

WESTERN Community News

YOUR PEOPLE ~ YOUR PAPER

Issue 141 (Paenga Whāwhā / April 2026)

Delivered to over 19,000 homes throughout Hamilton West

CELEBRATION CONCERT



Te Rauhii

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FRASER ACE
Adult Community Education



HAMILTON, NEW ZEALAND

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THE BIG GO ECO GARAGE SALE

IS BACK



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Leaping ahead at Fraser High School's 2026 Sports Day!

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WEST HAMILTON PHARMACY

FREE FLU VACCINES

Inside Nawton Mall, Nawton, Hamilton

<p>FREE FLU VACCINE ELIGIBILITY (NEW ZEALAND)</p> <ul style="list-style-type: none"> 65 years or older Pregnant (any trimester) Certain Medical Conditions: <ul style="list-style-type: none"> Heart Disease Diabetes Asthma Chronic Illness Cancer Immune Disorders 	<p>WHY CHOOSE US?</p> <ul style="list-style-type: none"> Gentle Vaccinators No Appointment Needed Fast & Convenient Free Mall Parking 	<p>FIND US</p> <p>West Hamilton Pharmacy Inside Nawton Mall, Hamilton</p> <p>Bus Routes Nearby</p>
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OPENING HOURS

- Mon-Fri: 9:00 AM - 5:30 PM
- Saturday: 9:00 AM - 1:00 PM
- Sunday: Closed

CONTACT US

Phone: 07 846 3121

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You can send printing to wccopy@gmail.com

46 Hyde Ave, 847 4873, Mon - Fri, 8.30am- 5.30pm

Councillor Comment - Cr Sarah Thomson



It's been great to see a number of positive projects completed or underway across the west of the city.

Recent highlights include new shared paths through Nawton parks which

provide off-road connections for walking, cycling, and scootering, and the opening of the new community centre building in Pukete (Pukete Neighbourhood House). Construction has also begun on the pest-proof fence at Waiwhakareke Natural Heritage Park.

Looking ahead, we face tough decisions as we begin developing the city's next 10-year budget (Long Term Plan). Councillors

are focused on reducing costs for residents without cutting essential community services. However, the government's proposed rates cap may ultimately put valued services at risk.

I remain hopeful we can still address some key gaps in community facilities across Hamilton West. For example, there's a significant shortage of indoor court space in the southwest. 'The Peak' in Rototuna provides an excellent example of partnership between schools and council which we could follow. The building cost is shared and the indoor courts, used by both students and community members, are almost always full to capacity.

It'll be a difficult job balancing affordability and community needs, and I encourage everyone to take part when the Long Term Plan consultation opens.

Why should you get vaccinated before winter?

By Sanjay Joshi – Pharmacist, West Hamilton Pharmacy

Getting a flu vaccine before winter is essential for protecting vulnerable New Zealanders from serious illness. It's free for eligible groups and especially critical for those with chronic health conditions.

Why You Should Get Vaccinated Before Winter?

As colder months approach, flu viruses spread more easily and can lead to severe complications. Getting vaccinated early gives your immune system time to build protection before peak flu season hits.

Who Gets It Free in New Zealand?

The flu vaccine is free for: People aged 65 and older. Pregnant women (any trimester) protects both mother and baby. Individuals with certain medical conditions, including: Heart

disease, diabetes, asthma, chronic illness, cancer & immune disorders.

Why High-Risk Groups Shouldn't Delay

People with chronic conditions like asthma, diabetes, immune disorders, and those aged 65 and older are more likely to suffer serious complications from the flu, including pneumonia and hospitalisation. Vaccination reduces these risks and helps protect the wider community.



Listen to a New Wave on your local radio station - Free FM

The New Wave



Capturing stories from the diverse people who call Hamilton home.

free FM 89
Independent Community Media



Irirangi Te Motu
NZ On Air
CAMA
Community Access Media Alliance

By Vicky Haden-Jones

Tune in to hear The New Wave, a podcast about arrival, belonging, and finding home in Hamilton Kirikiriroa. Each episode puts the mic in the hands of one migrant, sharing real stories of movement, culture, identity, and the moments that shape a life in a new place. From newcomers who've been here just five years to long-time locals of three decades, these are voices that reflect the city as it truly is - diverse, evolving, and deeply human. Episodes can be found on Free FM across the Waikato on 89.0FM, livestream via 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 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

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.

Are you sorted for retirement?

