

WESTERN Community News

YOUR PEOPLE - YOUR PAPER

Issue 102 (AKUHATA/AUGUST 2019)

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Planting**

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**Verity
hits the big time**

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Cystitis - A Burning Issue

Cystitis or bladder infection, also known as urinary tract infection (UTI) is an inflammation of the bladder, or any part of your urinary system. While it can be caused by some medicines and chemicals, the usual culprit is bacteria that have traveled along the urethra (the small tube leading up to your bladder). These bacteria are always present in our intestines and normally are found around the openings of the rectum, vagina and urethra. Usually the bladder's own defence mechanisms enable the body to cope with these bacteria but in some circumstance, and more often in women, infection can result.

Signs of cystitis are burning or stinging when passing urine, an urgent need to pass urine - and frequently, passing only small amounts at a time or producing discoloured, cloudy and smelly urine.

"Help is available to treat cystitis", say Self Care pharmacists. Mild UTIs can go away on its own without medical treatment, but antibiotics will help this happen faster. In most cases a short course of the antibiotic Trimethoprim is all that is needed to treat the infection. Many pharmacists are now trained and accredited to sell this without a prescription to people in particular circumstances, such as non-pregnant

women aged between 16 and 65 years with uncomplicated cystitis.

"At the first sign of cystitis, drinking two or three glasses of water, or as much as you can" has traditionally been recommended, -to try and 'flush-out' the bacteria from the urinary tract". Urinary alkaliniser medicines have also been recommended to help make the urine less acid and less likely for the bacteria to thrive. However, there is no strong proof for either of these recommendations now. Additionally alkalinisers can interfere with the activity of certain medicines and you would need to discuss this with your Self Care pharmacist if you are taking alkalinisers with other medicines.

Some symptoms may indicate that the infection is more serious. "For example", caution Self Care pharmacists, "if you experience high fever, confusion, pain in your lower back or lower stomach, an unusual vaginal discharge or blood in your urine, then see your doctor immediately". Children and men can also get cystitis and both of these groups should have their symptoms checked out by their doctor without delay.

Women can take some simple steps to prevent cystitis, and help decrease the number of attacks. Self Care pharmacists

recommend the following- "Wear cotton underwear, or underwear with cotton gussets that are not tight, to allow the skin to breathe. Empty your bladder completely each time you pass urine, and immediately after sexual intercourse - to help get rid of remaining bacteria. Avoid using diaphragms or tampons when you have cystitis as these can increase the number of bacteria and make the infection worse.

After urinating, use toilet paper to wipe from front to back, and be careful with personal hygiene of the anal/vaginal area. Perfumed soaps and vaginal deodorants can irritate the skin, so avoid using them". During a bout of cystitis, placing a hot water bottle on your stomach can help to ease the pain.

Ask your Self Care pharmacist for a copy of the Urinary Tract Infections fact card that has more useful tips on how to care for yourself when you get this infection.

Join me for Laughter Club 😂😂😂
Every Tuesday, 9.30-10 am
It's Fun, It's Free @ The Western Community Centre

Former Councillor, stadium advocate & community champion awarded 'Freedom of the City'

After hearing the exhaustive list of contributions Peter Bos has made to Hamilton city and its people, his grandson Arie remarked, "Opa, you've done so many things!"

Bos, affectionately known as Bossy, or opa [Dutch for grandfather], was presented with Hamilton City Council's Freedom Holder of the City Award at a ceremony at FMG Stadium Waikato recently.

Freedom Holder of the City is presented for significant and sustained contributions to Hamilton, with Mr Bos the 26th recipient of the city's highest civic honour.

The venue for the ceremony was fitting, with one of Mr Bos's major achievements being the forming of Friends of the Stadium, which petitioned for the upgrade of the former Rugby Park.

"We arguably wouldn't be gathered in what is a world-class stadium, the best in New Zealand for watching rugby, if not for Peter's determination and skill in building relationships," said Deputy Mayor Martin Gallagher.

Bossy went on to hold various roles during the stadium's construction and early running, culminating in being the regional chairman and ambassador for the 2011 Rugby World Cup and being named as the stadium's Patron in 2013.

From 1998 to 2013, he served five consecutive terms as a Hamilton City Councillor representing the East Ward.

In that time, he single-handedly initiated Hamilton's relationship with the Belgian city of Ypres, which has led to the development of the Ypres Garden in Memorial Park, and the reciprocal unveiling of Hamilton Park in Ypres.

"You're not only a legend in the Waikato,



you're a legend in Ypres as well," said Hamilton City Council Deputy Chief Executive Lance Vervoort.

"Your enthusiasm and passion is absolutely genuine, and your loyalty to the people you work with is unwavering.

Thank you for everything you've done for Hamilton, Hamilton City Council and the Waikato."

Lt Col Olly Te Ua, Military Secretary for the Reserve Force of the New Zealand Army, served in the same regiment as Mr Bos, the 6th Hauraki Battalion.

"It is very rare to see anyone with those two medals together," said Lt Col Te Ua. "It speaks to Peter's length of service and his commitment to his country.

All the speakers referenced Mr Bos's colourful personality and forthright manner.

"You're a straight shooter and you're not afraid to speak your mind," said Hamilton Mayor Andrew King.

"It is my pleasure to be the Mayor who is awarding you Freedom Holder of the City tonight."

Bos was also self-deprecating about his unique way of getting things done, while also emphasising the importance of teamwork in all his achievements.

"At times in the past, I was rude, hostile, ungrateful, impatient, demanding – and that was just on a good day," he said. "I'm sorry about that. But if you're prepared to take the praise, be prepared to take the blame.

"I never did projects or tasks by myself. I always had people who would advise, help, support and encourage. Giving to people or projects for your city or country gives me great satisfaction. The only benefit to self is seeing the benefit to others."

The stellar rise of Verity

Little did the sixteen year old performer realise when she auditioned for the World Championships of Performing Arts back in August 2018, the doors it would open for her.

On July 7 she flew out of Auckland airport along with her supporter, her mum, Donna and the rest of the national team.

The competition was held in Long Beach California and saw thousands of contestants from over 80 countries compete in vocal, acting, dancing, modelling and variety competitions. Verity competed in the acting, modelling and singing.

