

WESTERN Community News

YOUR PEOPLE ~ YOUR PAPER

Issue 144 (Whiringa-ā-nuku / October 2026)

Delivered to over 19,000 homes throughout Hamilton West



Tai Chi for Health

page 3

Enrol. Vote.
Be heard.

vote.nz



page 4 & 5



page 12



See page 7

In the first year of staying in a hostel or residence of shared accommodation for your tertiary education, protect yourself from deadly Meningitis.

Get yourself vaccinated **free of charge**, from our very gentle vaccinators. No need of appointment.



**West Hamilton
Pharmacy**

Nawton Shopping Centre, Hyde ave, Phone 8463121

WESTERN COMMUNITY CENTRE

46 HYDE AVENUE, NAWTON



23RD NOVEMBER –
11TH DECEMBER 2026



FREE BREAST SCREENING
FOR WAHINE AGED 45-69
(AND 70-74 IF ELIGIBLE)



FINDS BREAST CANCER
EARLY BEFORE IT CAN
BE SEEN OR FELT

LABOUR POLICY

- ✓ **Three free GP visits**
- ✓ **Free prescriptions**
- ✓ **Free maternity scans**
- ✓ **Jobs for graduate nurses**

As well as:

Local bus fares capped at \$10 week

Pay equity restored to pay women what they're worth

No GST increase

No fuel tax increase

No fire sales of conservation land

Lower power bills with solar

Fairer retirement village laws

Small business support

More apprentices & trades training

Better starts now



✓ **Dr Myra Williamson**
for Hamilton West



f /MyraWilliamsonLabour

@ /drmyrawilliamson

Authorised by Rob Salmond, 2 Gilmer Terrace, Wellington.

HAVE YOUR SAY... What would you do as Prime Minister for the day?

KNOWLEDGE

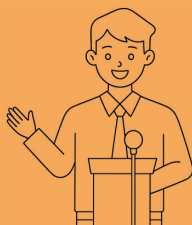


I WOULD ALLOW PHONES IN SCHOOL FOR SAFETY PURPOSES

WANDERLEI



PUT MORE HOUSES FOR YOUTH WHO HAVE NOWHERE TO GO & PUT IT ALL OVER THE COMMUNITY



LEVI



LOWER GAS PRICES



TIA



LETTING TAIHOI VOICES BE HEARD BECAUSE THEY MATTER

SCOTT



TAKEAWAY THE BAN TO ALLOW STUDENTS TO EXPRESS THEMSELVES

Tai Chi for Health – Gentle Movement, Lasting Benefits

Looking for a gentle way to stay active, improve your balance and support your overall wellbeing? Tai Chi for Health could be just what you're looking for.

Tai Chi combines slow, flowing movements with controlled breathing, balance and concentration. It is low impact and can be adapted to suit different ages, fitness levels and physical abilities – you don't need to be fit or flexible to get started.

Regular Tai Chi practice can help improve balance, strength, flexibility, coordination and posture. This can make everyday activities easier and help build confidence in movement, particularly as we get older.

There are benefits for the mind too. The relaxed pace and focus on breathing can

help reduce stress, encourage relaxation and provide a welcome opportunity to slow down from the pressures of everyday life.

Tai Chi classes are also a great way to connect with others. There is no competition and no pressure to keep up. Everyone is encouraged to learn and progress at their own pace in a friendly and supportive environment.

Whether you want to stay active, improve your balance, maintain mobility or simply enjoy an hour of gentle movement, Tai Chi for Health is a great way to support both body and mind.

Why not give it a try? Your first step could be the beginning of a healthier, more balanced you.

Contact Tony 021 294 9699

Breast Screening at Western Community Centre

The BreastScreen Midland mobile screening unit will soon be visiting Western Community Centre in Nawton, making it easier for local wāhine to access free breast screening close to home.

The mobile unit will be at Western Community Centre, 46 Hyde Avenue, from 23 November to 11 December 2026.

BreastScreen Aotearoa offers free mammograms every two years for eligible wāhine aged 45 to 69 with no symptoms of breast cancer. The programme is currently being extended to include wāhine aged 70 to 74. This is happening in stages, so it is best to call and check if you are eligible to book.

Breast screening is important because a mammogram can find breast cancer early, before a symptom can be seen or felt. Finding breast cancer early gives the

best chance of successful treatment and better health outcomes. Regular screening is one of the best ways to look after and protect your health and to be there for your whānau in the future. You can bring a friend or whānau member to your appointment for support, and you may be able to book appointments together.