By Susanne Henderson

Getting ready for retirement in New Zealand is not just about money — it is about planning the life you want to live. As a financial mentor, I often remind people that retirement works best when you start thinking about it early and take small steps over time.

A good place to begin is understanding what income you may have when you stop working. Many New Zealanders will receive New Zealand Superannuation, but for most people this alone may not cover everything they want to do. That is why it is important to build additional savings.

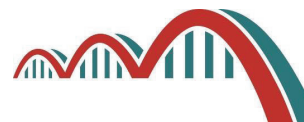
One helpful tool is KiwiSaver. Regular contributions, employer contributions, and government support can help your savings grow over time. Even small, consistent

contributions can make a big difference in the long run.

It is also important to think about your lifestyle. Ask yourself: Where will I live? Will my home be paid off? What activities or travel do I hope to enjoy? Planning ahead can help you estimate how much money you may need.

Finally, remember that retirement planning is not only about numbers. It is also about purpose, health, and staying connected with people and community. The more thought you give these areas now, the smoother and more enjoyable your retirement years can be.

If you would like to make sure that your finances will live up to a great retirement for you – call our office on 0800 666 399 to book a financial health check.



Hamilton Budgeting Advisory Trust
Building Financial Capability

'FREE' Workshops

Limited Spaces Available

When	Where	Topic
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

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

Free FM 89

Have your say...

About the Western Community Centre

WHARE
WCC IS THE BEST

TAIMANA
FOOD, TOM & BOYS GROUP

JOSH
LOVE HOW KIND & CARING THE PEOPLE ARE HERE. WCC LOOKS AFTER US

KLYJAH
THE PLACE THAT BRINGS US ALL TOGETHER

RHYLEE
NEW TO THE CENTRE & IT'S NICE HERE. SKATEPARK IS MEAN



HEY GIRLS! THIS IS YOUR SPACE

Are you 13-17 and looking for something fun to do on Thursdays? Want to meet awesome people, try new things, and just be yourself?

Come join our Girls' Youth Group Tairanga!

Each session is packed with:

- Creative activities & DIY fun
- Games, laughs & good vibes
- Real chats in a safe, supportive space
- New friendships waiting to happen

No pressure. No cliques. Just a place where you can show up, hang out, and feel good being YOU.

- Every Thursday (during school term ONLY)
- 3.30pm - 5.30pm (subject to change depending on session)
- 46 Hyde ave Nawton - Western Community Centre

Bring your friends... or come make some new ones!

Want in? Get in touch:
reegan.tata@wccham.org.nz

Don't miss out — Thursdays just got WAY better!

#TAIRANGA

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

GIRLS YOUTH GROUP
AGED 13-18YRS.



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!

Te Rauhi Celebration Concert 2026 – You're invited!

Te Rauhi is excited to invite the community to the annual Celebration Concert on Saturday 9 May, 3.30pm at the Gallagher Academy of Performing Arts. This event will showcase the hard work, courage, and creativity of tamariki as they share their music with whaanau and the wider community.

Based in Nawton, Te Rauhi is a free music education programme that provides youth and families with access to meaningful musical experiences. Through singing, orchestral instruments, percussion, and group music-making, students build confidence, creativity, and connection

while discovering the joy of making music together.

The Celebration Concert is an important moment in that journey. It gives students the opportunity to perform on a professional stage and reminds the community how music can bring people together.

The concert is free to attend, and everyone is warmly welcome. Koha is appreciated to help support the ongoing work of Te Rauhi and ensure these opportunities remain accessible to our community.

Come along and celebrate the music, talent, and potential of young people in Hamilton!

TE RAUHII PRESENTS

CELEBRATION CONCERT

JOIN US IN CELEBRATING THE MAHI OF OUR STUDENTS AND THE JOY OF MUSIC

9 MAY 2026, 3.30PM
GALLAGHER ACADEMY OF PERFORMING ARTS
ALL WELCOME! KOHA ENTRY
WWW.TERAUHII.CO.NZ



NAWTON COMMUNITY COLLECTIVE

Hui
every
first
Thursday

You're invited to:

A locally-led koorero, utilising local relationships, strengths & connections to 'better' our community & common spaces together.



Details:

- 1st Thursday of the month @ 6:30pm
- Western Community Centre
46 Hyde Ave, Nawton
- Begins with tea, coffee & kai

Contact:

Neil Tolan 027 575 1987 or
Eric & Adair Oosterbroek 021 751 969



Te Ara Pai Services – delivered by Te Rūnanga o Kirikiriroa

Te Ara Pai is a kaupapa Māori, community-based adult mental health and addictions service delivered by Te Rūnanga o Kirikiriroa.