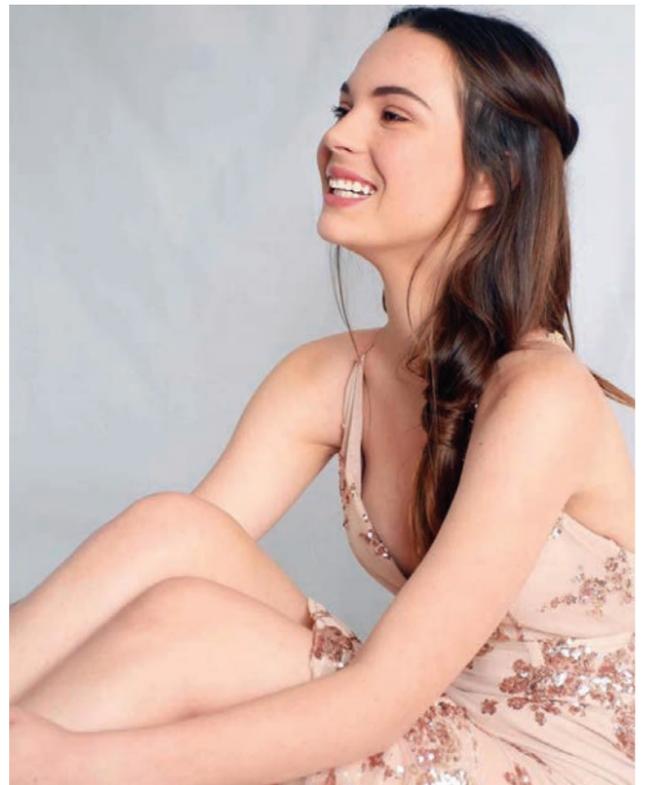
As the competition progressed it was obvious she was seen as a front runner with the Head of Media contacting the Managing Director and naming Verity as his pick of the day.

As the competition progressed it was apparent Verity was doing really well. By Thursday night the "go sees" were announced.

Go sees are when judges, talent scouts, vocal coaches and record producers name people they would like to see personally to give feedback or talk to a little more. Most people got one or two go sees, the really lucky ones got seven or eight, Verity was invited for 32. At that point we knew she was a front runner.

Early Friday morning before go sees, Verity had a 1:1 critique session with the famous vocal coach to the stars, Romeo Johnson. Romeo is the former head vocal coach on the Voice USA and former vocal coach to Michael Jackson.

Romeo asked Verity to sing a song that showcases her voice so she sang 'Father' by



Demi Lovato. We were blown away by his positive response. He wants to work with Verity and vocal coach her.

Other offers included a scholarship to the New York school of film, the chance to model in Milan, to be signed by an international modelling agency and four different recording contracts.

In the final awards ceremony, Verity received twelve medals, a \$200,000 scholarship to study film and musical theatre at the New York School of Film (the top award of the World Championships) and a record deal with Indasoul records.

Back in NZ for now, Verity is returning to LA soon to work with Grammy award winning songwriters in the studio to make a start on her recording career.

Vote Shanti Ralm

Your Hamilton West candidate for city council



A Voice for the Community!

Keep Calm Vote For Ralm!

Authorised by Shanti Ralm 12 Wembley Close, Hamilton

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I stand for getting growth right.
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Your Say: What made Chill in the Park awesome for you?



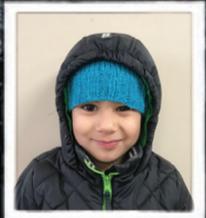
Neil
Seeing all the volunteers working hard



Jules
Watching the children faces when they were performing



Arthur
Helping out all the kids and old people find their way around the event



Ethan
Playing with the ice!



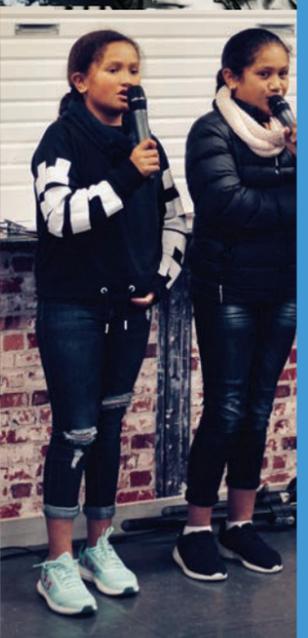
Matty
Getting to play around with the sound system



Nate
Seeing another successful community event, always good to get involved



Paul
Keeping in contact with the Centre and seeing the whole community smiling



Climate of Action - Jo Wrigley, Manager of Go Eco, Frankton

Over the past year we have been surrounded by a growing sense of urgency in climate and environmental work. The United Nations and the Intergovernmental Panel on Climate Change are advocating for urgency and we, the citizens of Kirikiriroa have yet to see a clear and cohesive overarching prioritised and funded workstream to drive transformational change that speaks to this urgency.

The way forward, without repeating history, is to effect a work-plan promising transformational change that upholds Tino Rangatiratanga and Te Tiriti. The complex and intersecting issues of ecological collapse have been well discussed. It's time to rock the boat, to shake things up, to show both leadership and partnership in an authentic and meaningful way.

Environmental Leadership is a community based collective activity, a partnership between mana whenua and local communities. Our communities effect change, educate, organise and are the voices of our environment, indigenous wildlife, our river and the combined futures of our children and grandchildren.

Nature creates no waste and neither should we. Many councilors will talk about kerbside recycling and food-waste



collection being rolled out next year, it's a useful thing, it supports individual action however we need to consider the changes required to at the production level that create the waste in the first place.

There is a phenomena called local body elections where about 30% of our voting population votes in a group of individuals who become councillors and claim a role in leadership for our city and region. With the upcoming local elections we have a collective responsibility to ensure that those elected to represent our city are advocating for our environment and a sustainable future.

One of the great things about these elections is that communities have new opportunities to challenge existing councillors to talk about what they have already done and, alongside new candidates to share their vision for a city wide climate action workplan and our life supporting environment. Get along to your local community candidates meeting, ask the questions, lay down the challenges and ensure your whānau is enrolled to vote for our environment.

To have a voice, our environment needs elected advocates.

18 Tonnes Of Snow Falls In Nawton!

By Max Coyle

As it does each year for the past 9 years, snow fell in Nawton for the annual Chill in the Park event. This year went bigger than ever before and braved changing weather to bring a smile to the end of the children's holidays.

