

# WESTERN Community News

YOUR PEOPLE ~ YOUR PAPER

Issue 140 (Poutūterangi / March 2026)

Delivered to over 19,000 homes throughout Hamilton West



**50+ and thriving**  
page 5



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Checkout our new pathway connecting Livingstone Ave to the Western Community Centre. From older residents to school children, the smooth new surface makes getting through Elliott Park safer and easier. No more wet shoes, prickles, or struggling with strollers, scooters and wheelchairs. This is a part of the Nawton Community Link connecting our parks and reserves in our area. Thanks Hamilton City Council!

See page 4

## Updates to Help You Stay Well

- 1) Doctor can issue a yearly prescription. Read the article on page two for more details.
- 2) New Free COVID vaccine available from 2nd March 2026.

Feel free to ask us any questions.



**West Hamilton  
Pharmacy**

Nawton Shopping Centre, Hyde ave, Phone 8463121

We have photocopying and printing services available. We can print from your USB, laminate those documents or scan to email.



**A4 B&W 10C, A4 Colour 50C, A3 colour \$1**  
Scan to email from \$1, Laminating A4 \$1, A3 \$1.50  
You can send printing to [wccopy@gmail.com](mailto:wccopy@gmail.com)  
46 Hyde Ave, 847 4873, Mon - Fri, 8.30am- 5.30pm

## Councillor Comment - Cr Mesh Macdonald

### Listening earlier, not louder



One of the most common things I hear from residents is that they don't feel listened to by Council.

Not because consultation doesn't happen, but because, too often, it doesn't happen early enough to genuinely shape decisions.

That sentiment comes through particularly strongly in relation to roading and transport infrastructure. These are things people see and use every day. When changes feel imposed, or when the options feel narrow, frustration grows quickly. People tell me they feel boxed into choices Council wants them to make, rather than being invited to help shape the direction in the first place.

As a recently elected councillor, one of the clearest patterns I've observed is that

consultation seems to begin after key assumptions are already set. Feedback may be gathered, but people don't always see how, or whether, that feedback meaningfully influences the final outcome. When that happens, trust erodes.

In a city as diverse as Hamilton, people won't always agree. Council won't always reach outcomes that suit everyone. But people are far more likely to respect decisions they disagree with if they believe the process was fair, open, and genuinely receptive.

Councillors have a responsibility not just to challenge/approve/set outcomes, but to ensure the processes behind them reflect community expectations. That includes how and when people are invited to contribute, and how their input can have real influence. Listening isn't about asking louder questions. It's about asking them earlier, before decisions are locked in.

## Creative Space Brings Art and Wellbeing Together

Arts for Health is a friendly community space where anyone can come and make art. It's a place to relax, learn simple art skills, meet new people, and take some time for yourself.

We supply the basic materials to help you get started. You don't need any experience and we welcome everyone, whatever your skill level. We also run art classes that change each school term. We also offer art therapy sessions for both children and adults. You can see what's on next at [www.artsforhealth.co.nz](http://www.artsforhealth.co.nz). Open Studio sessions cost \$5 (increasing to \$7.50 in 2026). Art classes and art therapy have other costings.

If you enjoy looking at art, come and visit our two galleries – New Zealand's Smallest Gallery and The Corridor Gallery. You can view, buy, or even exhibit your own work. You'll find us at the Norris Ward Arts and Craft Centre in Frankton opposite Girls High.

You can join us any time, we're open to anyone aged 15 and over, five days a week:

Monday and Friday: 9am–2.30pm  
 Tuesday to Thursday: 9am–3.30pm  
 We take a short break over Christmas  
 Follow us for updates and inspiration:  
 Website [www.artsforhealth.co.nz](http://www.artsforhealth.co.nz)  
 Facebook <https://www.facebook.com/artsforhealthnz>  
 Instagram <https://www.instagram.com/artsforhealthnz/>  
 TikTok  
 YouTube

Everyone is welcome, come in, have a look around, and see what you'd like to make.



## Tune into FreeFM your local radio



By Vicky Haden-Jones

Tune in to hear The Last Breath, a podcast exploring the work of Hospice Waikato through the voices of volunteers, palliative care professionals, the bereaved and the dying. Episodes can be found on Free FM across the Waikato on 89.0FM, livestream via [freefm.org.nz](http://freefm.org.nz) or on the TuneIn app, Google Home or Alexa, just ask your device to "Play Free FM eighty-nine point zero" or access all our podcasts at [freefm.org.nz](http://freefm.org.nz) Apple Podcasts, Spotify and more!

If you're interested in creating your own radio show or podcast, learning about how we work with the community, get

started now – read more at <https://www.freefm.org.nz/Involved/Content-Creator.aspx> or email us at [info@freefm.org.nz](mailto:info@freefm.org.nz)

We love seeing fresh content from across the community – whether it's in English, te reo Māori, or any other language spoken in Aotearoa. If your story isn't being told elsewhere, this is your chance to change that.

Free FM – By the People, For the People

Proudly supported by NZ On Air and part of CAMA Community Access Media Alliance. Free FM champions direct, diverse, and meaningful participation in media across Aotearoa.

Want to become a podcaster but don't know how?

Free FM has the studios, equipment, hosting and distribution network, experience and support you need!