Wāhine can enrol, book or change an appointment online using BreastScreen Aotearoa's new platform, Te Puna. Wāhine should receive a secure booking link by text message, email or letter in the post when you are eligible or due for screening. To check if you are eligible or to make an appointment, call BreastScreen Aotearoa free on 0800 270 200.

Know your normal. Early detection is your best protection. Screening saves lives.

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Hamilton West

Electoral Candidates

2026

At the time of print these were the candidates we were aware of.

Donna Pokere-Phillips - NZ Outdoors & Freedom Party

Donna Pokere-Phillips is the New Zealand Outdoors & Freedom Party candidate for Hamilton West, her party is promoting Direct Democracy. A legal advocate and community leader, Donna has a lifelong commitment to whānau, whenua, justice and accountable government.

Born in Taranaki, Donna has whakapapa connections to Tainui, Ngāti Tūwharetoa and iwi of Taranaki. She holds an LLB and LLM (Hons) from the University of Waikato, with experience across law, policy, governance, business and community advocacy.

Much of Donna’s work has involved standing alongside people navigating legal and government systems, asking difficult questions and ensuring their voices are heard.



Donna has spent years advocating for people outside Parliament. She now wants to take that advocacy into Parliament.

Your family. Your community. Your country. Your voice.
Donna believes democracy belongs to the people. Direct Democracy means giving New Zealanders a real say in the major decisions affecting their families, communities and country, while ensuring government remains accountable to the people it serves.

Tama Potaka - National Party

Tama Potaka is the MP for Hamilton West and serves as Minister for Māori Development, Minister for Whānau Ora, Minister of Conservation, Minister for Māori Crown Relations: Te Arawhiti, and Associate Minister of Housing (Social Housing).

Raised with his whānau in the Central North Island, Tama has built a diverse career across law, public service, education, investment, tribal development, business, charities, and enterprise. Prior to entering Parliament, he was Chief Executive of Ngāi Tai ki Tāmaki in Auckland and held senior leadership roles with the NZ Super Fund and Tainui Group Holdings, contributing to significant developments across Hamilton and the Waikato.



Tama and his wife Ariana are raising their three children, Tiaria, Te Awarua, and Aorangi. Their whānau is actively involved in community, cultural, health, and education initiatives.

As Hamilton West MP, Tama has championed reducing emergency housing reliance for families and children, advocating for a Waikato Medical School, and supporting opportunities that strengthen local communities, grow the regional economy, and improve outcomes for future generations.

Steven Phelps - Independent

Are you tired of overpaid career politicians promising us everything and yet not delivering? Did you get an opportunity to vote for such things as

- A) Daylight Saving?
- B) Abortion up until birth?
- C) The recent attempts to re name our country?

Are you fed up with our educational, judicial and governmental systems as well as the outcomes that we’ll be leaving to our future generations?

If you answered yes to any of these questions then please join me in bringing ALL our politicians to account !!!

Hi everybody,I’m 69 years old and have lived all my life in Hamilton. I was born in



Hamilton as were all of my 12 children. I’m the grandfather of 25 children and several great grandchildren. I now travel around this country in my campervan which is also my home.

I urge you all to vote for me, Steve Phelps the Independant Candidate for Hamilton West.

Together we will try to challenge not only our politicians but our entire political and judicial systems.

Kevin Stone - New Zealand First Party

Having seen the decline of our Country called NEW ZEALAND under National and Labour prompted Kevin to join the Party that led by its name. With its values he felt aligned of Patriotic, Socially Conservative, Commonsense and Nationalism. His strengths lay in Persistence and Consistency striving for Fairness and Accountability, is Direct in his approach and Not afraid to speak out on any Topic that concerns New Zealand and its people.

After losing both parents at a very early age, a son in a car accident and the mother of his children it puts the value of Life into perspective to help care and encourage others that Life and Death is what you make it. Has held many postions over the years.

Supporting a NZFIRST Party Vote enables more Common sense Policies for the betterment of our Nation and especially the Community of Hamilton West as their Voice.



Louise Hutt - Green Party

Ko Louise Hutt tōku ingoa. He tangata Tiriti ahau. Climate leader, transport nerd, disability advocate, gardener, knitter.

I’m a former Green city councillor for Kirikiriroa-Hamilton - Regulatory & Hearings Committee chairperson, and led the climate, transport, disability, and arts funding portfolios.

I joined our Party the night Donald Trump was first elected - 10 years ago - horrified by the rising fascism that has only mobilised and festered since.