Heaps of great activities, stalls, food, organisations and fun times made for a great day, with a tonne of volunteers helping the Western Community Centre staff ensure the event continues to be the number one urban snow event in New Zealand.

After the 18 tonnes of snow, one of the highlights of the event was the Hamilton West's very own Idol show 'Nawton's Got Talent'. With a max age of 17,



multiple youngsters showed what they were made of with a mixture of singing & dance acts wowing the crowd. All entrants won prizes and Nawtons Got Talent will return to Chill in the Park next year. Get practicing kids!

Before the talent quest though the sky opened up with a bit of rain that sent most rushing inside where the festivities continued and the yummy indoor food stalls kept everyone going along with the entertainment.

Amazingly on Monday morning, after a whole weekend of a sun and rain, there was still some snow left over in the carpark! Wow.

Kiwis raise \$1.6m

- to provide free kids' counselling by supporting Gumboot Friday

Mike King and the mental health charity I AM HOPE asked Kiwis to wear gumboots on Friday 5 April 2019 as a fun way to raise money for kids counselling. Over \$1.3 million was raised on Gumboot Friday with another \$300,000 donated in the weeks following.

Kiwibank New Zealander of the Year, Mike King says: "Professional mental health support is now available for any young person who needs it, up to the age of 19. There's no tricky criteria or waiting list, just book an appointment and I AM HOPE will pay."

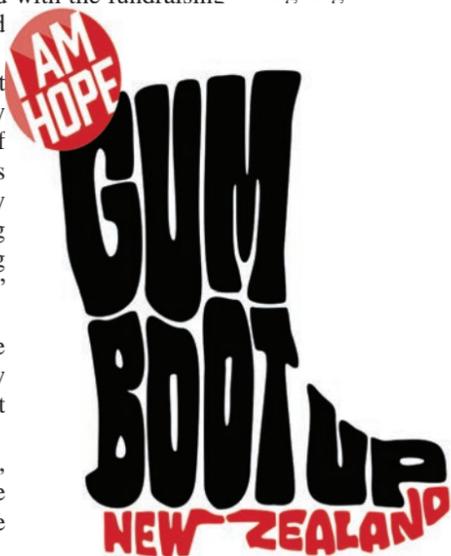
Since 5 April 2019, 1,299 kids have reached out for free counselling, and over 300 registered counsellors, psychotherapists and psychologists have signed up with I AM HOPE to provide help to kids in need, with the numbers growing every day.

Mike and his team were overwhelmed with the fundraising efforts of schools, businesses, clubs and kindergartens right across the country.

"The success of the first Gumboot Friday shows that Kiwis care deeply about improving the mental health of our rangatahi. My heartfelt thanks goes out to everyone who got involved. By chucking on your gummies and talking about mental health, you made a big difference to kids who are struggling," he said.

Mike says I AM HOPE's corporate partners and ambassadors around New Zealand were instrumental in Gumboot Friday's success.

"Kiwibank, AMP, Spark, NZME, Skellerup, Farmlands and TVNZ were just some of our supporters that made Gumboot Friday happen".



Head of Marketing and Brand at Kiwibank, Simon Hofmann says: "The support shown for Gumboot Friday 2019 really proved how important mental wellbeing is to New Zealand. We had over 500,000 people upload the Facebook frame when launching Gumboot Friday and we're excited to be partnering again to grow the impact even further.

"Kiwibank is all about making a meaningful contribution to New Zealand Inc and one of the ways we do this is through supporting our communities and the causes they care about. We'll be empowering our staff and all New Zealanders to join the gumboot wearing movement again next year."

Plans are already underway for Gumboot Friday 2020 and it's going to be even bigger and better. In March, Mike and the I AM HOPE team are driving the length of the country on tractors to connect with even more Kiwis, building up to Gumboot Friday on 3rd April. Mike says 'it's going to be awesome!'

NZ Mental Health Statistics

Figures released last year by the Ministry of Justice, showed New Zealand's suicide rates had increased for four consecutive years and are one of the leading countries in the world for youth suicide. Last year in New Zealand 137 young people died by suicide and it is estimated another 3,500 attempted to take their own lives. While Government agencies are doing their best, some kids are waiting up to six months to receive the counselling they so urgently need.

FROM YOUR MP

Tim Macindoe, MP for Hamilton West

Government ideology prevents vital surgery



In Hamilton we are fortunate to enjoy excellent health services, including surgical procedures provided at Waikato Hospital, Braemar and elsewhere

However, the current Government's ideology actively discourages DHBs from using the private sector, resulting in New Zealanders missing out on much-needed surgeries.

National's Health spokesperson noted recently that the length of time Kiwis are waiting for elective surgeries is substantially increasing. We believe that DHBs should be partnering with private hospitals when they cannot achieve the number of procedures they are expected to.

The previous National-led Government set targets for elective surgeries, and it's no coincidence the figures have noticeably dropped since Labour ditched this specific target last year. Patients don't mind where they get their publicly-funded elective surgery, but blind ideology from this Government is getting in the way of easing their suffering.

The Government promised to do more in this area, but right now DHBs are on track to perform fewer elective procedures than the year before. It would be a tragedy if anyone was to die while waiting for an operation that should have been performed by now.

Blind ideology is not only getting in the way of improving access to publicly-funded elective surgery, it could also be more expensive for taxpayers. Some private hospitals report that the lack of planning means when they are asked to perform procedures, the cost to DHBs is higher than it would be if better and earlier planning was undertaken.

This is a Government that talks about need but does little to meet it. They should be seriously considering a plan to reduce the time New Zealanders are waiting for surgeries, not shutting out hospitals that could assist.

CAMP AWHI, "A CHANCE FOR KIDS TO BE KIDS"

ANNUAL FREE CHILDREN'S CAMP
CHILDREN 7-17 YRS WHO HAVE SUSTAINED A BURN INJURY THROUGHOUT N.Z.