DM us  
 834 2170  
[info@freefm.org.nz](mailto:info@freefm.org.nz)



## Tama Potaka, MP Hamilton West



Ngā mihi o te tau hou

Warm greetings to all Hamilton West constituents and all good wishes for 2026.

As Aotearoa celebrates the 186th anniversary

of the signing of Te Tiriti o Waitangi and following our country's Christmas and New Year holiday time, may we all be refreshed and ready to celebrate what we enjoy as citizens.

With a number of weeks remaining of summertime it is fitting to acknowledge all those who play an important role as swimming coaches and advocates for water safety for boating and swimming, and especially to acknowledge the volunteer work of Surf Life Saving New Zealand as they patrol our many surf beaches.

Throughout the country many Surf Life Saving Clubs are training young people. It is hoped that many of these young members will continue their involvement and contribute to this vital organisation.

A significant recent event was the official opening of the Waikato Regional Theatre which will now provide for a variety of cultural performances in what is described as a state-of-the-art facility, and which incorporates the façade of the former Hamilton Hotel. The construction of the Theatre is the outcome of professional and creative expertise and as a heritage site, maintains Kirikiriroa's historical links.

With the 2026 school year now underway, may our schools encourage students to be hard-working and excited learners and a special thanks to our teaching staff, school boards, parents and supporters of our school communities and their vital role in our community.

Hari 2026 e te Whānau

## Getting yearly prescriptions from your doctor

By Sanjay Joshi – Pharmacist, West Hamilton Pharmacy

From 1st February 2026, if you are stable on your medicines, you can request the doctor to get a prescription to cover you for a year.

Your doctor can give a prescription to cover you for a year if the doctor thinks it is appropriate for you.

Most medicines will be dispensed in 3 monthly lots. Certain medicines, like sedatives and controlled drugs will still require monthly prescription.

This will mean less effort to chase a prescription and less cost associated with getting a prescription.

Even if you are stable on your medicines so far, there is a small possibility that you may not continue to do so and you should watch out for the early signs and get the doctor's appointment if need be.

We can help you by measuring your blood pressure, blood sugar and for patients with gout; blood uric acid levels for a very small fee.

Because you will be paying your prescription fees only once a year for most of the medicines, your prescriptions charges will go down; in some cases only

twenty dollars for the whole family for the entire year – if all the medicines are subsidized medicines.

It makes sense in this scenario to support your local pharmacy. You won't wait too long to receive your prescription, you won't drive long distance and you will get free delivery.

Local pharmacist can also check your vaccinations and act on it immediately.

As you may be aware, COVID virus mutates and composition of the vaccine changes accordingly. From 2nd March, new vaccine will be available. If eligible patients have not had COVID vaccine in last 6 months, they should get their vaccine soon





# GOT A PHONE? WE CAN HELP

**CONFUSED BY YOUR PHONE, LAPTOP, OR APPS?  
WE'RE HERE TO HELP - AT YOUR PACE**

**We can help with:**

- Using smartphones & tablets
- Laptops & computers
- Apps, email & photos
- Internet & online forms
- Video calls & settings
- General questions

**THIS IS A FREE SERVICE!**

Every Mondays 10am - 12pm  
**DROP IN SESSIONS - No appt needed**  
 46 Hyde Ave  
 Western Community Centre



# HAVE YOUR SAY...

# WHAT TO DO YOU THINK ABOUT THE NEW PATH AT ELLIOTT PARK?

**KOWHAI**



**CALEB**



**DEBORAH**



**JUDY**



**WE WON'T GET PRICKLES IN OUR FEET**

**JANICE**



**SAVE US FROM GETTING SOGGY SOCKS IN THE RAIN**

**KAHURANGI**



**IT MAKES A HUGE DIFFERENCE FOR THE WHEELCHAIRS AND WALKERS - NO MORE UNEVEN SURFACES**

**BETTER PATH TO WALK ON AFTER OUR 50+ EVENTS**

**THE PATH IS BRILLIANT IT'S NICE & WIDE SO EVERYONE CAN SHARE THE WALKWAY**

**I CAN RIDE MY SCOOTER ACROSS THE FIELD**

THE WESTERN COMMUNITY CENTRE

# TOA WHAKAPUAWAI

## BOYS GROUP

FRIDAY HANG OUTS  
3.30PM-5.30PM  
46 HYDE AVE, NAWTON  
THE WESTERN COMMUNITY CENTRE  
!WITH LOW COST HOLIDAY PROGRAMS!

### Toa Whakapuawai Boys group

By Thomas Hunt  
2026 has started off strong for our youth, and there's already a lot happening. This year is all about getting involved, trying new things, and making the most of the opportunities in front of us. The calendar is packed with ideas, activities and programmes that give young people plenty of chances to connect, grow, and have a good time.

One of the big focuses this year is mentoring. Our mentoring spaces give youth someone to talk to, learn from, and bounce ideas of life.

We're also getting outdoors as much as we can. There are trips, adventure taiao days, sports, and group challenges lined up so our boys can get active and enjoy being out and about. These experiences aren't just fun, they help build teamwork, resilience, and

leadership too. The vibe for 2026 is simple: get stuck in, give things a go, and support each other along the way. There's something for everyone, and we're excited to see what our young people achieve this year. This is just the beginning.

