration.

Inquiry into pest trapping in gully.

Do a stock take before planting. Statistics will be helpful/interesting for school funders.

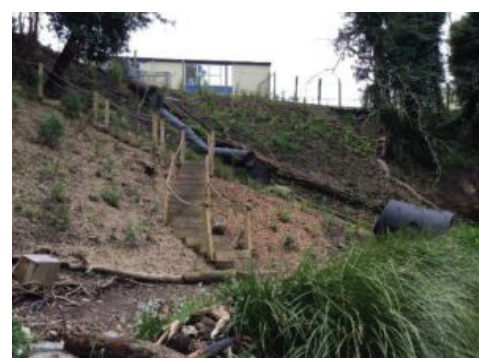
Do some media stories to promote the gully.

Water quality in gully stream-investigating and collecting data.

Encourage the wider community to get involved in the gully working bees e.g. connect with local iwi groups.

Create mini terraces when planting on the steep slopes to reduce erosion.

"The kids are



learning all the time – like how the planting of native plants creates habitat for our native wildlife and helps control erosion to improve water quality. We even have a school nursery now where the kids grow their own plants from eco-sourced mānuka, karamū and māhoe seeds." – Key teacher Julie Yeoman

This legacy project commemorates a wonderful member of the school community, provides meaningful engagement for current students and their community and will contribute to a healthy and bio-diverse Maeroa ecosystem.

"I like seeing all the change that is happening and we get to explore at the end of the working bees. Seeing the eel was pretty cool – it was the first time we'd seen one at school. It was about 50cm long. We just kept staring at it for ages." Zoe, Year 7

The most recent workshop saw 38 community members gather for a mega mission to control weeds. This was the first since early in the year because of Covid 19 restrictions. Weeds had flourished so these were cleared before laying jute weed mat prior to winter planting.



**\$15 FRUIT AND VEGGIE BAGS WEEKLY**

**ORDER ON FACEBOOK FROM WESTERN COMMUNITY CENTRE WEEKLY OR COME TO 46 HYDE AVE EVERY WEDNESDAY 11.30AM-5PM TO PAY AND PICK UP!**

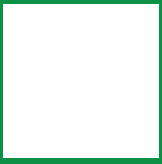
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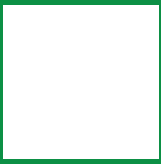
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Te Kura Tuarua o Taniwharau





Learn with purpose Engage with Pride Act with Respect Dare to Succeed



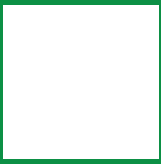


**FRASER HIGH SCHOOL**  
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**FRASER HIGH SCHOOL**  
Te Kura Tuarua o Taniwharau



Learn with purpose Engage with Pride Act with Respect Dare to Succeed



# What's on at Western Community Centre

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

## The Western Community Centre

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

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

## Food Bank & Toiletries Collection

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

## Fruit & Veggie Deal - Just \$15

The best deals of fresh fruit and veggies! Order and pay at Western Community Centre and pick up your bag on 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.

## Free Legal Advice

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

## Tables and Chair Hire

We have tables and chairs for hire! Tables \$6 each - Chairs \$2 each. For weekend hire pick up Friday drop off Monday. Visit our website to book online.

## Triple 1 Care Workplace First Aid

Visit [www.tripleonecare.co.nz](http://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](mailto: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](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/after-school-care](http://westerncommunitycentre.org/after-school-care)

## Laughter Yoga

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

## Courage Counselling

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

## Walking Group

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

## 50+ Luncheons

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

## Woolly Club

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

## Venue Hire

We have a selection of different spaces available for hire. Our rooms are ideal for meetings, training events, presentations, children's birthday parties and more. Visit [westerncommunitycentre.org/venue-hire](http://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](http://freefm.org.nz) or Spotify for podcasts of the show and further info.



## Toa Whakapuawai

Developing Warriors

Setting  
**CULTURE**  
&  
ACTIVITIES

ACTIVITIES  
**Leap/Laser  
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SPORTS  
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BBQ

*All Day*  
**RAGLAN**

Community  
**GARDEN  
BOXES**

ACTIVITIES  
&  
**Movies**

ROTORUA  
**Skate Park**  
SWIM &  
**Blue Lake**

**DATE:**  
WEEK 1: TUES 19TH APRIL - FRI 22ND APRIL  
WEEK 2: TUES 26TH APRIL - FRI 29TH APRIL

**LOCATION:**  
WESTERN COMMUNITY CENTRE  
46 HYDE AVE, NAWTON

**TIME:**  
10AM - 3PM DAILY

**COST:**  
\$10 PER WEEK

**AGE:**  
12-18 YEARS

**TO ENROL CONTACT:**  
THOMAS HUNT  
022 193 9958  
[TOM@PRAXIS.ORG.NZ](mailto:TOM@PRAXIS.ORG.NZ)

## Western Stars Holiday Programme

**Mon 18 Apr**

No Activity

**Tue 19 Apr**

**Arts n Crafts**

Crafting some little gems for your little ones to bring home.

