

MOIGE

ISSUE 93 JULY 2022. LIVING, WORKING & SHOPPING IN GLEN EDEN

Glen Eden Village Voice celebrates 10 years. See inside.



Shopping sprees
to be won
(see page 2)
plus our regular
Little India
competition

hen the F45 fitness studio on West Coast Road came up for sale, two couples jumped at the opportunity. Phil and Nikki Brown and Niki and Hadley Donald had been long-term members who'd become friends at the studio. As of two weeks ago, they became its owners.

Continued on page 3...









MEET THE LOCALS

Continued from page 1...

"We became friends through the amazing community spirit at F45 Glen Eden," Hadley, the Studio Manager, says, "and we decided to go into this venture together as we

have all found our journeys through this community lifechanging."

"We hope to bring the enjoyment of team training and regular exercise into people's busy lifestyles."

Until recently Hadley worked in the corporate world, most recently for a telecommunications company as a compliance manager.

However, he always had a passion for health and fitness and after attaining an undergraduate degree in Sport & Exercise Science he undertook postgraduate studies at the University of Auckland, specialising in clinical exercise physiology.

This involved working with patients who suffered from cardiovascular diseases, including heart attack or stroke, through to clients who live with diabetes or respiratory illness such as COPD.

"I was involved in creating and implementing tailored exercise prescriptions for these people to help them recover and improve their health and mobility," he explains.

Clearly it's very different to the corporate world, and Hadley and his team are really looking forward to their new challenge.

"We all bring a different set of skills to the mix, and we're all really excited where we can take F45

Glen Eden," he says.

"The best part of the job is the interaction with members of the studio and seeing a smile on their face when they are both in class and after having completed a session.

"With Glen Eden being such a rapidly growing community, we hope to bring the enjoyment of team training and regular exercise into people's busy lifestyles."

Sport is part of life outside the studio, too. "I'm a very keen cricketer and footballer, having played for local clubs Suburbs New Lynn Cricket and Oratia United Football in my younger days. And I enjoy watching sports too."

Family for Hadley is his wife and two kittens, while Nikki and Phil

have two young children. Nikki is a midwife, and Phil is a business analyst. Niki and Hadley also own The Wardroom Café in New Lynn.

They're all Glen Eden locals: "We shop at the local supermarket, we love our local café Columbus, Nikki and Phil's kids go to the local library every Saturday.

"We love this community and we look forward to using our business to support others within the community."

If you're a local business person with an interesting story to tell, contact David, the editor.

E: davidblocksidge@yahoo.com T: 021 054 8443











f you're looking for staff in Glen Eden – or simply looking for a job – the Ministry of Social Development (MSD) can help. Denise Bayne (above) is MSD's Work Services Manager for West Auckland and says many local employers are using MSD's free recruitment service to find people for a range of roles. "We've noticed a lot more employers looking for staff since Auckland came out of lockdown last December," she says.

Continued on facing page...







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MSD offers a no-fee recruitment service for employers, and provides a

number of services, from advertising an employer's vacancy to shortlisting candidates. Employers may get extra support once they've found the

contribution.

right candidate for the job

If you're
looking for
staff, call
MSD's
Employer

In West Auckland, industries like construction, film and business support are all regular users of MSD's employment services.

"We can help by matching the right person with the right employer," says Denise, who oversees a team of work brokers at the MSD office at 20 Oates Road, Glen Eden – near Glen Eden Post Shop in Glenmall Place.

The MSD work brokers make a point of learning as much as they can about an employer's business to match them with a suitable job seeker.

Employers often choose to interview people at the MSD office, as they can also talk to MSD about extra support that might be available.

Once an employer has found a candidate to hire, they may be able to get extra support through a range of training and employment assistance, including wage subsidies and post-placement support and training:

 Apprenticeship Boost – paid to employers

This is a payment to help employers keep and take on new apprentices. It means apprentices can keep earning and training towards their qualifications as the economy recovers from the impacts of COVID-19. The payment is made directly to employers and has been extended to the end of 2023.

 Mana in Mahi – paid to employers

This is for someone who needs additional support to kickstart a long-term career. MSD may be able to help with funding and wrap-around on-the-job support.