For further enquiries about our boys programme call (07) 847 4873 or email [tom.hunt@wccham.org.nz](mailto:tom.hunt@wccham.org.nz)



# TAIRANGA

GIRLS YOUTH GROUP  
AGED 12-17YRS.

FREE ADMISSION WEEKLY

FOOD SPEAKERS OUTINGS ACTIVITIES EVENTS

BASED AT THE  
WESTERN COMMUNITY CENTRE  
Thursday Evenings 3.30 - 5.30pm  
(during school terms)

## Western Wheels 2026 Learner Licence

**DATES:**

- Monday 19 - 22 Jan
- Mon 13 - 16 April
- Mon 6 - 9 July
- Mon 28 Sep - 1 Oct

**COSTS:**  
WCC Fee : \$50  
Licence Test Fee : \$96.10 PAID to VTNZ

**9am- 3pm**  
To Secure your Place! Course fee and enrolment MUST be completed prior to course. LIMITED SPACES

Wap Waps ?

**KEEP LEFT UNLESS PASSING**

WCC  
Western Community Centre  
46 Hyde Ave Hamilton  
T: 07 8474873 ext 0  
admin@wccham.org.nz  
or message our facebook page  
[www.westerncommunitycentre.org](http://www.westerncommunitycentre.org)

## Nawton Community Link



You may have noticed some changes in the local parks in Nawton recently. Hamilton City Council has been adding new paved paths to help open up the reserves and give local school children and the community safe, attractive routes to explore the neighbourhood.

Hamilton City Council's Head of Transport, Gordon Naidoo, says it's great to see the community already enjoying the paths.

"Many of the city's newer green spaces provide safe links to schools, shops and nearby parks, away from busy roads. These paths make our parks more accessible for everyone, whether you're walking, cycling, scootering, or using a mobility scooter, even in wet weather.

We wanted to bring Nawton's older parks up to the same standard. The new paths will eventually connect to the planned Rotokauri greenway in the north and to Dinsdale in the south, creating a beautiful, mostly traffic-free route that links children to schools and helps the whole

community access their parks."

*What about the gaps?*

Although much of the path is finished, you may have noticed a few gaps. These are areas where special work is needed, like bridging over tree roots or adding features such as kerb build-outs to make road crossings safer and easier for people walking and cycling.

Work will continue as Council builds the new paths through Derby Park and looks at widening the Grange Avenue path to create a route toward the Nawton shops. Work has also begun in Elliott Park, with a new path now connecting through to Livingstone Street.

*Challenge yourself!*

So far Council have substantially completed the stretches from Rotokauri Road down to Dominion Road, creating the option for a 3km loop using Dominion Road and Avalon Drive. Maybe it's time to dust off those trainers!

If the kids need to burn off some energy, take a walk along the path through Dominion and Crawshaw Parks and get them out on their bikes.



The above map shows the connections Hamilton City Council is making in our community.

## Te Rūnanga o Kirikiriroa - Who are we?

Te Rūnanga o Kirikiriroa began its journey in 1987 at a hui attended by Te Arikiniui Te Atairangikaahu, Sir Ross Jansen, the Mayor of Hamilton at the time, and other representatives of the Kīngitanga and local iwi.

At that hui, Te Arikiniui shared her hopes for Hamilton, saying she was:

"impressed and elated to think that for the last 40 years little had presented itself in Hamilton but today has seen a new dawn."

In 1988, Te Rūnanga o Kirikiriroa was formally established as a charitable trust, becoming the only urban Māori authority of its kind in the Waikato. It was created to support the growing number of Māori and Pasifika whānau living in Hamilton and surrounding areas who needed support that reflected their realities in an urban environment. Pasifika inclusion reflects Te Arikiniui's enduring connections across the Pacific.

*Our Whānau, Our Mahi*

Over the years, the Rūnanga has grown and evolved, but its kaupapa has remained the same. Our mahi now focuses on delivering social services, with strong emphasis on mental health, youth services, housing, and advocating for mātāwaka, Māori, and Pasifika communities in the Waikato. We support whānau at all stages of life, from pēpi to kaumātua. Everything we do is guided by our six pou, guided by our whānau first, tikanga based, wellbeing approach to creating meaningful, lasting change.

*Why we're here*

Today, Te Rūnanga o Kirikiriroa is a kaupapa Māori-led organisation, that remains a space of support and a strong voice for community wellbeing in Kirikiriroa.

For more information, visit [www.terunanga.org.nz](http://www.terunanga.org.nz) or call 0800 787 733.



» BOOK NOW

# JOIN US FOR 2026!

Term 2 Starting Monday April 20, 2026!

### 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
- **Woodturning:**
  - All Levels
  - Day Class
- **Woodworking:**
  - Woodworking - Projects with Peter

### HOME & GARDEN

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

### 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

### SOCIAL, HEALTH & WELLBEING

- **ADHD & Me**
- **Death Literacy - End of Life Planning**
- **Public Speaking with Confidence**
- **Practical Self Defense with Eskrima**
- **Reinvent Yourself with Confidence & Style**
- **Reset your Confidence**
- **Poetry as a tool for Wellness**
- **Creative Presence - Mindfulness and Collage**
- **Tai Chi**

### MAATAURANGA MAAORI

- **Te Reo Maaori:**
  - Te Reo Level 1 - Fundamentals
  - Te Reo Level 1 - Conversational
  - Te Reo Level 2 - Descriptive
- **Weaving - Contemporary Korowai & Taaniko**