Growing up on the Coromandel shaped my understanding of climate change, our environment, and poverty, deeply influenced by my mum hearing Jeanette Fitzsimmons speak at the Waihi Memorial Hall.

I’m currently chairperson of Go Eco, the largest environmental charity in the Waikato, and a former senior advisor to the COVID-19 response programme.



Blair Smith - Opportunity Party

Kia ora. I’m Blair Smith, standing for Opportunity in Hamilton West.

Opportunity is a centrist party built on unity, innovation, and looking after the environment we share. We are tired of the pendulum swinging every three years, with one side undoing the last while the country stands still. It’s time for a party willing to think in decades, not election cycles.

Our plan is straightforward. A Citizen’s Income of \$19,400 a year for every adult, so work always pays and no one is left behind. KiwiSaver 2.0 for real retirement security. A 30-year infrastructure plan, so we build for the country for the future.

I’m a critical care paramedic with 15 years on the road, teach the next generation of paramedics, a union delegate, and a first home owner. I grew up with dyslexia. I know what it is to graft.

Expect Better Hamilton



Myra Williamson - Labour Party

I was born and raised in Hamilton. When I was growing up, working hard was enough to get ahead. That’s the way it should be. But right now, too many people are working hard and still falling behind. I’m standing for Parliament because I want to help change that. I want my children, and yours, to be able to build their futures right here in Hamilton.

As a former lawyer, small business owner and as a Senior Lecturer of Law at AUT, I’ve spent my career solving problems, advocating for fairness, and serving my community. I also serve on my daughter’s school board and have been involved in local sport as a volunteer coach and athlete.

Hamilton is New Zealand’s fastest-growing city, and I believe it should be the best place to grow up, grow old, raise a family and build a future.

We can’t afford another three years of this government. I’m standing to be a strong local voice for Hamilton West because our community deserves better. We can do better. Better starts now.



Kingi Kiriona - Labour Party

It is an honour to introduce myself as your Labour Party candidate for Hauraki-Waikato in this year's election.

Born to hardworking parents, and raised with the support of kaumātua and communities from throughout Hauraki-Waikato and Aotearoa, caring for whānau sits at the core of everything I do, particularly as a father, and owner of a small family business.

Every whānau deserves better access to housing and healthcare, education and employment opportunities. Te Tiriti is also one of our superpowers, that protects our taonga and brings cultures together in a way that sets Aotearoa apart from anywhere else in the world.

The current Government has done little to make life easier for whānau, attacking Te Tiriti at every turn.

Ka nui tēnā! That's enough! The time for change is now. Let's make the change, together.

Kingi Kiriona

Labour Party Candidate

Hauraki-Waikato Electorate



Hana-Rawhiti Maipi-Clarke - Te Pāti Māori

Kei aku parepare, kei aku whakaruruhau nei raa ka mihi.

Ko Hana-Rawhiti Maipi-Clarke tooku ingoa he uri teenei noo ngaa hau e whaa oo te mootuu, noo Nga Puhi, Waikato, Taranaki, Ngati Porou, me Ngai Tahu.

Ko aku waewae kaipakiaka e noho ana ki te riu oo Waikato.

E ngaakau nui ana ahau ki ngaa takahanga katoa oo te Ao Maaori.

I'm passionate about navigating our OG way through the 21st century, through Maara Kai (food sovereignty), Taatai Arorangi (Maaori astronomy), Maramataka Maaori (Maaori lunar cycle)

I've been surrounded by powerful political movements my whole life, and I believe Te Paati Maaori is creating Te Aotearoa Hou for our generation and generation to come.



Hauraki - Waikato

Electoral

Candidates

2026

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Robert Cookson - New Zealand First Party

Born in Te Aroha and based in Springdale since, Robert Cookson is the proud father of two daughters, a fourth-generation dairy farmer, and a Waikato Regional Councillor.

Robert's family has farmed in Springdale for over a century, and is currently run by Robert and his siblings as a family farming business. Robert has farmed his entire life, alongside agricultural contracting. This experience on the land gives Robert a practical understanding of the issues facing farmers, rural communities, and the wider Waikato region.

As a Waikato Regional Councillor, he currently chairs three committees, serves as deputy chair of three others, and sits on a total of 20 committees.

These roles have given Robert extensive governance experience across regional issues, including environmental management, infrastructure, biosecurity, transport, and economic development.