• Flexi-wage – paid to employers If a job candidate needs support to gain the required skills for the job,

Services team on 0800 778 008 or look online at www.workandincome.govt.nz/ employers

such as training or mentoring, MSD may be able to help with a wage

If you're <u>looking for a job</u>, call 0800 779 009, visit the MSD office, or look online at www.workandincome.govt.nz/work

See also **Job Café** on the library page, which offers help to job seekers, as

well as **The Trusts** ad on the inside back cover.

Win a \$50 voucher to dine in Little India!

How many times do the words 'Little India' appear in total in this issue of *The Voice*? Email your answer and name and address to the editor davidblocksidge@yahoo.com by the 15th. You could win a \$50 voucher to dine in Little India Glen Eden. Congratulations to our latest winner, **Dave Wileman** from Stallard Place.

NEW MANAGEMENT SPECIAL

50% OFF* YOUR FIRST MONTH!

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Take part in our July celebrations for your chance to win a share of \$1000 - for just turning up!



*Offer is for new members to F45 Glen Eden signing up for weeks membership. Must sign up by 31st July 2022.



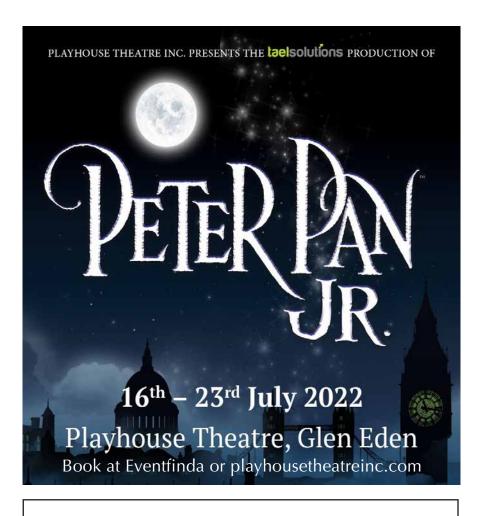
GLEN EDEN

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Vhat are cataracts?

The lens of the human eye is similar in operation to the lens of a camera. Located near the front of the eye, the lens focuses light onto the retina at the back of the eye. Light passes through it to produce a sharp image on the retina. When the lens of the eye becomes cloudy or opaque, light is unable to pass through it and your vision becomes blurry. This condition is known as a cataract.

Depending on the size and location of the cloudy areas in the lens you may not even be aware that a cataract is developing. As the cataract progresses, you will notice a deterioration of your vision. You may experience hazy, fuzzy or blurred vision and often you need more light when reading. Double vision

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may also occur when a cataract is beginning to form. Your eyes may also be more sensitive to light and glare, making night driving difficult.

How fast a cataract develops is very variable and actually can be very different for each eye. There may be a need to change eye glasses prescription in the early stages, which may help. As the cataract develops you will find stronger glasses will no longer improve your sight.

The cataract removal is either done privately at an ophthalmology clinic or, if your vision decline and effect on your everyday life meets a certain threshold, it may be done through the public health system.

Next month we will talk about the operation and visual outcomes.



16 Glenmall Place (09) 818 4452 reception@glenedenoptometrist.co.nz

Glen Eden Village Voice is ten years old!



his magazine is exactly ten years old. Above is what the cover of the first issue looked like. It was only four pages and it was published every two months.

After a while, as support for the fledgling community publication grew, we expanded to eight pages and published it every month, apart from January when many people take holidays.

Every so often we manage to do a 12-page issue (like this one). That is made possible by the support of advertisers, and I'm very gratified that they see the value in a Glen Eden-focused publication.

We get some support also from the local business association.

One way and another, we've reached ten and in the process have outlasted some other local publications.

I enjoy producing Glen Eden Village Voice, and I hope you enjoy reading it. Keep the content coming my way: davidblocksidge@yahoo.com

Here's to the next ten years.

Ngā mihi nui avid

Editor/Publisher



Glen Eden Library is the place to be especially in the school holidays

SPECIAL EVENT

Plant-Based Living

Saturday 16 July 11am-12.30pm Join Amanda Sorrenson from The Vegan Society in a discussion about the importance of switching towards a plantbased diet for our future, our health and animals. Sample some delicious vegan food and discover how easy it is to make the switch. All welcome.

SCHOOL HOLIDAY PROGRAMME

Movie and Craft

Monday 11 July, 2-4pm. All welcome, popcorn served!