**Wed 20 Apr**

**Fort Day**

With everyone's creative minds put to work we're sure to have a great day.

**Thu 21 Apr**

**Master Chef**

We're cooking up a storm today. Giving our kids tools that'll last a lifetime.

**Fri 22 Apr**

**Movies Day Out!**

Today we're off to the movies!

**Mon 25 Apr**

No Activity

**Tue 26 Apr**

**Zoo Day Out!**

**HAMILTON ZOO**

That's right guys, we're off to the Zoo today so be sure to bring the right gear.

**Wed 27 Apr**

**Master Chef**

We're getting our baking on today.

**Thu 28 Apr**

**Arts n Crafts**

The theme today is dinosaurs so we will all be researching these big guys today.

**Fri 29 Apr**

**Activities at the Park**

That time we've all been looking forward to.

Please ensure your child / children bring shoes, a hat, pre-packed lunches, everyday

**Holiday Program Full Day 08:00 am - 05:30pm**

**\$36.00 (daily rate) \$180 (weekly rate)**

**Both weeks based at Western Community Centre**

**46 Hyde Ave, Nawton, Hamilton**

**Book now at [westerncommunitycentre.aimyplus.com](http://westerncommunitycentre.aimyplus.com)**

For more information call 07 847 4873  
or email [admin@wccham.org.nz](mailto:admin@wccham.org.nz)



## LAUGHTER YOGA

Laughter yoga (*Hasyayoga*) is a practice involving prolonged voluntary laughter. This type of yoga is based on the belief that voluntary laughter provides the same physiological and psychological benefits as spontaneous laughter. It is done in groups, with eye contact, jokes and playfulness between participants. Forced laughter often turns into real and contagious laughter. Children welcome to attend with parents.

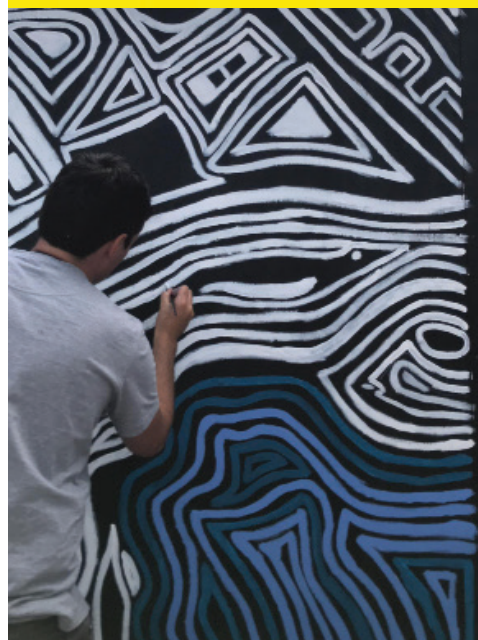
**TUESDAY'S**  
**9.30am - 10.10am**

**FREE!**

**HELD AT**  
**WESTERN COMMUNITY CENTRE**







## Frankton Festival brightens up Commerce St

Over 10 days in March the Frankton Festival brought live music, street art, yarnbombing, art workshops, a self-guided cycle tour, a street clean-up and a photographic exhibition to Frankton. Organised as a celebration of one of Kirikiriroa's oldest and most quirky suburbs; we proudly worked alongside Never Project Space and Frankton Market.

While the popular exhibition has closed; cyclists can still use our "Off the Rails" cycle map to take in Frankton's heritage sites. [tinyurl.com/OffTheRailsMap](http://tinyurl.com/OffTheRailsMap)

When we remove rubbish and graffiti; water planter boxes and sweep and keep our streets clean we feel a sense of pride; we feel safer, and we want to spend more time there. This is where we started for Frankton Festival; and we'd like to express our thanks to Dr Gaurav Sharma and Labour Party volunteers for helping to pick up 7 bags of rubbish! From there we invited the community back to the Frankton Markets; with some live music and hosted some art workshops. It's been awesome to hear the positive feedback for it's new spot in the Kent Street carpark opposite Agora cafe.

The finale was some live street art at the corner of Commerce and Keddell street; the temporary murals brighten up the fence of our newest development underway. Thanks to Chenoa Dawn, Logan Dinning and Harvey Augton for starting off the wall. We were fortunate enough to have Yarn for Pride send their crochet/knits to us to decorate the bike racks. Not only does it bring some colour to the street, but it points out where the bike racks are!