### CUISINE

- **Barista:**
  - Barista Skills
  - Lets Learn About Coffee
- **Easy Korean Cooking**
- **Vietnamese Cuisine**
- **Indian Cooking**
  - Taste of Indian Cooking
  - Learn to cook an Indian Banquet
- **Vegetarian Chinese cooking**
- **Cake Decorating:**
  - Beginners
  - Next Tier

### BUSINESS & COMPUTING

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

### CREATIVE ARTS

- **Painting:**
  - Dive into Paint
  - Dive into 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

**FRASER ACE**

Adult Community Education



HAMILTON, NEW ZEALAND

72 Ellicott Road, Nawton

Hamilton, NZ

[comed@fraser.school.nz](mailto:comed@fraser.school.nz)

(07) 846 8624

[www.fraserace.ac.nz](http://www.fraserace.ac.nz)

FIND US ON SOCIAL MEDIA!

Fraser Adult Community Education



## 50 and over? This is for you!

**By Ngahua Nelson**

A big focus for us as a Community Centre was fundraising for our Youth Hub. Our Seniors didn't want to miss out. They found their own way to contribute. Our woolly craft group put spare change, and sometimes bigger donations, into a jar each week, all going to the Youth Hub.

At our Sip n Paint luncheon, we hosted an art gallery with creations from our After School Care tamariki. Each piece was offered as a koha, with all proceeds going straight to the Youth Hub. It was amazing seeing our 50+ group supporting younger generations. Side note: our Sip 'n' Paint, was unlike our usual gatherings with its calm, relaxed vibe, giving everyone a chance to slow down, be creative, and enjoy the moment.

Another highlight was our Facebook Live, where a couple of our regular ladies played viral games with our rangatahi. It was a fun way to show the connection between our kaumātua and youth, our audience said it was one of their favourite moments.

When we plan our schedule, it's always about new experiences, especially things that tickle the taste buds. At our "Let's Taco Bout It" luncheon, many tried tacos for the first time and let me tell you, the flavours in their mouths made them do a figurative salsa.

Moving onto one of our most complimented luncheons was our boujee high tea party. As you can imagine we sipped on some tea, while delicate clubbed sandwiches, pikelets and scones were served. Let me tell you, our tea party was decorated so beautifully to give everyone that authentic type of feel.

We always love a themed luncheon. Our people really get into it because, as per

normal there are prizes for best dressed. So they come dressed to impress. But the fun and experiences don't stop there.

What can I say, our bus trips are always an experience and are always fully loaded with people. Our 2025 trips included a visit to Cornerstone Alpaca Farm where everyone got up close with the local residents. Then we went on an Op Shop roadie to Paeroa and Thames.

Of course, we saved the best for last. While we usually organise day trips, this one is best seen at night and only before Christmas. We took a bus load to Glenbrook Vintage Railway Trains at night. It was Christmas everywhere! Most importantly, Christmas all over the trains, lighting them up at night. Really giving it that Polar Express look minus the snow.

We are only able to offer these affordable, memorable experiences thanks to our amazing funders. Their support makes a real difference for our 50+ whānau.

We host a luncheon or trip once a month. Luncheons are every third Friday at 12pm. Bring a plate of kai to share and invite a friend. If you want to meet new people, reconnect, or get involved in the community, this is a great place to start.

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

Here's to another great year ahead in 2026. Check out our schedule below.



## 50+ Luncheon and Trips 2026

20 Feb	High Tea in the Park	Let's take this outside
20 Mar	Choc 'n' Cheese	Fondue Time!
17 April	Did someone say time for a bus trip?	Find out details at Choc 'n' Cheese
15 May	Autumn Harvest	Bring a homemade relish, jam or pickles
19 June	Nifty Thrifty	Get creative with your Op Shop wears
17 July	Matariki Creations	Shine like a star
21 Aug	Did someone say time for a bus trip?	Find out details at Matariki Creations
18 Sep	It's a Heist	Catch the culprit
16 Oct	First letter of your name	Bring a dish that begins with your letter
20 Nov	Twilight Dinner 6pm	Purchase your tickets
11 Dec	End of year bus bash!	Find out details at the Twilight Dinner

All Luncheons 12pm at 46 Hyde Avenue

**Western Community Centre**

These Luncheons are for those aged 50+

It's FREE to attend. Invite your friends and bring a plate to share.

Our Trips and Twilight dinner will require a small cost. Limited seats available so get in quick!

For any information call 07 847 4873 ext 0 or email [ngahuaia@wccham.org.nz](mailto:ngahuaia@wccham.org.nz)



## Fixing your money habits

**By Susanne Henderson**

If your financial goals feel like a New Year's resolution that never left the couch, don't worry — you're not alone. Many Kiwis have habits that quietly nibble away at their money. The good news? You can fix them, and it doesn't require winning Lotto.

**1. Know Where Your Money Sneaks Off To**  
Start by checking your bank app or downloading a free budgeting tool like the one on [Sorted.org.nz](http://Sorted.org.nz). You might be shocked to learn how often "just a cheeky flat white" becomes \$200 a month. (That's basically a small investment fund made of coffee!)