We support people experiencing mild to moderate mental health challenges, and those seeking support with alcohol or other drug (AOD) use.

Our team works alongside whānau to provide practical, culturally grounded support. This includes one-on-one sessions with an AOD clinician and support from our kaimahi. Depending on need, support may include advocacy, assistance navigating MSD, support attending GP or other health appointments, help with court or legal matters, and transport to appointments when required.

Te Ara Pai also offers alcohol and other drug education in both group and individual settings. For those needing more intensive support, we can assist with referrals to residential rehabilitation and provide support before and after treatment. This helps whānau prepare for rehab and continue their recovery as they transition back into the community.

Our mahi is guided by pou that shape how we walk alongside whānau.

Whanaungatanga centres meaningful relationships and creating a space where people feel safe, welcomed, and supported. Arohatanga and Manaakitanga guide our approach with compassion, care, and generosity. Rangatiratanga upholds the right of whānau to lead their own journey and make decisions that are right for them.

We are also grounded in the values of Tika and Pono, ensuring our mahi reflects fairness, integrity, honesty, and respect. Through a whānau-first approach, plans are developed alongside our clinicians to support people to identify goals, reconnect with their strengths, and move forward in a way that feels right for them.

For more information contact:
TAPReferrals@terunanga.org.nz
07 846 1042 and request TAP Triage.



Turn your Saturday into something extraordinary with Fraser ACE



If your usual Saturday routine involves sleeping in, a few errands, and wondering where the day went, Fraser Adult and Community Education (Fraser ACE) has a better idea, learn something new.

Fraser ACE is offering a diverse range of Saturday workshops designed for adults who want to gain new skills, explore hobbies, or simply enjoy a fun and productive day out.

With most courses running for just one

Saturday (or a couple of Saturdays), they're perfect for people with busy schedules who still want to keep learning.

Coffee Lovers Welcome

For anyone who has ever wondered how cafés produce the perfect espresso or silky milk foam, Fraser ACE is running two popular coffee workshops: Barista Skills and Barista: Let's Learn About Coffee. Participants get hands-on experience learning how to prepare café-style coffee

and understand the art behind a great cup.

Cook Something Delicious

Food enthusiasts can explore global flavours with Chinese Vegetarian Cooking or learn how to prepare a full feast in Learn to Cook an Indian Banquet. These practical classes are designed to give participants new recipes, techniques, and confidence in the kitchen.

Try Something Completely Different

Looking for something unique? The Introduction to Drones workshop gives participants the chance to explore drone technology and learn the basics of flying safely and responsibly. Or if your outdoor space needs a makeover, Landscape and Garden Design will help you plan and design a garden that is both beautiful and functional.

Skills for Life and Business

Fraser ACE Saturday classes also offer opportunities for personal and professional growth. Aspiring writers can learn about the publishing world in How To Get Published, while entrepreneurs can gain valuable knowledge in Employment Law for Small Business. Those looking for a personal boost can attend workshops such as Reinvent Yourself with Confidence and Style or Reset Your Confidence, which focus on building confidence, self-presentation, and

personal growth.

A Saturday Well Spent

Fraser ACE courses are known for their relaxed and welcoming atmosphere, where adults from all backgrounds come together to learn, share ideas and enjoy the experience. Many participants say the best part is not only gaining new skills, but also meeting others in the community who share similar interests. So instead of spending another Saturday doing the same old thing, why not learn how to make café-quality coffee, design your dream garden, cook a banquet, fly a drone, or even start your journey toward becoming a published author? Your next skill might only be a Saturday away. To explore the full range of our courses including Saturday courses or you would like to enrol, visit www.fraserace.ac.nz

72 Ellicott Road, Nawton
Hamilton, NZ

comed@fraser.school.nz
(07) 846 8624

www.fraserace.ac.nz

FIND US ON SOCIAL MEDIA!

Fraser Adult Community Education



FRASER ACE
Adult Community Education



HAMILTON, NEW ZEALAND

Have Ideas or Questions for Hamilton City Council?

Hamilton City Council is heading into libraries and community centres around Hamilton Kirikiriroa to hear what's on your mind. Whether it's a small comment or a bigger concern, they're here to listen.

These sessions are relaxed, informal, and drop-in style with no speeches and no set agenda. It's just a chance to talk face-to-face with the people representing you.

Each session will have at least two councillors from the East Ward, West

Ward, Maaori Ward, or the Mayor.