- FUN ACTIVITIES
- HELD ANNUALLY IN JANUARY
- CONFIDENCE BUILDING WORKSHOPS

Please contact our office for more information

Burn Support Group Charitable Trust
PH: 09 270 0640 E: info@burns.org.nz
Register Online www.burns.org.nz

Camp Awhi is a 5 day sleep-away camp for NZ children aged 7 - 17 years old, that are burn survivors. It gives them the chance to make genuine connections with other children, rediscover the fun in physical fitness, learn their own strengths, and find their own voices.

Along with a whole lot of fun, the children engage in confidence building workshops and with wonderful peer support they find themselves. It is 5 days of enjoyment, encouragement, inspiration and togetherness.

Camp dates for 2020 January 24th - 28th.

For more information contact Michelle on 021863670

Donating Close to Home



Charity starts at home they say, but once your own house is in order, where can our time or generosity best find another home to help? By helping those in need in your neighbourhood, we lift ourselves also.

The Western Community Centre is open to all, all week, and during that time provides direct assistance to families, individuals, children and seniors alike.

We don't discriminate, we assist. We ensure everyone has access to a warm, comfortable environment, separate from their home, school or workplace, for those times they need it, whether to find someone to talk to, or just sometimes to find some peace and quiet. Another place they can feel at home.

Our Whanau Support worker works directly with families to assist them into budgeting, employment, housing, better health outcomes and connecting parents with the things they need to ensure their children and themselves, thrive.

Our Youth Development Worker works directly with young people, teenagers, at risk youth, assisting them with

leadership development, instilling community pride, hygiene, career and education prospects and safe learning and sharing environments. These youths become amazing volunteers and take ownership of their actions and start initiatives and help make our community a better place to live.

Our Services Coordinator works directly with our senior population, including home visits, social events, luncheons and bus trips, providing an invaluable service to our elder population. This includes our free bus service taking people to the supermarket on pension pay week from door to door.

If you'd like to donate to help your local community, the events we provide and the service we give, you can do so at reception, or online at <https://givealittle.co.nz/donate/org/westerncommunitycentre>. We also graciously accept estate bequests for those that consider us in their will. You can also gift through your weekly OurPower bill.

Thank you for reading this far, as always, the most important donation we can ever make, is time.

Get on board...

There's a bus revolution happening in Hamilton city, and in the wider Waikato, and we want you to get on board.

As well as the flash new double-deckers on the Orbiter, Raglan and Huntly runs, there are new services like the North/South Comet (covered in the last issue) which is already the second-most popular service in the region - and then there is a brand new electronic ticketing system (tag on/tag off)



Councillor Dave Macpherson (author of this article) & Regional Councillor Russ Rimmington - the Co-Chairs of the Waikato Regional Passenger Transport Committee, who bought in these improvements.

starting in October, a new bus app 'Transit' (see below) that will get rid of the need for your timetable, and a whole heap of new initiatives:

Free weekend buses for Under 19s from the start of July just gone; and we are looking at extending that to all school holidays, and ultimately to free buses 24/7 for youth in Hamilton - no more Mums and Dads taking kids to school and choking up the roads!

Free buses permanently for all Disability concession card holders -starting a few days ago, if you've got, or can get a disability travel concession card, you'll get free bus trips throughout the Waikato, at any time.

Free Buses for

Super Gold card holders - well you've known about this (between 9am-3pm) for some time, thanks to Winston, but now we're looking at making them free for superannuitants 24/7 - no time limits (watch this space).

Free realtime bus app. Download Transit App



Free buses for beneficiaries, and maybe other low income earners? The Government is looking at this right now - here's hoping they'll find a way to bring it in soon.

Ultimately, if

we're going to really improve transport around Hamilton, we need to move thousands from their cars into public transport, or walking & cycling - and the Council is working hard on some grand plans in this area.

Its good for the environment... it's good for your pocket... and its even good for those who still need their cars, who'll be fighting with less traffic on the roads!

by Dave Macpherson

Your vote matters.....



The local body elections are coming and you've started to see the signs going up. What does it all mean? Well its time to look into it. You can find out more about the Hamilton Council elections here: <https://www.yourcityelections.co.nz/>

Hamilton's voting record is steadily decreasing, meaning fewer people are deciding who represents you. Elected

members decide what parts of the community and projects are prioritised, from roads you drive on to the water you drink. In 2016 the mayoralty was determined by a handful of votes.

There's plenty of time to get enrolled and have your voice heard. You can update your details at elections.org.nz, pop into the Post Office or even free call 0800 36 76 56.

Are You Ready to Jump Into a New Challenge?

Parkour is movement through space and around obstacles. It is the practice of ease and efficiency of motion, being able to overcome obstacles and flow through an environment, enjoying the thrill of reacting to the landscape as it rushes towards you.

At Project AIR, the team run classes and open-gym sessions for movement enthusiasts from age five all the way through to adults.

Project Air is located at 4 Thackeray Street. Head down and check out their amazing facility in the heart of Hamilton. For more details or to view their class timetable, check

out the website or find them on Facebook.

The word parkour derives from *parcours du combattant* (obstacle course), the classic obstacle course method of military training.

A practitioner of parkour is called a traceur, with the feminine form being traceuse. They are nouns derived from the French verb tracer, which normally means "to trace", as in "tracing a path", in reference to drawing. The verb tracer used familiarly means: "to hurry up".

If you're ready and looking forward to finding out what parkour can do for you, the team at Project Air hope to see you soon.

project AIR TRICKING PARKOUR & FREE-RUNNING

PARKOUR CLASSES FOR KIDS & ADULTS

WWW.PROJECTAIR.NZ 4 THACKERAY STREET, HAMILTON

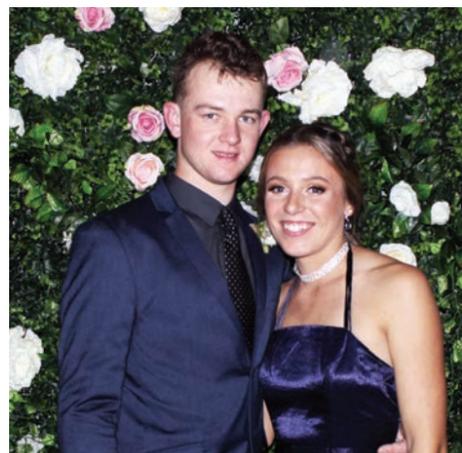


A Night at the

By Phoenix Te Whau

After months of planning by the Ball committee, Saturday 29th of June was a memorable night for the Year 12s & 13s of Fraser High School. They were invited to spend an evening to take a step back in time and relive the majestic and harmonious Ancient Greece, littered with its gallant greenery and golden regal architecture.