**2. Build a KiwiSaver That Works for You**  
Your KiwiSaver is not just a box you tick at work. Check your fund type. If you're young and saving for retirement, a Growth fund might suit you more than a Conservative one. Look at fees too — high fees are like tiny money-eating gremlins.

**3. Automate the Boring Stuff**  
Set up automatic transfers to your savings or investment accounts each payday. If the money disappears before you see it, you can't spend it on random Warehouse "bargains" you didn't actually need.

**4. Stop Guessing — Set Clear Goals**  
Saving "for later" is vague. Saving "\$5,000 for a holiday in Rarotonga by next summer" is powerful. Clear goals help you stay focused when your favourite shops are whispering your name.

**5. Get Support**  
If you're stuck, book a free appointment with a financial mentor at Hamilton Budgeting Advisory Trust on 0800 666 399.

Small changes, done consistently, can turn

your financial habits from "oops" to "on track."

Your future self will thank you — loudly.

### FREE Workshops

**Debt Free Christmas -**

Want a Stress-Free Christmas?

Join us and learn simple tips to make the holidays joyful, not stressful!

Plan Ahead - Discover how to organize gifts, meals, and events early.

Save Smart - Start a Christmas fund and avoid last-minute money worries.

Shop Without Panic - Learn how to spread out costs and grab deals throughout the year.

Simplify & Enjoy - Find ways to cut stress and focus on what really matters.

Take control of your holiday season—make Christmas easy and fun!

**Everyday Money Skills**

Come and learn practical skills to set yourself up for financial success!

Build a Budget That Works - Discover what to include and how to adjust when life gets tough.

Use Debt the Smart Way - Learn how to make informed decisions and avoid common traps.

Become a Saver - Plan ahead for birthdays, Christmas, and those surprise expenses.

Simple tips. Real strategies. Your financial future starts here!

**16 or 14 Sleeps til Christmas -**

Counting down the sleeps until Christmas?

Join our fun, practical workshop and learn how to make Christmas stress-free and affordable!

Enjoy the Season - Focus on what matters most!



**Hamilton Budgeting Advisory Trust**  
Building Financial Capability

## 'FREE' Workshops

Limited Spaces Available

When	Where	Topic
13 Feb	Western Community Centre 10.00am to 12.00pm	Money Skills - Debt Free Christmas 2026
25 Feb	Pukete Neighbourhood House 10.00am to 12.00pm	Money Skills - Debt Free Christmas 2026
13 Mar	Western Community Centre 10.00am to 12.00pm	Everyday MoneySkills
8 May	Western Community Centre 10.00am to 12.00pm	Everyday MoneySkills
12 June	Western Community Centre 10.00am to 12.00pm	Money Skills - Debt Free Christmas 2026
17 June	Pukete Neighbourhood House 10.00am to 12.00pm	Money Skills - Debt Free Christmas 2026
14 August	Western Community Centre 10.00am to 12.00pm	Everyday MoneySkills
11 September	Western Community Centre 10.00am to 12.00pm	Everyday MoneySkills
16 October	Western Community Centre 10.00am to 12.00pm	Everyday MoneySkills
13 November	Western Community Centre 10.00am to 12.00pm	Everyday MoneySkills
9 December	Pukete Neighbourhood House 10.00am to 12.00pm	16 Sleeps Til Christmas
11 December	Western Community Centre 10.00am to 12.00pm	14 Sleeps Til Christmas



# *Nau mai haere mai!* *Welcome to our new Fraser students and whaanau*

On a sunny Thursday, January 29th, we welcomed our new Year 9 aakonga and their whaanau into our Fraser Whaanau. It was a great day for connection and shaking off those first-day nerves.

The day began with the poowhiri held at Te Taumata o te Maatauranga on the marae aatea. It was a proud moment for our kura to see everyone in their new uniform taking part in all the activities. We would like to thank all of the student leaders who helped host the poowhiri and showed our new students around the school.





## Junior Prize Giving 2025



Last year's Junior Prize Giving was held on December 10th 2025. We celebrated the accomplishments of our Junior students in a vibrant ceremony in the school hall. The event included lively performances by our talented music students. The highlight was when each junior award winner was recognised, receiving trophies and certificates in front of cheering family members. We congratulate all the junior award winners and their families for their dedication and achievements. Thank you to everyone who joined us to celebrate this important milestone. We are excited to see what the future holds for these remarkable people!



## He Puaawai Celebration 2025



On December 2nd, 2025, we celebrated the achievements of our He Puaawai learners. The focus for 2025 at He Puaawai was on connection and growth. Our learners have pushed themselves to reach their full potential, and we are thrilled to acknowledge their diverse successes both as students and as parents. Our young parents are truly remarkable; their ability to balance the joys and challenges of parenthood while pursuing their education continues to amaze us.





## Peer Support

During the last week of school holidays, 38 of Fraser High School's senior students came together to learn about being a Peer Support Leader.

Peer Support is a programme that helps Year 9 students settle into high school by providing them with an older student to connect with. The peer support leaders benefit from having a chance to develop their leadership skills.

Peer Support activities have been held at waka time during the first week where our students get a chance to come together for a mixture of games, team-work challenges and discussions designed to help our Year 9s get to know each other and to become confident in their new surroundings.