The session at Western Community Centre will be held on Wednesday 29 April 2026, from 3.30pm to 5.30pm.

This is a great opportunity for residents to share their thoughts, ask questions, and engage directly with the decision-makers shaping Hamilton Kirikiriroa.

To find out when a session will be happening in your area, visit : www.hamilton.govt.nz



Council in the Community

Meet your local councillors in your local place

Gambling harm prevention

Gambling harm is impacting our whānau in deeper ways than many realise. What may begin as gaming for our rangatahi can quickly transition into gambling, bringing financial stress, emotional strain, and wider challenges that affect the whole whānau. Gambling is rarely an isolated issue—there are often co-existing needs that require care, understanding, and the right support.

Our service is grounded in a kaupapa Māori approach, guided by Te Whare Tapa Whā, recognising the importance of supporting the whole person and their whole whare. We work alongside individuals and whānau impacted by gambling harm, breaking down barriers so

it's easier to access real, meaningful help.

We are a genuine, caring service providing free, confidential Gambling Harm Prevention support through Te Kohao Health. We also offer education and facilitation for organisations, schools, and churches to help reduce harm and build awareness in our communities.

If you or someone you know needs support, contact us on 0800 483 564 or email admin@tekohaohealth.co.nz. Together, we can strengthen our whanau and protect the wellbeing of our communities. Please complete our survey by clicking the QR code

Once again we appreciate the support.

Prevention: Strengthening Whānau & Communities

Strengthening Whānau

- Open conversations about gambling and money

Community Awareness

- Education about gambling risks
- Community led prevention

Healthy Environments

- Reducing access to gambling products

Cultural Connection

- Kaupapa Māori approached to wellbeing



Where Can I Get Help?

Get in contact with our Gambling Harm Prevention Team today

SERENE TEOKOTAI

serenet@tekohaohealth.co.nz

DENZ KARENA

denz.karena@tekohaohealth.co.nz

DONNA GREENING

donna.greening@tekohaohealth.co.nz

Want to know more?



Take our quick survey



Western Walkers

Join our Western Walkers every Monday, rain, hail or shine. They may be retired but they're the heartiest bunch I know, giving the young ones a run for their money or in this case...a walk.

They leave the Western Community Centre at 9am on the dot and return by 10am. The route is always different, some Monday's they'll walk up hills and others on a flat. Never the same monotonous walk with this group.

Afterwards they enjoy a quick cuppa together at the Western Community Centre before moving on with their day.

If this sounds like something you want to be a part of, then simply show up, all are welcome.

Don't forget your raincoats and sunhats.

Upholstery Help Wanted

We are looking for someone to reupholster chairs at a reasonable, friendly rate. Materials are supplied.

If interested, please contact Western Community Centre manager@wccham.org.nz




PRIDE IN THE PARK

APRIL 19
11AM - 3PM

WESTERN COMMUNITY CENTRE
FROM RENEWAL COMES PRIDE

Sponsored By

Waikato Regional Council, Hamilton City Council, WEL Energy Trust, WCC Western Community Centre, LEN REYNOLDS TRUST



MINDSET
self-defence & close quarters combat

Empower Yourself with Our Women's Self-Defence Workshop!

Get ready for the most intense, comprehensive & hands-on self-defence training in New Zealand and Australia!

This isn't just another class!! It's an immersive experience designed to equip you with the skills, confidence, and techniques that you need to stay safe.

WESTERN COMMUNITY CENTRE
46 Hyde Avenue, Nawton, Hamilton
25th & 26th July 2026
10am - 4:30pm

Register at selfdefencecourses.co.nz
Contact: info@selfdefencecourses.co.nz



Fraser Sports Day 2026

Fraser staff and students had a great time at Sports Day 2026! Tuesday, 24 February, was a fantastic celebration of school spirit, participation, and healthy competition. Students gave their all across a range of track and field events, showing determination, resilience, and outstanding fairplay throughout the day. All year levels arrived early, proudly dressed up in their waka colours: Tokomaru in red, Aotea in blue, Te Arawa in yellow, and Tainui in green. The field looked like a vibrant rainbow. Some of the standout costumes included a proud Tokomaru lobster, an Aotea shark, a Te Arawa Lorax, and a Tainui Ninja Turtle.