The prestigious school ball, themed *A night in the Grecian Gardens*, allowed senior students to dress to impress and enjoy themselves a week before end of Term 2. The event was held at Wintec's The Atrium and included a DJ, photo opportunities, food and drink, a candy bar and decorative painter. Awards such as best couples, Y12 Rulers of Athens, Y13 Mount Olympus Supremes, Eros and Aphrodite (best dressed) and Grooviest Grecian





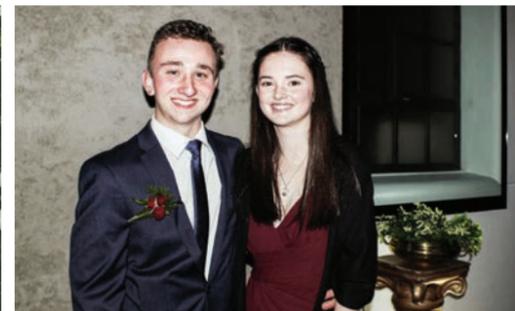
Grecian Garden



(best dancer) were up for grabs, with the student body voting on who best deserved each title.

Throughout the night there were many notable segments, aside from the awards being presented. Some of the Year 13 students showcased a choreographed dance with a mash-up of modern songs to support. The students also did a haka for the videographer (provided by DJ, Vivid Collective) to show the pride of Fraser High. This was posted and can be found on Vivid Collective's Facebook page as well as the Aftervideo (a montage of the evening's highlights).

With the Ball now concluded and exams on the horizon, the Year 12s excitedly await for the Ball season to come around again next year, while the Year 13s are left counting down the days until the Leavers' Dinner.





Stunning Performances by Students



By Marilee Matenga

It was all go in the Music Department for the last week of Term 2. PERFORMANCE WEEK at Fraser is where all Senior Music students showcase what they have been practising over term 1 and 2. PERFORMANCE WEEK was jam-packed with stunning performances on guitar, drums, violin, piano, keyboard and also outstanding vocalists singing up a storm! PERFORMANCE WEEK is an assessment opportunity for our Senior Music students as they add performances to their growing music portfolios.

PERFORMANCE WEEK was made up of lunchtime concerts every day, an evening recital, and we then finished the week with a "Let's Groove Tonight" themed

dance/performance.

The lunchtime concerts were open for anyone to attend. Cephas, year 11 student who attended said "We were able to appreciate our friends and admire their talent".

We have five Senior Music classes at Fraser and for our themed dance/concert this involved our classes preparing songs as a band and then performing together.

A bit of competition between our Music teachers added to the fun of the process and the night. Whanau were able to sit and enjoy the performances or could join the other students as they danced the night away.

Nolan, year 12 student said "Playing was a highlight for me, was a cool vibe".

We hope we can continue this "cool vibe" every year!

Success for Students in Waikato Culinary Fare

By Bevan Thomas

On Thursday, 4 July 2019, a small group of students from Fraser High School took part in the Waikato Culinary Fare. This is an event that has been running for the past 15 years, hosted by the Waikato Institute of Technology (WINTERC) and comprises of a two-day cookery competition across a variety of cookery disciplines.

Three students from Fraser High School took part in this competition, competing in the Mystery Box section. Lynette Patterson and AJ Walker, supported by Jesse Gibbeson, were tasked with creating their own recipe based upon a selection of ingredients that were deliberately kept secret from them until just before the competition started.

About half an hour before the competition was due to begin, all competitors were called into the restaurant area to receive a list of the ingredients they were to be provided with. It was wonderful to see them, professionally attired in full chef's uniforms, fully focused on the task of creatively designing a dish that could incorporate some of these ingredients, that would be both nutritionally balanced and attractively presented.

At the commencement of the competition, all competitors were led into the kitchen area – a massive commercial kitchen – where they were assigned their kitchen station and their Mystery Box containing

their mystery ingredients. They quickly set to work, organizing their workspace and ensuring that all equipment and ingredients were selected and ready for use – a practice we call "mise-en-place".

Across four heats, each comprising teams from 9 – 10 secondary schools, the Fraser High School team were noted as one of the top teams, eventually being awarded Bronze Medals and certificates of congratulations from the judges. (One judge confided to me that they had been adjudged among the top three schools in their heat.)

We warmly and heartily congratulate our students for their fantastic efforts and note that they have also created a growing interest among Fraser High School students to compete in the Waikato Culinary Fare again in 2020.



Fraser Students, AJ Walker and Lynette Patterson preparing their recipe

Vaiaso o le Gagana Samoa/Samoan Language Week 2019



By Junior Si'ilata

The theme for Vaiaso o le Gagana Samoa 2019, which was held during the week Monday 27– Friday 31 May, was "Lalaga le si'osi'omaga mo se lumana'I manuia" – Weave an environment for a better future

Our Senior Gagana Samoa students organised the week's celebrations by first holding a flag raising ceremony on Monday. We then had a group of Senior Gagana Samoa students travel throughout the week to Woodstock Primary School, Aberdeen School and to our very own Fraser Campus Creche to teach their students words and phrases in Gagana Samoa and to also perform a sāsā, siva and taualuga.

On Thursday morning we held a Professional Learning Workshop with our teachers on how to best engage with Pasifika

tamaiti and their families. We had a panel of Aiga Tasi students answer teachers' questions and also share their learning journey at Fraser. We then had an Aiga Tasi Assembly during Group Time to celebrate Vaiaso o le Gagana Samoa. Our Senior Gagana Samoa Students hosted the assembly and conducted a traditional Samoan Ava Ceremony. This was the first time in Fraser's history! The Ava ceremony is the Fa'aSamoa way of showing the highest honour to people of authority. It was a wonderful learning experience for all staff and students.

To conclude Vaiaso o le Gagana Samoa on the Friday, our Gagana Samoa Students prepared 146 plates of sapaui ma alaisa (chop suey and rice) for students and staff. At break 2 we then had games in the gym.