A born-and-bred local of the Waikato region, Robert is committed to informed, responsible decision-making, and representing the interests of the Waikato community with practical, commonsense leadership.



JOIN US FOR 2026!

» BOOK NOW

PRACTICAL SKILLS

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

HOME & GARDEN

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

SOCIAL, HEALTH & WELLBEING

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

CREATIVE ARTS

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

CUISINE

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

LANGUAGE

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

BUSINESS & COMPUTING

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

MAATAURANGA MAAORI

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

FRASER ACE
Adult Community Education



72 Ellicott Road, Newton
Hamilton, NZ
comed@fraser.school.nz
(07) 846 8624
www.fraserace.ac.nz

FIND US ON SOCIAL MEDIA!
Fraser Adult Community Education





One Week Exchange Years of Friendship

On the 8th of August, we welcomed 16 students and 3 staff from our partner school, **Kenno High School in Kakogawa, Japan**. It is a privilege to host them and to share diverse New Zealand experiences with our visitors. We'd like to acknowledge the students who have looked after their Kenno peers, and our host families - your warmth and enthusiasm in welcoming our manuhiri (guests) has been fabulous, and we are incredibly grateful. Upon arriving at school on Monday, the cohort was welcomed with a pōwhiri by our Hei Taniwha aakonga. On Tuesday, they returned to the wharepuni for their first haangii and kapa haka performance. This was followed by a dance showcase on Wednesday and learning a sāsā from Aiga Tasi leaders. Thursday was made up of visits to a couple of local farms to see sheep and dairy. The week ended with a performance by our visitors to a small assembly and a visit to Hamilton Zoo. All of this was alongside various other activities and participating in standard classes at Fraser High School. They left us on Monday August 17 for a couple of days in Auckland before returning to Japan. Everyone thoroughly enjoyed Kenno's stay and we look forward to next time!





Aiga Tasi Year 13 Samoa Malaga *A Journey of Culture, Learning & Connection*



In August, 17 Aiga Tasi Year 13 students and 5 staff had the incredible privilege of embarking on our 3rd Annual Aiga Tasi Year 13 Samoa Malaga, spending 10 unforgettable days immersed in the culture, language, history, people and beauty of Samoa. Out of the 17 students, 7 are of Samoan heritage and for 5 of them it was their first time in their homeland of Samoa.

One of the most meaningful highlights was our visit to the Samoa Victim Support Group (SVSG). Our students were grateful for the opportunity to contribute donations and learn more about the important work SVSG does to support children and families in need. This experience reminded our tamaiti of the power of service, compassion, kindness and looking after one another.

Our visits to Church College Pesega, Church College Vaiola and St Joseph's College were also special highlights. We were warmly welcomed by students and staff and had the privilege of sharing performances, connecting with fellow Pacific students and celebrating the culture and identity that unite us.

Travelling to Savai'i, the 'big island', was another unforgettable experience. From our early morning journey to Mulifanua Wharf and the ferry crossing, our tamaiti enjoyed every moment.

Whether exploring, performing, sharing meals, serving others or simply spending time together, the journey strengthened the bonds within our Aiga Tasi family.

The Malaga also provided valuable opportunities to support our students' academic learning, with students able to gain up to 12 Level 3 NCEA credits across Pacific Studies and Gagana Samoa courses. Yet, the greatest learning from this experience goes far beyond credits. Our students returned home with a deeper appreciation of their culture, new friendships, meaningful relationships and memories that cannot be measured in a certificate or grade.

We are incredibly proud of the way our Year 13 tamaiti represented Fraser High School and Aiga Tasi. Throughout the 10 days, they demonstrated respect, leadership, resilience, service and genuine pride in who they are and where they come from.

Fa'afetai tele lava to our students, families and the many wonderful schools, organisations, churches, families and communities who welcomed us so warmly and helped make this year's Samoa Malaga possible.

Until we meet again, Samoa.
Soifua ma ia manuia!

Around the World with our Dancers



On Wednesday 12th August, the senior dance classes presented their Dance Showcase, titled "Around the World in 80(ish) Minutes!", which drew inspiration from the classic adventure story Around the World in 80 Days with a unique Fraser twist. Students embarked on a global journey via hot air balloon, traveling through the Pacific Islands, Asia, Europe, and the Americas. Through a vibrant mix of dance styles, music, and cultural storytelling, the performance highlighted energy and creativity at every stop. Shout-out to all our talented students for their hard work!