The day featured a variety of activities such as track events (relays, 100m, 200m, 400m, 800m and 1500m), high jump, long jump, javelin, gumboot throw, shot put, discus, and volleyball. Students had the opportunity to participate at all levels, whether that be competitively or for fun. So many students stepped up to challenge themselves and gave their all, representing their waka with pride and earning points. Another year and another glorious win by Tainui, holding the title of top waka.

Thank you to all the volunteers from the sports council, the students managing the events, the student media team and a special thank you to Deon Kerehoma with his ice cream truck! It was wonderful to see families come out to support their students. We're already looking forward to next year!



Central Zone Athletics

On March 18, ten students represented our school at the Regional Athletics Championship in Tauranga, which brings together the top athletes from four qualification zones: Central Waikato, Bay of Plenty, Thames Valley & South Waikato/King Country. We are proud to share that six of our students have qualified for the North Island Championships, taking place in Papakura on Saturday, 28th March, after finishing in the top three of their events.

This is an outstanding achievement, and all of our students represented the school with pride and determination. Special mention to Veronica Morley (Alivia's mum) who was our parent helper and did an awesome job encouraging all our students.

North Island qualifying athletes:

- Virginia Moimoi - 2nd Junior Girls Shot put
- Soana Masei - 4th Junior Girls Shot put (shortlisted)
- Carly Gudgeon - 3rd Junior Girls Javelin
- Alivia Morley - 3rd Senior Girls Shot put
- Havili Finau - 3rd Junior Boys Javelin
- TJ Simon - 2nd Intermediate Boys Long jump
- Julius Ale Kaitai - 2nd Senior Boys Discus (He Puaawai)

Competing athletes:

- Toa Tausala - Intermediate Girls Shot put
- Xander Higgins - Intermediate Boys Shot put
- Wairemu Herbert - Senior Girls 100mtrs PB: 13.97sec





Hei Taniwha Whaanau Hui



Students helped to host the Hei Taniwha Whaanau Hui on the 18th of February. Preparations began shortly after the school day concluded, where Ngaa Niho o Te Taniwha and Hei Taniwha students prepared kai and the various spaces for manuhiri. This is a great way for students to give back to whaanau and our kura.

Hei Taniwha hosted about 60 whaanau members and aakonga at this kaupapa. The majority of these whaanau belonging to Tau 9 and Tau 10 aakonga. This kaupapa was provided for whaanau to familiarise themselves with kaiako and akomanga.

Ngaa mihi ki ngaa whaanau i tae mai ki te hui. Thank you to the families who attended the meeting.



Basketball 3v3 tournament



On the 19 and 20 February, our students officially opened our new basketball courts with a 3v3 basketball tournament. The four half courts allowed for four simultaneous half-court games to occur at once. The pool games started during break two on Thursday, and the final was held on Friday. Well done to all participants.

We now see up to 80 students playing on the new courts at breaks. Students access sports gear from a staff member at the Gear Shed, and play all break! We really encourage students to play volleyball, handball, basketball or any other games at break times.

Senior Leadership Team



Fraser High School has five Deputy and Assistant Principals who work closely with the Principal as part of the Senior Leadership Team. We are thrilled to officially welcome Mr Campbell Douglas to the Fraser High School leadership team as our new Deputy Principal. While Mr Douglas is a new face to some of our current students, he is certainly no stranger to the Fraser community. He previously worked here as a valued member of our staff before heading overseas to gain further experiences in education. Mr Douglas joins us most recently from an International School in Dubai, where he served as Principal. His time leading a school in such a fast-paced, diverse environment has provided him with a unique global perspective on education. He has also taught in China and Samoa. He is enjoying re-connecting with our school community and is a Waka teacher for Aiga Tasi this year.



Music for our Year 9 Learners

Our Year 9's are enjoying the great range of subjects on offer to them. They rotate through 6 different options over the year. In this photo, you can see Mr Kraenzlin's Year 9 Music class learning to perform 'Dreams' by Fleetwood Mac. It was awesome to catch the moment of novice and experienced musicians working together to produce great music. They have been learning guitar over the past few weeks, and Mr Kraenzlin was so impressed by the work that they had a 'band lesson' with lots of students on different instruments and singing.



Touch Achievements

Over Waitangi Weekend, eight Fraser students participated in the 2026 Youth Touch Nationals. Congratulations to the students and their respective teams, and a big thank you to the coaches.