Our upu (word) for the week was "TAUTUA" which is to

"SERVE". We have served our elders and teachers by honouring them in a traditional Samoan Ava Ceremony. We have served our fellow students by breaking bread and feeding them. We have served our young ones by performing and teaching them about our beautiful Gagana Samoa.

The week was a wonderful celebration of Samoan culture, language, food, dance, music, history and traditional customs. Fa'afetai lava to all our students and staff for supporting all the activities that took place this week

Fraser High is the only School in Hamilton that teaches Gagana Samoa and is thriving in NCEA. This would not be possible without the support of our wonderful principal Mrs Crawford, our Board Of Trustees and most importantly our community and fanau. Soifua ma ia manuia



From Garden to the Table – Junior Horticulture at Fraser High School

The year 9 and 10 Horticulture classes have been busy learning the processes around growing a successful garden. The course began in February and the students learned to prepare their gardens, by weeding, digging and then adding compost and fertilisers.

The next step was to grow the seeds in punnets and watch them grow in the Glass House. After several weeks many of the seedlings were ready to plant in the garden plots.

One of the crops that was successfully grown was Chinese Cabbage - Wong Bok.

The students then decided to use the Chinese cabbage as one of the main ingredients in their dumplings. During week 4 of the term, the Year 9 and 10 students successfully made 750 dumplings. All of which, were devoured.

The students learned what ingredients went into dumplings and how to make and cook them.



The year 9 and 10 gardens looking very plentiful and healthy.

Overall, it was a very successful experiment, with all of the students learning about the process of garden to table.

The students are already thinking about what to make next term!



Year 9 students, Jessica White, Tegan Barham, Mishell Reddy, Michala Fisher and Saskia Elliott preparing the dumplings.



Tumeke Enterprise Youth Summit and Youth Awards

By Jay McLaren-Harris
Chief Executive, Tumeke Enterprise

During the first week of the July school holidays, I had the profound privilege to host a group of rangatahi at the Tumeke Enterprise Youth Summit and Youth Awards 2019 in Tokoroa, South Waikato. Amongst this group of rangatahi was Phoenix Te Whau from Fraser High School.

Phoenix illustrated great leadership and determination to learning how to become a better and more disruptive leader, he met new friends and had access to 16 top business, cultural, community and political leaders such as Dr Lance O'Sullivan, Deputy Police Commissioner- Jevon McSkimming, US Consulate General- Katelyn Choe and Queens Young Leader Recipient- Ezekiel Raui.

On a more personal note, Phoenix is amazing. He is a bright and talented young man who has massive potential to change the world.

It was a real honour to host Phoenix, and I look forward to staying in touch with him as I support his future endeavours.



Phoenix with guest speaker, Katelyn Choe, the US Consulate General to New Zealand.

Congratulations Ben Trim

At the Trans Tasman Archery Challenge held in Auckland recently, Fraser High School student, Ben Trim, shot very well, bringing home Two Silver and one Bronze medals in total.

The NZ Team brought home the Trans Tasman Cup for the first time since 2012!



Ben Trim receiving one of his two Silver medals.

Olympic Cyclist Visits Fraser



Hope Moke (left) and Awatea Wharakura holding the NZ Olympic Team flag with Alison Shanks.

Recently Fraser High was fortunate to have Olympic Ambassador, NZ Olympic Cyclist and former world champion cyclist, Alison Shanks come to speak to a group of students.

Most students were from the Years 9 & 10 Sports Hubs with a number of senior student leaders present also. Around 100 students all together.

Alison spoke about her Olympic journey, what it was like to be at the Olympics and to share a village

with some of the world's most well-known athletes.

She spoke about the level you need to be at when becoming the world's best and how hard it can be to maintain that level, as often it can be the difference between being Number 1 or Number 2.

She also managed to get some student volunteers up to try on her racing outfit, and tested them on their ability to work at 100% for 3 minutes - something that is harder then it looked.



Year 10 student, Ezekiel Jackson tries on Alison's racing outfit.

easing the transition

'Nau Mai Haere Mai – We invite you into our whaanau'



Year 8
GET TO KNOW US
& Virtual Tour
Tuesday
10 September
Fraser High School Hall
5.30 – 6.30 pm



Year 8 ENROLMENT
CONFERENCES

Tuesday 17 September
Wednesday 18 September
Thursday 19 September
4 pm to 8 pm

Complete an enrolment application, then call 847 9044 and book an appointment

Year 8
FRASER DAYS
schools other than Maeroa
Wednesday
20 November
Maeroa Intermediate School
Thursday
21 November
9.00 am – 2.45 pm
both days



2020 Enrolments are Now Open

call NOW for an enrolment pack
and book an appointment

FRASER HIGH SCHOOL
Te Kura Tuarua o Taniwharau
Phone 847 9044 email office@fraser.school.nz



LEARN with Purpose • ENGAGE with Pride • ACT with Respect • DARE to Succeed

What's on at The Western Community Centre

The Western Community Centre
46 Hyde Ave, Nawton - 8474873
admin@wccham.org.nz,
www.westerncommunitycentre.org
Check us out on Facebook!

Since 1979 the centre has been providing a wide range of support services, programmes, activities and events. Our two facilities are at 46 Hyde Ave and 108 Grandview Road in Nawton. The centre is owned by the community and overseen by a board of community members elected each year.

Community information hub, photocopying services we can print from USB, B&W 10 cents, colour 40 cents, colour A3 posters \$1. We also laminate and bind, scan and email.

Tiger Worms for your Worm Farm. Pick up from the centre, anytime Monday to Friday, 9am-5pm. \$15 for an ice cream container of tiger worms. The worms will be packed with bedding and food and will be more than enough to give your worm farm a flying start. We're also happy to provide support to people about worm farming and getting their farm started.

Justice of the Peace - Available Tuesdays, 10.30am - 12pm, no appointment needed just turn up!

Free Legal Advice - Niemand Peebles Hoult are offering free legal advice on Wednesdays at the centre. Appointments take place between 9am - 10am. To book

contact the Centre.

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

Western Community Centre Radio Show - Free FM - Tune into to 89FM every Friday 11am - 11.30am to stay updated with news and information from the Centre. Visit freefm.org.nz for podcasts of the show and further info.