Engaging with Pride

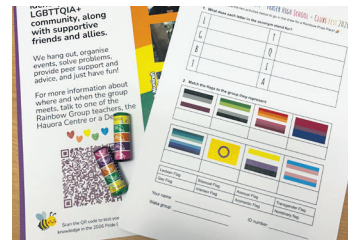
From 15 - 19 June, Fraser Rainbow Group students, their friends and other supportive allies, came together to participate in a fun lineup of activities for Schools Pride Week, supported by InsideOut. It was a great week of fun and celebration, with events including a movie screening, arts and crafts, positive chalking around the school, cupcake decorating and a 'memes day'.

Club Fest was also held the same week, giving other students the opportunity to learn about the Rainbow Group and the importance of celebrating diversity in schools.

Following on from Schools Pride, on 29 June we took a small group of senior Rainbow Group students to the Lil Gay Out annual youth pride festival in Auckland. These students had an amazing time listening to panel discussions, taking part in a variety of workshops, and creating community with students from schools across Taamaki Makaurau.

Students who took part noted highlights including pin making, eating lots of candy and cake, and being able to spend time with their friends in a safe, inclusive space where they could be themselves.

Ehara taku toa i te toa takitahi, engari he toa takitini.



Waikato Maths Quiz Night

What a fantastic result

A huge congratulations to our Fraser High School Maths Quiz teams on an outstanding performance at the Waikato Maths Quiz Night on Thursday, 13 August 2026.

Our teams have achieved fantastic results:

Year 9 - 4th Place: Heber Walmsley, Connor Maxwell, Jackson Wade

Year 10 - Top 9: Marcus Turner, Junior Mulipola-Temple, Jeremiah Jacob, Malaya Guysayko

Year 11 - Top 9: River Purcell, Marco Keopraserth, Rhejl Salde

We are so proud of our students for challenging themselves, working together, and representing Fraser High School with such pride!

A huge thank you to our wonderful parents and Fraser High Maths teachers. Without your encouragement, events like this would not be possible.



Life Education Trust NZ

We were thrilled to host Life Education Trust NZ at our kura recently, bringing dynamic and impactful learning to our Year 9, 10, and 11 students! Through dynamic live performances, these programmes offered our aakonga a safe, engaging space to navigate complex modern challenges. They gained vital life skills, from resisting peer pressure around alcohol and vaping to making smart, long-term financial choices. Most importantly, the interactive approach empowered students to think critically, build personal resilience, and make informed decisions that support their well-being both now and in the future.

These three programmes gave our aakonga practical, real-world tools to navigate some of the biggest influences they face today:

- **Alcohol Education:** Unpacked the physiological risks of drinking and gave students actionable strategies to handle peer pressure safely.
- **Vaping & Social Media:** Exposed the hidden health risks and addictive nature of vapes while teaching students to spot manipulative digital marketing and influencer tactics.
- **Financial Literacy:** Unpacked everyday money management, from credit and deferred payments to KiwiSaver, so students can make smart, confident financial decisions.



Employment Court Judge Visit



On August 12, Chief Judge Christina Inglis of the Employment Court visited to share insights from her career in law and the judiciary. During her talk, she emphasized to students how crucial it is to know and understand their employment rights. We appreciate Chief Judge Inglis taking the time to visit and share her valuable insights with our students.



Tournament Week Around Aotearoa!



During the first week of September, many of our Fraser athletes competed across the North Island in their respective sports. Three of our top teams, Premier Netball team, 1st XI Boys Football team, and Premier Boys Basketball represented Fraser at tournaments:

Premier Netball Team: Competed at the UNISS Netball Tournament in Hamilton. Across five days, the team played an incredible 10 games, taking the court twice each day and giving their all in every match. Despite being undefeated until their semi-final loss, they secured 3rd place with a 40-27 win in their final game, earning a spot up a grade for next year.

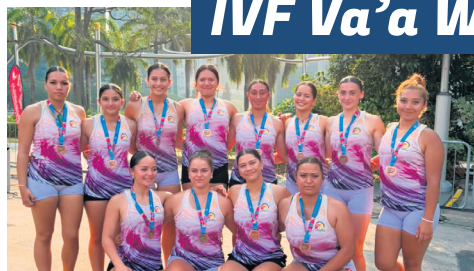
1st XI Boys Football Team: Competed in Rotorua - proudly the first Fraser football team to compete at the Trident Cup in 10 years. While the results didn't go their way, this week was about much more than the scoreboard. Our players gained invaluable experience, created memories, and proudly represented Fraser across their seven matches.