2026 Youth Touch Nationals:

Waikato U16 Development: Placing 12th
- Acacia Paekau (Yr11)
- Harlow Warrington (Yr9)

Waikato U16 Mixed: Placing 6th
- Willym Muru-Cooper (Yr11)
- Chase Wichman (Yr11)

King Country U18 Mixed: Placing 11th
- James Howard (Yr13)

Waikato U18 Mixed: Placing 2nd
- Unique Nahora (Yr13)
- Wairemu Herbert (Yr12)
- Michael Kerehoma-Ahuriri (Yr12)



We would also like to congratulate Wairemu Herbert who was awarded the Under 18 Mixed Female MVP and one of our Waka Deans, Miss Kasha Parsons, was awarded Youth Manager of the Year, at the Waikato Touch Prizegiving.

Term 1 Maths Tutorials



Before school, our maths department has been running tutorials for students. It is awesome to see everyone show up and be proactive about their learning!

Theatresports Round 1



Our Senior Theatresports team (The Pink Tax Avoiders, also known as the PTA) had their first competition of the season. Theatresports is an improvisation-based theatre competition. During this round the team competed against Hamilton Boys High. The team, with three new members, had a great night with high scores and honourable mentions in the "funniest moments" category.

Fraser Student Now Machinist



Ever wondered what it's like to turn raw steel into perfectly shaped parts using high-tech machines?

Meet Jordyn Watt, a Fraser High School graduate who went from tinkering in school engineering classes to programming CNC machines at Stafford Engineering.

Jordyn's story proves you don't need a university degree to land a hands-on, high-paying career in engineering. With an apprenticeship, determination, and a love for problem-solving, Jordyn carved out a future in a field that's all about precision, creativity, and cool tech.



Polyfest 2026

Celebrating the richness of the Pacific

What an absolutely beautiful day celebrating the richness of our Pacific cultures and languages at the ASB Polyfest, on the 20th of March. It was wonderful to have our Senior Pacific Studies, Gagana Samoa, Lea Faka-Tonga and student leaders enjoy this year's festival. From the vibrant performances to the powerful stories shared on stage, the day was filled with pride, unity and love.

We would like to thank the Aiga Tasi teachers for their support of the trip. This year was the biggest group we've ever taken, a total of 102 students in attendance.

Careers & Vocational

It's been a fantastic start to the year for our vocational pathways, with high attendance at recent visits from the University of Waikato and Wintec. It was particularly encouraging to see our Year 11 aakonga already exploring their future options; both institutions will return later this year for those who missed out. The Waikato Trades Academy and our Work Experience programmes successfully kicked off in Week 3.

Electrical Apprentice Seminar for Seniors



On 11 March, we welcomed Skills Trades Training to our kura for their information seminar on how to become an electrical apprentice. At break two, our Year 11 and 13 students gathered in the library at for the seminar.

Skills Trades Training are offering a FREE Electrical 1-day programme in the school holidays, where students can take part in hands-on electrical activities.

The New Zealand Defence Force (NZDF)



Staff from the NZDF visited Fraser on Monday 23 March. Thank you to the NZ Defence Force and their guest speaker, Texas, who ran an information session for our students. We had an awesome session with 34 students who learnt about various opportunities that may suit them.

Check out the Careers and Vocational Noticeboard outside the library – for scholarships, visiting providers, notices and opportunities.

University of Waikato & University of Otago



Thank you to the University of Waikato (UoW) and the University of Otago who both held seminars and information sessions for our Year 12 and 13 students. An awesome group of 56 students attended the UoW session with Chloe. We learnt what they have to offer and our students showed great interest.

Three of our students gained scholarships for Otago University last year, and students were given advice and encouragement to apply this year.

Marching Championships New Zealand Champions



Giselle Williams took to the field with HOKONUI U13 Team in Wellington at the NZ Marching Championships. With several girls new to her team, they anticipated that this season was always going to be a big learning experience.

Her team showed courage, commitment and a willingness to learn every step of the way. Their confidence grew each week and their hard work paid off. To top it off, Giselle's team is now three-time New Zealand Champions, which is an incredible achievement. They were awarded 1st Technical Team, 3rd for Display Team and the overall New Zealand U13 Champion team. We are so very proud of Giselle daring to succeed in her chosen sport.

Waikato Youth Advisory Group Waikato Te Ara Tohu Puumanawa Taiohi



Congratulations to Year 13 Lennox Boyer, who has been selected to be part of a Ministry of Education initiative called the 'Waikato Youth Secondary Tertiary Advisory Group - Waikato Te Ara Tohu Puumanawa Taiohi'. It is an awesome opportunity for Lennox to provide input on education transitions, pathways and initiatives, ensuring they are innovative and relevant to learners.