We're looking forward to having the opportunity to work with Nick from Never Project Space and Vinod from Frankton Markets again soon.



Frankton Markets 8-1pm every Saturday  
Kent Street carpark, opposite Agora Cafe.

## Upcoming workshops

Register for all ecological restoration workshops via <https://earthdiverse.org.nz/environment/>

Seed Collection & Propagation, with Wayne Bennett. Pukemokemoke reserve 9-2pm Saturday April 23.



Term 2 Evening talks starts with: Restoring Tui - Hamilton Halo project with Andrew Thomas. Online or at EarthDiverse. 7.30-8.30pm May 11

Term 2 Lunchtime talks start with: Community restoration education with Murray Holt. Mangaiti gully. 12-12.30pm May 11



Drop in to the Bike Hub and learn how to fix or maintain your push bike - for free! 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 Maya at the Settlement Centre on Boundary Road. sessions

## HE PUNA KŌRERO PODCAST

"AT THE END OF THE DAY IT'S NOT ABOUT STEEL AND TRACKS AND CARRIAGES, IT'S ABOUT PEOPLE AND OUR ENVIRONMENT AND WHAT KIND OF FUTURE WE WANT"

PATRICK ROONEY  
SPOKESPERSON

SAVE OUR TRAINS  
[WWW.MILWAUKEE.CO.NZ](http://WWW.MILWAUKEE.CO.NZ)



## Go Eco small talk

Harvey & the Project Echo team want to thank everyone who let us put a bat monitor in their tree throughout March. These recordings help us understand more about where the pekapeka-tou-roa are in the city, so we can better protect them.

Predator control, which is trapping rats, stoats and possums is the best chance our native birds have to survive in the habitats they have left. You can help by trapping in your backyard [tinyurl.com/predatorfreeshop](http://tinyurl.com/predatorfreeshop)

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.

With covid disrupting our kerbside service for food scraps, it was a reminder that the most resilient food waste processing involves household and neighborhood composting. It can be as easy as digging food scraps into an existing garden; to starting a worm farm or using a Bokashi system.

The initiative at Western Community Centre is a great example of what is possible when a community works together.

Our Bike Hub is open 10-12pm every Thursday 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](mailto:mayaz@hmstrust.org.nz) at the Settlement Centre to find out when their next Adult Cycle Training sessions are.

Are you interested in volunteering time to help restore our gullies? No experience necessary, you don't even need to know a weed from a native tree because you'll be shown. There are opportunities across the city, during the week or weekend. Email [hello@goeco.org.nz](mailto:hello@goeco.org.nz) for an up to date list of restoration working bees.



# WESTERN Community News

YOUR PEOPLE - YOUR PAPER

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

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If you are interesting 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**

## We have Tables & Chairs for Hire!

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46 Hyde ave, Hamilton  
8474873 ex 0

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## Sexual Consent - "Don't guess the yes"

By Jenny Ensing

When it comes to sex, world trends are moving toward what is called "affirmative consent". What is affirmative consent? Some say it is a matter of common sense and respect. Let's break it down



to what affirmative consent is, and what affirmative consent is not.

### Affirmative consent IS

"Affirmative consent "... means that "people must say or do something to find out whether their partner consents to sexual activity, or they could be found

guilty of sexual assault", according to McFarlane (2021) of 1 News. Rape Prevention Education (2020) defines consent as:

- "a 'free' agreement made together
- an enthusiastic "yes""
- something that is re-established every time sex happens

They go on to explain that a 'free' agreement means that when people agree to join in anything sexual, they are free to change their mind at any point, and say 'no'. It also means that they are free from being influenced by any substances or coercion. This 'free agreement' needs to happen every time, even if people have already had sex together before. It is made in the moment. An enthusiastic 'YES'.

### Affirmative consent IS NOT

New Zealand law recognizes that there are situations where consent can't be given. For example, consent can't be given if someone is too affected by alcohol or other drugs, if someone is under the age of 16, or if there is any pressure/force/threat/coercion (Rape Prevention Education, 2020).

A lack of consent can be expressed using words and body language. Some examples of verbal non-consent could be someone



saying "no", "stop" or "I don't want to". It is important to note that a lack of 'no' is not the same as 'yes'. Some examples of non-verbal NON-consent could be someone saying nothing, turning their head or body away from you, pushing you away, lying still/not participating, avoiding being touched or not touching you. (University of California, 2022).

*It is the responsibility of the person asking to participate in sexual acts to make sure that there is an enthusiastic yes.*

If non-consensual sex has been part of your life, it could be helpful to talk to someone. If sex has happened without your consent, or if you have had sex with someone without their consent, SafeToTalk could be helpful for you. SafeToTalk is a free, confidential, non-



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