Fruit & Veg co-op - The best deals of fresh fruit and veges! Order before mid-day Tuesday, pick up Thursday after 10.30am. Order online at www.foodtogether.co.nz \$15/\$26.50/\$36.50

Toastmasters
If you want to meet a great bunch of people, have an enjoyable evening while at the same time learn the art of public speaking in a friendly and supportive environment, then come along to Dinsdale Toastmasters. Tuesdays 7.15 pm - 9.00 pm, for more info Ph 0800736753 or evenings 07 850 4187

Walking Group
Every Monday 9am. Meet at the Western Community Centre for a 45min easy walk followed by a cuppa.

Last of the Summer Wine club
Every Wednesday morning(ish). Blokes having a cuppa mid morning and a laugh.

Come down for a coffee and say g'day.

Western Stars Children's Holiday Programmes
We will be running 2 weeks of holiday programmes during the next School holidays, 8am to 5.30pm. 1st week based at Fraser High School, 2nd week based at Community Centre. Enrol at the centre or online at our website. 8 weeks of holiday programmes are held throughout the year. Winz subsidies may be available.

Western Wheels Learner Licence Course
Courses are held throughout the year, course cost is \$40 plus \$93.90 for the test licence fee. For dates and to enrol check our website: westerncommunitycentre.org

Laughter Yoga
Free Laughter Yoga class every week! Tuesday morning 9:30-10am. Its a great way to start the day, just turn up and be ready to laugh.

Tai Chi
We offer 2 community Tai Chi classes each week, Tuesday and Friday Cost \$3 per session. Tai Chi has been proven to improve mobility, flexibility and balance. Maureen Leong is the primary tutor. 10.30am-11.30am

Courage Counselling
We all face challenges in our lives. Courage Counseling is dedicated to helping you strengthen your relationships, regardless of the issue, or the size of the issue. Courage Counselling can help you build

strong relationships to help you get through. Call Jenny Ensing to book on 027 536 7464

50+ Luncheons and Bus Trips
Luncheon takes place monthly on third Thursday of each month at 12pm, the luncheons provide an opportunity for seniors in our area to meet, socialize, interact and enjoy some local entertainment. Transport is provided for those unable to drive. The luncheons are potluck and a great way to network and make new friends.

Woolly Club
Every Wednesday we meet at the Community Centre, 10am-12pm. Bring your craft projects, come learn or just pop in for a chat.

VENUE HIRE
Large Room - This room can seat up to 100 people.
Training Room - This room can seat up to 40 people own Kitchen included.
Classroom - Ideal for groups or children's birthday parties and small meetings.
Board Room - Great for group meetings, can sit up to 14 people.

Our Little Wish List
The centre is always on the look out for donations of DUPLO, lego, coffee mugs, plates, cutlery, kitchen utensils, pens, and stationery items. Also feel free to drop off surplus fruit and veggies for our "sharing is caring" table and we will make sure they are passed on.

Radio Western Community Centre!

"Five Four Three Two One... Thunderbirds are go!" It's 11 am every Friday morning on Free FM, and across the region, The Western Community Centre Radio Show is broadcasting.

Neil and Max take the reins, and over the last seven years the show has been bringing everyone a taste of what's happening out west. According to host and WCC manager Neil Tolan: "this has enabled us to reach a wider segment of our community and maximise the uptake in those accessing what we offer our residents." The fact that there is enough content to fill an episode every

week is a testament to the Western Community Centre. The facility and area are continuously hosting groups and events, spanning religions, ethnic groups, and ages - all of which you'll hear on the radio, "It gives us an opportunity to have our voice heard and an opportunity to celebrate the good things that take place at our centre," added Neil.

The show is an eclectic mix of music and community conversations, and guests of all ages join the show - many who haven't been on radio before. That's what makes the show special as it lacks the dryness of someone reading off the community notices. Instead, it's the people who are supporting the community, who are passionate and eager to make western Hamilton an even greater place and you can hear that in the hosts. "Honestly, it's a highpoint of the week, we have a laugh, play some music and help people, what else could you want," added host Max Coyle.

You can hear The Western Community Centre Radio Show on Fridays at 11 am on 89.0 Free FM and episodes online at freefm.org.nz

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

WESTERN Community News
YOUR PEOPLE - YOUR PAPER

The Western Community News is published by The Western Community Centre in partnership with Fraser High School. It's offices are at 46 Hyde Ave, Nawton Hamilton. It is Hamilton's only locally owned and 100% locally operated newspaper, local is something we've been for 35 years. The Western Community News is delivered bi-monthly on Saturdays across Hamilton West to 17,000 letterboxes.

Publishing Manager Max Coyle
Managing Editor Neil Tolan
Production Editor Dave MacPherson
Fraser High School Production Tim Atkinson
Proof-reader Jan Plumley

facebook.com/westernnewspaper
Advertising: Email westerncommunitynewspaper@gmail.com
Or call Neil on 07 8474873 ext 9
Stories & Letters to the Editor
Email westerncommunitynewspaper@gmail.com

YOUR PEOPLE — YOUR PAPER

FRIDAY 16th AUGUST



Venue: Fraser Tech Rugby Club
Cnr Norton @ Mill Street
Doors Open 6.30pm
Quiz commences 7pm
Teams of 4 - 8 people

Raising funds for the
Western Community Centre
Youth venue project!



Raffles
Auctions
Light Supper

To purchase tickets drop into the
Western Community Centre 46 Hyde ave, Nawton
or message our Facebook page
phone 8474873 or email admin@wccham.org.nz



Another successful Lions' project



The first Dinsdale Lions Club "Can Train" project was held at Countdown in Dinsdale on the 20th of July and became an instant success. Thanks to the generosity of Countdown shoppers, the Salvation Army Food Bank has received 280 cans of food, 50 packets of cereal, a big box each of rice, sugar, flour, pasta, biscuits, various sauces, toilet rolls as well as soap, detergent and washing powder.

The overwhelming generosity and support of the project from the Dinsdale community is appreciated and the club extends a special thanks to all of the kind folk for their donations, Countdown Dinsdale, Logan and Esmee who just wanted to help and the Dinsdale Lions Club project team.

The service of Lions reaches around the planet. Serving in over 200 countries and geographic areas, 47,000 clubs and 1.4 million members are helping others and making communities better. To learn more about what Lions Clubs do and how to become a member please email dinsdalesecretary@gmail.com

Lets go for a walk!