A word from Lennox "I am honoured to have been chosen for the WYSTAG advisory group. I hope to meet like-minded students who want to help improve the school system. As a member of the advisory group, it is my goal to make school more accessible and accepting. The Waikato Youth Secondary Advisory Group, or Te Ara Tohu Puumanawa Taiohi, provides advice and a student perspective to the Waikato Ministry of Education."

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 photo's 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 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

Check out more at facebook.com/westerncommunitycentre

YOGA WITH SYDNEY

UNROLL YOUR MAT, UNWIND YOUR MIND.

BEGINNER FRIENDLY



This yoga class draws on traditional yogic practices of asana (postures) and pranayama (breath-work) to support both body and mind.

Slow, mindful postures help stretch and strengthen the body while breath-work encourages relaxation and mental clarity.

Open to all levels, the class offers a steady, supportive space to cultivate ease and awareness.

\$10 CASH | BYO YOGA MAT

EVERY MONDAY | 6PM -7PM

Western Community Centre

46 Hyde Avenue, Nawton,
Hamilton 3200

Room under green poles

No need to book, just turn up :)

Courage Counselling

By Jenny Ensing

"Why didn't they text back? Maybe they're losing interest... I must have said something wrong. This always happens—I'm too much."

Sam notices this familiar spiral when there is no reply. The thoughts come quickly, pulling Sam toward two panic-driven reactions: sending multiple follow-up messages or shutting down completely. Neither reflects the kind of partner Sam wants to be, yet in the moment, the thoughts feel urgent and believable.

Instead of arguing with the thoughts, Sam begins to relate to them differently.

"I'm having the thought that they're losing interest," Sam says internally. This small shift creates space, helping Sam see the thought as something the mind produces—not necessarily a fact. The anxiety is still there—a tight chest, restless energy—but it has less control.

Rather than trying to fix or escape the discomfort, Sam allows it to exist. The urge to act is strong, but instead of reacting automatically, Sam pauses and notices what is happening: thoughts, feelings, and sensations rising and falling. They are uncomfortable, but not dangerous.

In that pause, Sam reconnects with what truly matters in the relationship—trust, respect, and emotional steadiness. Acting out of panic—by over-texting or withdrawing—pulls Sam away from those values, even if it briefly relieves anxiety.

So Sam chooses a different

response: one honest message, then putting the phone down. The anxiety lingers, but Sam continues with the day, allowing the feelings to come and go.

Over time, the pattern begins to shift. The thoughts still appear, but they carry less weight. Sam becomes less driven by fear and more guided by intention, creating space for a more grounded and meaningful connection.

For support in aligning actions with values, please contact Jenny on 0275367464 or visit www.couragecounselling.co.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.

BUILD YOUR ORGANISATIONAL CLIMATE RESILIENCE

- Reduce your emissions
- Save money
- Develop sustainability practices
- Future proof your organisation



Sign up - tinyurl.com/goecoresilience

FREE tailored support for Kirikiriroa based small businesses and community organisations - Sign up before June 2025

THE BIG GO ECO GARAGE SALE



Fundraising for Kai, Taiao, and Parakore

WE'RE NOW COLLECTING DONATIONS.

Got good quality items looking for a second life? Homewares, furniture, books, tools, plants, kids' gear + more.

**Drop off at Go Eco
25a Devon Road, Frankton, Kirikiriroa**

THE FIRST STEP TO PROTECTING BIODIVERSITY IS SEEING IT.

Help us record the wildlife living around us by downloading the free iNaturalist app. Simply take photos of plants, birds, insects or fungi in your backyard, local park or street, and the app will help identify them and add the details to biodiversity data used by scientists and conservation groups



SCAN THE QR CODE TO DOWNLOAD THE APP



It's an easy way to learn more about the native species we live alongside — from birds to lizards to pekapeka — and contribute to protecting them at the same time.



KIRIKIROA . HAMILTON . WAIKATO

CITY NATURE CHALLENGE

This April, during Conservation Week, Hamilton joins cities across the globe in the iNaturalist City Nature Challenge, finding and recording as many species as possible. In your backyard, out in nature, or at your local park. Every bug, bird, and plant you spot strengthens our biodiversity and puts us on the map.