Premier Boys Basketball Team: Competed at the Zone 2 Regional tournament in Rotorua, playing eight games over four days. Despite narrow losses in competitive pool play, they finished strong with a 78-73 win to secure 11th place overall. Shooting guard Reaf Elkington also finished in the top 5 average scorers.

A huge thank you to all the coaches, managers, whaanau and staff whose dedication and support made Tournament Week possible. Special thanks go to Jamie Paekau and Jan Masei (Premier Netball); Mr Dixon and Finn Musty (Y13) (1st XI Boys Football); and Coach Orange, Israel Smith, Miss de Silva, and Nathan McAnalley (Premier Boys Basketball). We are incredibly proud of our athletes' hard work, courage, and commitment.



IVF Va'a World Sprint Championships Singapore



We are immensely proud of our aakonga Rehco Wood, Alivia Morley, Te Arawa Kingi, Cove Maney, and Xander Higgins; and kaiako Paora McGrath and Reo Iti, who competed in the 2026 IVF Va'a World Sprint Championships in Singapore. Congratulations to everyone and to those who reached the podium bringing bronze medals home to Aotearoa!

Rehco Wood, Te Toki crew Asoy Juniors
- Bronze Junior 19 Men V12 500m

Alivia Morley, Waikato Dragon Boat and Waka Ama crew Ngā Tōrea
- Bronze Junior 19 Womens V6 500m

Te Arawa Kingi and Cove Maney, Te Toki crew Awhiowhio
- Bronze Junior 16 Men's V12 500m

Paora McGrath and Reo Iti, Turangawaewae crew Haakarimata
- Bronze Master 50 Men's V6 1000m



UoW Vice Chancellor Scholarships



Congratulations to Banx Kingi-Iti (head student), Alex McCoy and Ethan Hunt, who have all been awarded Vice Chancellor scholarships for 2027. This scholarship for the University of Waikato, was introduced this year. Nomination criteria included academic achievement, early engagement with university and pathway programmes, and participation in wider school activities.

New Zealand (NZSS) Squash Championships



On August 7th - 9th Neihana Noble (pictured 2nd from right) represented Fraser High School at the New Zealand Secondary School (NZSS) Squash Championships, held in Christchurch.

Neihana played in a composite team with St Peter's College. The team did exceptionally well, winning the NZSS division 2 championship. This adds to an already impressive season for Neihana who won the Waikato schools individual and teams competitions combined with Cambridge High school earlier this year.

Netball New Zealand U18 Tournament



Congratulations to Harvey Barrett (Y13) who played in the Netball New Zealand U18 tournament in Christchurch during the school holidays.

Harvey represented Howick Pakuranga Netball Centre in the U18 Men's, and they placed FIRST after winning their final match 34-25 against Waitakere, who had been undefeated champions for 3 years in a row. Well done Harvey!

Puatala: Employment Skills & Leadership Training

Sometimes, one practical barrier can be the difference between someone being ready for work and being able to take up an opportunity.

For Wairehu, that barrier was getting his full driver's licence. When an opportunity came up for a full-time role with a civil construction company, having the right licence was important for the job. Through Puatala, Wairehu was supported to gain his full licence and take up the new role.

It's one example of the type of support provided by Puatala, a Pasifika-owned training and development provider working across communities, workplaces and schools.

Puatala delivers work-ready and employment programmes, works with rangatahi in schools and provides leadership development programmes. The focus across these areas is on practical support that responds to the person or group in front of us.

In the Waikato, this includes the Puatala Tupu Programme, which supports eligible Pasifika jobseekers into meaningful and sustainable employment.

Rather than assuming everyone needs the same support, the team gets to know each participant, where they want to go and what might be getting in the way. Depending on the person, that could mean updating a CV, preparing for an interview, completing industry training, gaining a driver's licence or working through other barriers to employment.

For Wairehu, it was getting his full licence. For someone else, the support they need to take their next step could look completely different.

If you'd like to learn more about Puatala, our programmes or how we could work with you, visit www.puatala.co.nz to register your interest and one of the team will be in touch.



Discover Your Voice at Dinsdale Toastmasters

Looking for a friendly, supportive way to build your confidence and improve your communication skills? Dinsdale Toastmasters can help you become a more confident speaker while having fun along the way.

Whether you're just beginning your public speaking journey or looking to take your existing skills to the next level, Toastmasters provides a relaxed environment where you can learn, practise and grow at your own pace.