Looking to get moving for fitness or perhaps just to lift your mental wellbeing? Nothing beats a walk amongst nature. Here's some close-by walks for all levels.

Easy (up to 1 hour):

- Taitua Arboretum
- The River walkways
- Lake Rotoroa (Hamilton lake domain)
- Hakarimata Kauri Loop track

Moderate: (1-3 hours easy grade):

- Hakarimata Waterworks track
- Ruakuri Cave walk, Waitomo (free DOC walk)
- The Blue Spring, Te Waihou walkway
- Pirongia Kaniwhaniwha Cave Walk

Difficult (3+ hours or very steep)

- Hakarimata Summit

Wairere Falls

Te Tapui Reserve

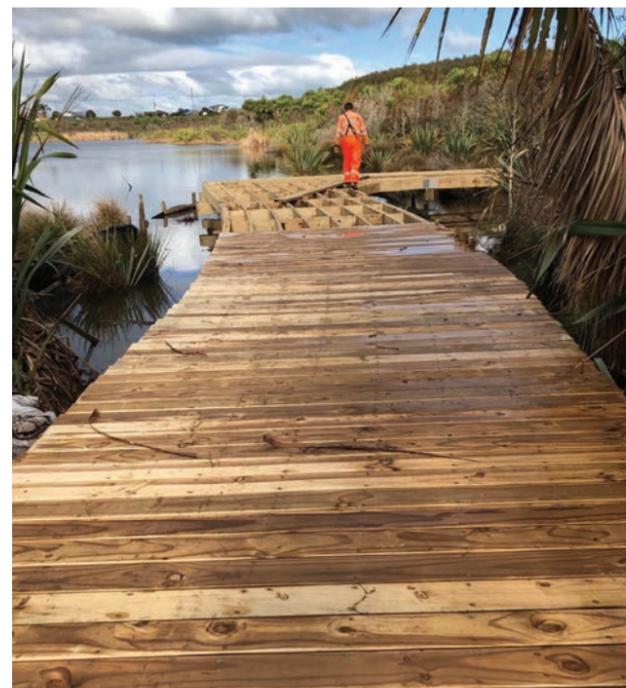
Honorable mention: Drive out to Raglan and walk up and down the beach.

(Hat tip u/simple_old_man for the great wee list)

Also the Western Community Centre's free walking group sets off every Monday morning at 9am for a 45 minute walk followed by a cuppa, you're welcome to join, cheers!



Waiwhakareke Planting



Thanks to all those who supported the recent Arbor Day planting. In spite of the threatening weather we had a marvellous crowd of helpers. We were very concerned about the dryness of the soil but since then we have had wonderful rain to bed the plants in. At the time the pukekos were very interested in the upturned soil and initially caused some havoc. Their damage has been rectified by patient City Council staff.

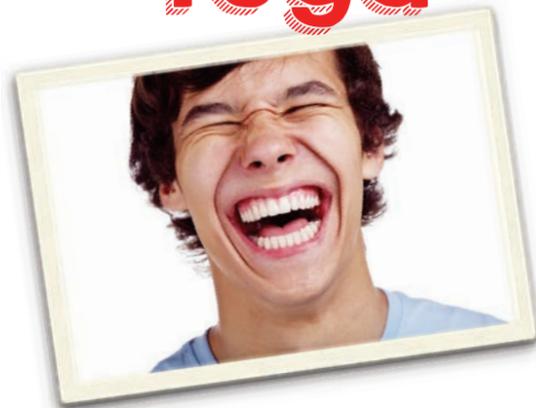
Please make a note of the next planting day which is Saturday 17th August. We need as much help as possible with this Interfaith event which will take place (wet or fine) between 10.30am and 2.30pm. Bring spades and gumboots!

While progress on the viewing platforms overlooking the lake has been slightly hampered by the wet weather it is still anticipated that the opening of the Park to the public will take place on 24th September. We look forward to as many as possible attending this event.

For further information about events associated with Waiwhakareke visit:

www.facebook.com/waiwhakarekenaturalheritagepark/

Laughter Yoga



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

TUESDAY'S

9.30am - 10.10am

Children welcome to attend with parents and it's free to attend.

check out www.laughteryoga.org



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



Western Walkers

Mondays 9am

Walking for around an hour at your own pace. Start and finish at the centre.



We have Tables and Chairs for Hire!

WEEKEND DEAL!
CHAIRS \$2, TABLES \$6 EACH,
PICK UP FRIDAY DROP BACK MONDAY.
(Minimum \$50 bond)



www.westerncommunitycentre.org



Check out our new Nawton

Key Rings

Just \$2 each available

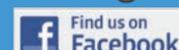
from our reception



The Western Community Centre

www.westerncommunitycentre.org.nz

46 Hyde ave, Nawton



Find us on Facebook

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Beginners Yoga

Yoga classes start at Western Community Centre at the end of August. The five week series covers the basics of yoga, so is ideal for beginners or those who haven't done yoga for a while.

All shapes, sizes and levels of fitness are welcome. Yoga teacher Penni Mantra Devi laughs at the common idea that yoga is about being extremely bendy. "You don't have to be a human pretzel – or look like the trendy yoga photos on Instagram at all!" she says. "In fact, if you tend to be a bit stiff, yoga can help make you more flexible – and for a very bendy person, often they need to build more strength around the joints. Yoga is about balancing strength and flexibility, and being in tune with your body".

"Beginners classes start off gently. I offer variations so there's something everyone can do – and if you can only do a little stretch, that's what your body



needs to do right now".

Penni says yoga has also been shown to help with feelings of anxiety, stress and depression. "Mental benefits are just as important as physical – and they go together, everything in balance".

Penni has been teaching the very popular yoga classes at the Waimarie Community House, Hamilton East for the last year and a half and also teaches in Raglan. She's a trained yoga teacher drawing on both traditional yoga techniques and contemporary movement research to give safe and effective classes.

Classes are on Mondays at 10.30am, from August 26 until Sept 23. Registrations are essential. \$40 for series of 5 classes.

For more info or to register, email yogavana@yahoo.com or you can find more information on her Facebook page: www.facebook.com/yogavana.nz.



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including
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*Conditions Apply