## Aiga Tasi Leadership Week

Aiga Tasi Student Leadership Week was an inspiring journey filled with connection and growth. The week began with a vibrant Welcome Back BBQ, followed by a fun car rally around Hamilton City, which set an energetic tone for the year. Day two emphasised teamwork, featuring an intense boxing session with Mr Leota, along with bowling and mini golf that sparked laughter and friendly competition. On day three, the students proudly took part in the ASB Polyfest Leadership Conference. Fa'afetai lava to the ASB Polyfest Director le Afioga Seiuli, the amazing MC Blake, Le Va and the dedicated organising team for creating such a meaningful and empowering space.

Well prepared the Aiga Tasi Student Leadership welcomed our new students with open arms and a day full of fun activities, setting the standard for 2026.

"A massive shout-out to our incredible student leaders, who spent the last two weeks working hard behind the scenes to lay the foundation for an amazing year ahead for our A1 (Aiga Tasi) programme. Your preparation, commitment, and leadership made this experience truly special." Mr Si'ilata



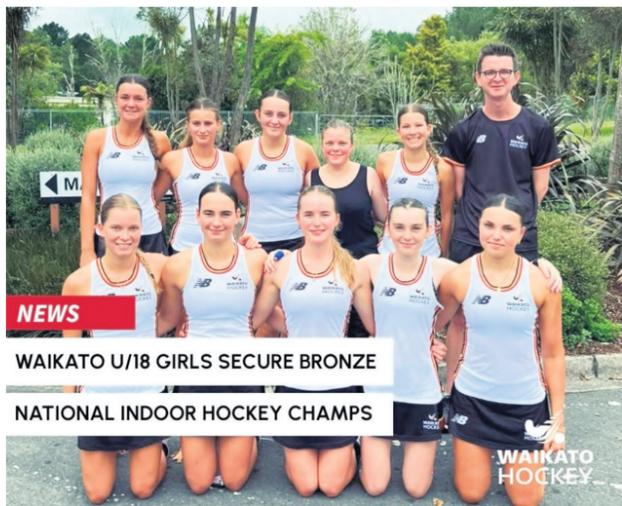
## New Zealand Waka Ama Sprint Nationals 2026



Congratulations to Alivia Morley and Khloe Fraser-Remuera for their amazing performances at the 2026 NZ Waka Ama Sprint Nationals. Their results have qualified them for the Va'a World Sprint Champs in Singapore this August.

**GOLD – J19 Women W12 500m (Alivia & Khloe)**  
**SILVER – J19 Women 1000m (Alivia & Khloe)**  
**SILVER – J19 Women 500m (Alivia)**

## Indoor Hockey Nationals 2026



**NEWS**  
**WAIKATO U/18 GIRLS SECURE BRONZE**  
**NATIONAL INDOOR HOCKEY CHAMPS**

We would like to acknowledge Renee Naish (back row, black singlet) for their commitment and contribution to the Waikato U18 Girls Hockey Team as they competed in the National Indoor Hockey tournament 2026. Renee helped secure 3rd place at the Indoor Nationals. The team finished their campaign on a high with a 3–2 win over North Harbour.

## Thank you Apollo Touch Nationals



A heartfelt thank you to Apollo Projects for their incredible support in helping make sports more accessible for our rangatahi. Because of your generosity, our Fraser Touch team was able to attend Touch Nationals 2025, an opportunity that means so much to our students, their whaanau, and our school community.

The work you do across Aotearoa, especially in smaller communities where access to sporting opportunities can be limited, is making a real and lasting difference. Your support not only helps our kids stay active and engaged in sport, but also opens doors to new experiences, builds confidence, and encourages brighter futures.



# Student Leaders 2026

## Head Students



### Banx Kingi-iti

Kia Ora, my name is Banx, and I am one of your head students for 2026. One way that I enjoy spending my time is creating new memories with my family and friends. This year, as one of your head students, I am looking forward to supporting our Fraser High School whaanau, building new connections with my peers and learning how to navigate my way through this year, while gaining new and exciting experiences. I am also looking forward to making our school a positive place for everyone to feel welcomed and inspired. Ngaa mihi, Banx Kingi-iti.



### Tawhiao DeCaires

Malo e lelei, Talofa lava, Bula vinaka and Aloha! My name is Tawhiao and I am one of your head students for 2026. One thing I am looking forward to this year is supporting and encouraging our new tamaiti starting at Fraser High School and building a strong foundation for them to continue the legacy of pride and dignity of Te Kura Tuarua o Taniwharau. Mahalo nui.



### Mya Komene

Kia ora, my name is Mya Komene, and I am honoured to be one of the head students for Fraser High School this year. I have a strong passion for performing arts, especially dancing and playing the piano, and I enjoy sharing joy through my love for music. I'm someone who values family, creativity, and meaningful relationships, and I really enjoy meeting new people, laughing, and creating positive moments wherever I can. This year, I'm most looking forward to helping and supporting others, taking every opportunity that comes my way, and representing Fraser High School with pride. Fraser holds so many special memories for me, and it is a true honour to give back to a school that has given me so much.



### Harlem Matika

Kia ora, my name is Harlem, I am one of the head students for 2026 and I am incredibly honoured to represent our community during such a pivotal year. My main goal for this year is to become the connection between the student body and faculty, ensuring that every voice, no matter how quiet, is heard and valued. What I'm looking forward to this year is stepping out of my comfort zone to embrace the discomfort that comes with leadership, to better serve you all. I believe that true progress happens when we listen to one another, and I am fully committed to turning your ideas into action and making 2026 a year where every student feels they have a seat at the table.