DATE	TIME	LOCATION	ENTRY
Sunday 26 April	10am till 1pm	Te Papanui/Jubilee Park	Free

ON THE DAY

Stalls Kids in Nature Native Birds Pekapeka-tou-roa
 Predator Control Native lizards Bugs Download the iNaturalist app




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Sign up for our newsletter for more updates



More Than a Cake – A Moment That Tells Our Tamariki They Matter



By Winihi Parker

At Kirikiriroa Family Services Trust, we see firsthand how powerful it is when a child feels truly seen. For tamariki experiencing hardship, moments of joy are not always guaranteed. This is why the mahi of The Cake Detective Charitable Trust is so deeply special.

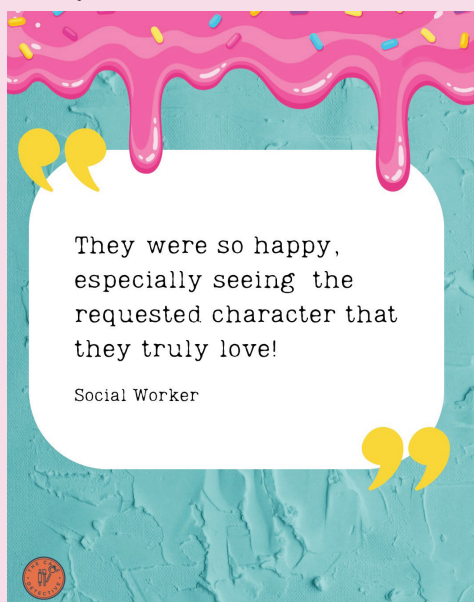
Founded in 2019 from one simple and heartfelt question, “What happens to children who never receive a birthday cake?”, The Cake Detective was built on a kaupapa of manaakitanga and aroha. Their belief is clear: every child deserves to be celebrated, no matter their circumstances.

Across the Waikato, their impact has been extraordinary. 4,512 personalised birthday cakes have been gifted to tamariki, including 1,233 children in the 2024/2025 years alone. Each cake is thoughtfully created to reflect a child’s favourite things, dietary needs, and interests. This sends a powerful message to tamariki that this cake was made just for them.

For KFST whānau, this partnership has created moments that stay with our

tamariki long after the candles are blown out. 536 cakes were delivered to the tamariki we support just last year, often during times of instability or transition. With KFST kaimahi referring tamariki and rangatahi, these cakes are frequently delivered through trusted relationships, strengthening connection, trust, and belonging.

We are incredibly grateful to The Cake Detective Charitable Trust for the heart they bring to our community. Their mahi is not just about birthdays. It is about restoring joy, creating memories, and reminding our tamariki that they are worthy of celebration.



Western Community Centre Youth Hub Update Construction Starting July

For nearly 50 years, the Centre has been at the heart of our community, supporting activities, services, programmes, events, and countless memorable moments.

We are excited to share a key milestone in our journey. The transformation of the unused sports changing rooms next to the Centre into a brand-new community space for our children and youth is now moving ahead. All going to plan, the project will be completed in October.

Located directly across from the skate park and basketball court, this new hub will provide a safe, welcoming environment where children and young people can connect, access support services, and engage with our youth workers.

Our goal remains to raise \$950,000 to renovate the space. At the time of writing, we have raised \$864,270.52, with a few more fundraising initiatives still in the pipeline. We have also relaunched our Givealittle page, and donations can also be made at our reception.

A big thank you to all funders and

supporters who have contributed so far, including Len Reynolds Trust, Lottery Grants Board, Grassroots Trust, WEL Energy Trust, DV Bryant Trust, Gallagher Charitable Trust, Glenice & John Gallagher Foundation, Trust Waikato, The Lion Foundation, Altrusa International of Hamilton, Lodge Tawhiri, Cambridge Drainage and Earthworks, and Hamilton Central Rotary, along with everyone who has donated directly or online.

Every contribution helps bring this vision to life for future generations. To donate or learn more, please contact Neil Tolan on 07 847 4873 ext 9 or manager@wccham.org.nz, or Tom Hunt at Tom.Hunt@wccham.org.nz.

www.westerncommunitycentre.org.nz



Youth Hub: A Fresh Space for New Generations



in support of **Te Rūnanga o Kirikiriroa** presents **Youth Week**

A FREE YOUTH EVENT
SAVE THE DATE
FRIDAY 22ND MAY
1pm - 4.30pm
WESTERN COMMUNITY CENTER
46 HYDE AVE, NAWTON

TE TANGI O TE PĪPĪWHARAURŌA

Enrol. Vote. Be heard.

vote.nz
0800 36 76 56

ELECTORAL COMMISSION
TE KAITIAKI TAKE KŌWHIRI

SHP-030-ENG