You'll develop practical skills that can benefit you in everyday life, your career and your relationships with others. You can learn how to organise your thoughts, deliver engaging presentations, think on your feet and speak with greater confidence in front of a group.

You don't have to be an experienced speaker to join us. Our members come from all walks of life and support each other in a positive, encouraging atmosphere. There's no pressure to be perfect — just an opportunity to give things a go, learn from each experience and celebrate your progress.

We meet every Tuesday evening at 7.00pm, with a

7.15pm start.

Venue:

The Western Community Centre
46 Hyde Avenue, Newton, Hamilton

Why not come along to our next meeting? Guests are always welcome!

Joining Toastmasters is one of the greatest investments you can make in yourself — and it could be the start of a very rewarding journey.



Mural Design Ideas Invited

Help create something EPIC @ Newton Shopping Centre!

School students! You design it... We help bring it to life!

Email your ideas by 2nd October
nawtoncommunitycollective@gmail.com

Or deliver to:
Western Community Centre, 46 Hyde Ave

Supported by

Another Newton Community Collective initiative

Five Reasons To Consider Couple Therapy

We don't usually think about relationship therapy until things become difficult. But seeking help doesn't mean our relationship is failing. Sometimes, we simply need help changing patterns that have become stuck.

1. We Keep Having the Same Argument

We may find ourselves having the same argument repeatedly. One person pushes for conversation while the other withdraws. One becomes critical, the other defensive. Therapy can help us recognise these patterns and respond differently.

2. We Have Lost Our Connection

We can become so busy with children, work and daily life that we gradually feel more like housemates than partners. Therapy can give us space to reconnect, listen and feel emotionally close again.

3. Our Trust Has Been Damaged

Infidelity, secrecy, dishonesty, financial problems or broken promises can damage trust. Therapy can help us understand what happened, acknowledge the hurt and explore whether trust can be rebuilt.

4. We Are Going Through Change

Having a baby, children leaving home,

illness, bereavement, retirement or caring for ageing parents can place pressure on a relationship. Sometimes the relationship isn't broken; we simply need to learn new ways of relating.

5. We Are Unsure Whether to Stay Together

We don't have to know whether we want to stay together before seeking help. Therapy can give us a safe space to understand what is happening, what we each need and whether the relationship can be rebuilt.

We don't have to wait for a crisis. Early support may prevent difficult patterns becoming entrenched.

If there is violence, coercive control or immediate danger, safety comes first. In an emergency call 111. For family violence, Are You OK: 0800 456 450 or Women's Refuge: 0800 733 843 can help. For sexual harm, Safe to Talk: 0800 044 334 or text 4334 offers confidential support.

For relationship support, please contact Jenny on 0275367464 couragecounselling.co.nz



Aotearoa has lost almost 90% of its wetlands in the last 160 years – and one-third of our remaining wetlands are here in the Waikato. Bogs and swamps don't have an exciting reputation, but in the Waikato they are home to 24 threatened species of plants and birds. They store large amounts of carbon and therefore play an important role in mitigating climate change. Some are also great places to visit for an easy walk in peaceful surroundings...



goeco.org.nz

@goecowaikato



Explore Waikato's wetlands



KIRIKIRIROA

Waiwhakareke

A peat lake on the outskirts of Hamilton, within an ambitious community restoration project.
Easy walking tracks.

Lake Ngāroto

Largest peat lake in Waipā, 19km south of Hamilton, 2-hour walk around the perimeter.

Rotopiko

Peat lake complex, easy boardwalk tracks, 29 mins from Hamilton.

Tautari Wetland

Pest-free wetland next to Sanctuary Mountain Maungatautari, 48km south of Hamilton. Threatened tuatara and takahē released there.

Waihora Lagoon

Surrounded by mature kahikatea, easy boardwalk tracks, 2-hour drive from Hamilton, 4WD recommended for access road.

Listen for the BOOMS!



You can help protect the beautiful wetland bird, the matuku-hūrepo by taking part in The Great Matuku-hūrepo Muster. Between September and November volunteers gather at wetlands around Aotearoa to listen and record the BOOMS! of the male matuku-hūrepo. DOC uses the data to check in on this critically endangered population. Fewer than 1000 of these birds are left!