### Student Council

Te Tauihu Smale Ngatai, Romeo Koroheke, Finn Richardson, Jesse Zillwood, Patton May, Vaolilo Lafita, Alivia Morley, Renee Naish, Ella Lawton, Charmaine Grey, Eden Titchiner



### Ngaa Niho o te Taniwha

Delmiria Herbet, Wairemu Herbert, Arekatera Koroheke, Kaia Hoyle-Gray, Shania Williams, Tyrrell Talauta, Layla Griffiths-Pole, Ava Talauta, Aj Andrews Smith



### Aiga Tasi Presidency & Council

Avin Ah Mu, Peti Makoni, Taumafa Tonga, Tekavei Tekavei, Jaryk Williams, Czylah Atanoa, Asael Fereti, Defrozier Filipo, Korom McCarthy, Jemma Button, Kingston Smith, Solo Sam, Sosefo Vahai



## Welcome to our new staff

On January 27th, we held the poowhiri to welcome our new Fraser staff. We have new teachers and staff throughout the school, so get familiar with these lovely faces you will be seeing around our kura from the main office and student services to in the classroom.

# What's on at Western Community Centre

46 Hyde Ave, Nawton | P: 8474873 | E: admin@wcccham.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, lamination, binding, and scan to email services for a small fee. We have wifi, free use of computers and a landline available for the community to use.

### 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

### 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 photos available on our website. Visit our website to book online.

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

### Children's Holiday Programmes

We run 2 weeks of holiday programmes from 8am-5.30pm based at Western Community Centre. 8 weeks of holiday programmes are held throughout the year. \$40 per day \$200 per week. WINZ subsidies may be available, amke sure to enquire. Enrol online at westerncommunitycentre.org

### Western Stars After School Care

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 \$16.50 per day or \$.50 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. No need to bring anything, just yourself.

### 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 second Friday of each month at 12pm. The potluck luncheons provide an opportunity for seniors in our area to socialize. For further details please call 07 847 4873 ext 0 or email ngahuia@wcccham.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

### 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 [freem.org.nz](http://freem.org.nz) or Spotify for podcasts of the show and further info.

### Hamilton Budgeting Services

Susanne from Hamilton Budgeting Advisory Trust based here for two days a week. Tuesdays and Fridays during school term times. Just visit <https://budgeting.co.nz/>, scroll to the bottom of the page, and click "Book Now." Or call 0800 MONEYZ or 07 838 1339. FREE Basic Money Management workshops available throughout the year, please enquire for dates or check our website. Walk ins are welcome.

### Kimura Kiwis

Wanting to get your child into martial arts? FREE Jiu Jitsu classes available for kids! Also available to preschool aged children as well. You will find us in the large room Saturdays 9am-10am. Don't forget your drink bottle! Follow our facebook page to keep updated with what we are doing.

### Chain Link

Does your bike need fixing or a fine tune? Then bring it along to the Western Community Centre carpark where you will find us every last Saturday of the month 10am - 11am. Please message us on our Facebook page (Chain Link Hamilton) if you would like to donate parts or tools pm message us.

## WESTERN Community News

### Editor-in-Chief:

Neil Tolan

### Managing Editors:

### Fraser High School

Editor:

Georgia Ranginui

Charlton

Ngahuia Nelson

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

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

## WAIKATO TimeBank

# MONTHLY FAIR SHARE MARKET

### Crop Swap 9am

Share your abundance from your garden, hands or kitchen. Fruit, veges, seedlings, recipes, preserves, baking...come and share, swap and connect.

### Craft Swap 10am

Where creativity finds new hands! Share surplus and creations, connect with fellow crafters and spark new ideas.

### Repair Co-Op 10-12pm

We can mend a variety of small electrical items, computer problems, phones and clothes. We can offer advice and a friendly ear but what we love to do is share our repairing skills

WESTERN COMMUNITY CENTRE  
46 HYDE AVE  
NAWTON

The Second Saturday of every month



## Differences that seem too big to fix

By Jenny Ensing

"I've always wanted children," Manu says quietly.

"I know," Ingrid replies, "I don't. And I don't think that will ever change."

Moments like this can feel like hitting a wall. The difference may revolve around children, faith, politics, money, or expectations about family life. But the feeling is the same: How can we move forward when we want such different things? These conflicts cut deeply because they touch identity and long-held dreams about the future. They can challenge a couple's shared story of—this is where we're going together.

Research on long-term relationships suggests that many of these conflicts might not be "fixed." They are ongoing tensions rooted in values or personality. Problems sometimes arise less from the difference itself than from how couples engage with it. When conversations turn into debates to be won—or topics are avoided entirely—partners often find themselves stuck in painful, repeating cycles that build resentment and distance.

A more constructive path begins with slowing down. Instead of arguing positions, Manu and Ingrid could respectfully explore meaning. Why does

this matter so much? What fear, hope, or life experience sits underneath the stance?

A different kind of conversation might sound like this:

"Can you help me understand what being a parent represents for you?" asks Ingrid

"It feels like legacy," replies Manu. "Like my life would be incomplete without it."

"I don't want that dream for myself,"

says Ingrid, "but I want to understand why it's so important to you."