Sign up for the muster!



goeco.org.nz/muster

The Annual

EXTRAVAGANZA IN THE PARK

Christmas Market
RETURNS TO ELLIOTT PARK
NAWTON HAMILTON

WHEN:

SAT 5TH DEC 2026

TIME:

9AM-2PM

FREE ENTRY

FROM OVER 100+ STALLS ★ FOOD ★ ENTERTAINMENT ★ KIDS ACTIVITIES ★ PONY RIDES ★ FACE PAINTING ★ KIDS MARKET STALLS



OVER 100+ STALLS



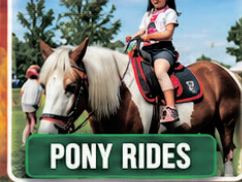
FOOD



ENTERTAINMENT



KIDS ACTIVITIES



PONY RIDES



FACE PAINTING



KIDS MARKET STALLS

Late nights at Grandview Cafe

Kia ora,
My name is Afsana, and I am the Manager of The Grandview Cafe.
We are very happy to introduce The Grandview Cafe to the local community and would love the opportunity to serve our local customers with fresh, tasty, and good-quality food at affordable prices.

Our cafe is open for breakfast and lunch:

- Monday to Friday: 7:00 am – 2:30 pm
- Saturday & Sunday: 8:00 am – 2:30 pm

We have also recently started our evening takeaway service, available Thursday to Sunday, 5:00 pm – 8:30

pm, offering freshly prepared Fish & Chips and Burgers at great prices. We would be very grateful if you could share our flyer with the local community so people can discover and enjoy our food and services.

I have attached our promotional flyers along with 10% discount cards. Customers who purchase a Large Fish & Chips meal can receive 10% off using the discount card.

We warmly welcome everyone from the local community to come and enjoy our fresh food, friendly service, and great value. We look forward to becoming a part of the local community and serving our neighbours.

THE GRAND VIEW CAFE

107 GRANDVIEW ROAD, NAWTON, HAMILTON 3200

FISH N CHIPS &

Takeaways

COMES WITH MIX MESCLUN SALAD & TARTARE SAUCE



FISH N CHIPS

SMALL	MEDIUM	LARGE
\$10.99	\$15.99	\$31.99

BURGERS

BEEF BURGER	LAMB BURGER	CHICKEN BURGER
		
\$13	\$15	\$13
FISH BURGER	FALAFEL BURGER	
		
\$16	\$12	



ADD A FRIES COMBO \$8

AND GET 330ml SOFT DRINK CAN FREE.



FREE DELIVERY
WITHIN 5KM
MINIMUM ORDER \$35



DELIVERY CHARGES
APPLY BEYOND 5KM



OPENING HOURS
THURS TO SUN
5:00 PM – 8:30 PM

*Fresh Food
Great Taste!*

- ✓ FAST SERVICE
- ✓ DELICIOUS FOOD
- ✓ DELIVERED TO YOUR DOOR

10% DISCOUNT

PRESENT THIS BROCHURE & GET
10% OFF ON LARGE MEAL!

A home for zero waste coming soon

Western Community Centre is about to become somewhere you can drop off some of the things that can't go in your kerbside recycling.

From Western, you'll be able to drop off things that have previously been hard to recycle, like batteries, soft plastics, textiles, and small e-waste.

Alongside the drop-off point, Go Eco will also be launching the Go ReUse Library, for borrowing event and catering gear, Para Kore Wānanga workshops, and support for Western to run its own repair and reuse events down the track. There's also the Go

Eco wash trailer, which washes dishes on site in real time at larger community events, so people aren't reaching for single-use plastics.

Putting these services inside community houses means they sit within walking or wheeling distance of where people already live, rather than at one central facility across town. For Western, that means zero waste help right on your doorstep, and Western is one of the first three places it's happening.

To learn more about Zero Waste Kirikiriroa, or to hire the Go Eco wash trailer for your next event, email parakore@goeco.org.nz.

Your Local Resource Recovery Hub

ZERO WASTE

KIRIKIRIROA

COMMUNITY DROP OFF POINTS



TEXTILES Papanga

CLEAN + NOT SUITABLE FOR RE-SALE



SOFT PLASTICS Kirihoi Ngohengohe

CLEAN + DRY SCRUNCHABLE PLASTIC WRAPPING, BAGS + PACKETS



E-WASTE Para Tāhiko

SMALL UN-RECOVERABLE ELECTRONICS



BATTERIES Pūhiko

HOUSEHOLD LITHIUM BATTERIES



LIDS Taupoki

METAL + PLASTIC 1,2 + 5

DROP OFF POINTS LAUNCHING HERE

Pukete Community Centre, 43 Church Road

Waimarie: Hamilton East Community House, 53 Wellington St

Western Community Centre, 46 Hyde Avenue