These exchanges don't erase differences, but they can soften gridlock. Sometimes compromise follows. Other times, acceptance—rather than agreement—becomes the goal. Occasionally, clarity leads to a respectful parting.

If seemingly-insurmountable-differences are impacting your relationship, and you would like help, please contact Jenny 0275367464 [www.couragecounsellingco.nz](http://www.couragecounsellingco.nz)



New here? We're Go Eco, a community-led, Te Tiriti-honouring environment centre. We prioritise Māori and hapū-led knowledge and practical solutions that make change easy and more affordable.

We support thriving communities, where people, whenua, and taiao are in balance, working together for a sustainable future.



**FRUIT TREE PRUNING WORKSHOPS**  
 Beginner-friendly, hands-on pruning  
 (free to attend)

**Pukete Neighbourhood House**  
 43 Church Road, Pukete, Hamilton  
 Friday 27 February & 6 March | 2.00 pm

Scan to Register



**Western Community Centre**  
 46 Hyde Avenue, Nawton, Hamilton  
 Friday 13 March & 20 March | 2.00 pm

## THE REUSE LIBRARY THAT SAVES YOU MONEY

Go Eco is on a mission to make low-waste, sustainable events more accessible across the Waikato. We believe in the power of community and in making sustainable choices easier, not harder.



**UGLY MUGS WANTED**  
 UNCHIPPED. MISMATCHED.  
 IF YOU'VE GOT OLD MUGS YOU DON'T NEED, WE'LL TAKE THEM.

Drop them off at Go Eco  
 25a Devon Road, Frankton, Hamilton



[GOECO.ORG.NZ](http://GOECO.ORG.NZ)



**Too Much Fruit on Your Tree?**

Do you have more fruit than you can eat? Share your bumper crops with Go Eco's Food Rescue.

Instead of food rotting on the ground, your fresh, local kai will be redistributed to community centres across Waikato, nourishing families and neighbours.

You can drop fruit directly to our office at 25a Devon Road, Hamilton, or if you're having trouble picking it, our Food Rescue team can even come and help harvest. on a Tuesday. Anyone with excess fruit can get in touch by emailing [hello@goeco.org.nz](mailto:hello@goeco.org.nz)



### Borrow What You Need, When You Need It

Our re-use library offers a wide range of items, from event equipment and catering appliances to garden tools, sewing machines, pest control gear, and even bat monitors. Whether you're hosting an event, running a restoration project, or tackling a one-off job at home, LOU is a practical, low-waste alternative to buying new.

### Scan to browse the Library of Useful Things



This summer, carry reusables. Many takeaways accept clean BYO containers. Every swap protects waterways and supports kaitiakitanga in our neighbourhoods.

**Choose reuse.**



@GOECOWAIKATO

For more money saving tips follow us on Instagram.

## 'Whaanau fuel' begins again



By Eric Oosterbroek

The second half of 2025 saw an exciting new initiative launched in Nawton. Whaanau Fuel is curated as an all-age, family-friendly space, to 'make connections and build community'. After such an encouraging start, drawing people from a variety of backgrounds and life-stages, it's begun again, fortnightly on Wednesday evenings during school term time, 5:30-7:30pm.

Upon entering, there's a host of activities, from table tennis to air hockey, foosball to swingball, game tables to couched chat zones. Younger ones can do chalk drawing or play one of the rotating games; older ones can do as they please, often playing cards, catching up, or testing their aged skills against younger others.

At some point we're gathered around the tables for a short interaction around a Bible theme, before sharing a free meal together. The activities continue after kai, with younger ones often doing a craft and most adults retiring to a 'chill zone' to enjoy a hot drink, further nibbles,

and unhurried connections. Meeting in the hall of Nawton Community Church, Whaanau Fuel is a 'canvas' of sorts, to personalise and engage with as little or as much as desired. Needless to say, much fun is had, friendships are forged and strengthened, and 'community within community' is built...so much so, that no-one's in any rush to go home!

One final thought - our consumer society trains us to seek or purchase what we need from specialists or groups outside of our neighbourhoods. It also keeps us disconnected from each other. The reality is that nothing can produce what a connected community can produce! Whaanau Fuel is but one local example of what good, healthy, supportive community can look like. Contact Adair (022 461 9700) for details, or check it out for yourself on 11th or 25th March!



FREE KAI (DINNER - DESSERT) & ALL-AGE ACTIVITIES

# WHAANAU FUEL

MAKING CONNECTIONS - BUILDING COMMUNITY

5.30-7.30pm

Wednesdays fortnightly

Nawton Community Church Hall  
73 Livingstone Ave, Nawton

**TERM 1**  
**11 February**  
**25 February**  
**11 March**  
**25 March**



Adults chill zone, craft activities and a Bible story  
Contact Adaire & Eric for details: 022 461 9700



## YWCA Waikato and MINDSET Self-Defence Street Smart Self-Defence Workshops

14<sup>th</sup> May

20<sup>th</sup> August

22<sup>nd</sup> October



For women and girls  
13+ years

7PM-9PM @ YWCA Waikato Gym Hall

28 Pembroke St. Hamilton

Corner of Pembroke and Clarence Street

No Cost + Refreshments Provided

Register here



www.ywcaWaikato.org.nz



# Enrol. Vote. Be heard.

vote.nz  
0800 36 76 56



SHP-030-ENG