Science Workshop with Robert

Tuesday 12 July, 10.30am-12pm. Age 7+. Booking required in the library or on their Facebook messenger page: https://bit.ly/3Hcbpa1



Poi Making and Dance

Wednesday 13 July, 2-4pm. Age 5+.



Titītōrea Short Sticks Session

Friday 15 July, 10am-12pm. Age 5+. Come and join The ReCreators to celebrate Matariki by making tītī for use in tītītōrea (short stick games). Book your place at https://bit.ly/3xCg9CP

Matariki Rock Painting with Karen Kennedy Monday 18 July, 10am-12pm.



Science Workshop with Robert

Tuesday 19 July, 10.30am-12pm. Age 7+. Booking required in the library or on their Facebook messenger page: https:// bit.ly/3Hcbpa1

Badge-Making Workshop

Wednesday 20 July, 10am-12pm. Age 5+.

Harakeke (flax) Star & Flower Weaving

Thursday 21 July, 10am-12pm. Age 5+. Come and join The ReCreators to learn how to weave with harakeke (flax). Book your place at https://bit.ly/3NzXlJY



Wriggle & Rhyme

Every Wednesday fortnight during school terms. 11-11.30am, 27 July.

Rhymetime

Every Thursday fortnight during school terms. 11-11.30am, 28 July.

FOOTNOTE: Local business We Are **Loud** are running a school holiday programme. See their ad on page 1.

Learn how to weave flax, make badges, create poi, play short-stick games and more

REGULAR PROGRAMME

Job Café

Every Monday, 12.30-2.30pm. Whau Ace (Adult and Community Education) offer free support and advice. Tea, coffee and biscuits provided. Drop-in sessions cover:

- Preparing a CV
- Career guidance
- Job search
- Online job applications
- Cover letter

Lego Club

Every Tuesday 3.30–5.00pm.

Book Chat

First Wednesday of month, 10.30-11.30am. All are welcome to share what they've been reading.





W ayne Thomson's fundraiser – he's battling cancer – took place in June at Glen Eden RSA and was wonderfully supported by the community, as the photo shows. The Sweet n Salty Band performed a great set. Hats off to the bar staff, chef, raffle donors, ticket buyers and everyone else who made this such a happy and heartwarming event.



Do you buy now or wait a while?



Robyn Rule of Barfoot & Thompson Glen Eden writes on property matters

Things are finally starting to swing in favour of buyers. And fresh opportunities came when the Government recently announced the extension of its Kāinga Ora First Home scheme.

There's no doubt that house prices are falling but different parts of the market will feel the impact of falling house prices to different degrees, and this is mainly dictated by levels of supply and demand.

Higher-end properties will be hardest hit. That's because with interest rates as they currently are, there just aren't enough buyers who want to – or can afford to – borrow to buy at that upper end of the market.

Entry-level housing, however, tends to be largely insulated from major drops. With a genuine limitation in terms of the number of quality entry-level properties in any given suburb, demand always far outstrips supply. So "don't wait" is the message if you're in that category.

With fewer buyers at the table, you've got a far better chance of getting into the right property for you – and you may even be able to secure something for a good price.

But the biggest advantage right now is choice, and buyers should make the most of it while they can. Sometimes there's a tendency among first-home buyers in particular to get nervous and fence-sit. They want to wait to see whether prices will fall even further, in the hopes of getting a better deal later on.

But being so focused on price, the danger is they'll miss out on the real golden opportunity in the market right now: choice. Start looking!

Glen Eden May statistics

21 sales totalling \$20,762,799. Highest price: \$1,680,000. Lowest: \$450,000.

Average: \$988,000.

Love Your Place nominations are now closed

ominations have just closed for the 2022 Love Your Place Awards, which celebrate people doing great things for the environment in the Waitākere Ranges Local Board area.

"Ngā mihi to those who have put forward a nomination," says EcoMatters' Events & Community Engagement spokesperson, Ana Davison. "All nominees will be invited to the awards evening happening in early August. If you wish to discuss a nomination or have any questions about the awards, please email me at ana@ecomatters.org.nz or visit ecomatters.org.nz/loveyourplace to find out more. Thanks to the Waitākere Ranges Local Board for their support of these awards."

Glen Eden Village Voice will report on the winners in our next issue.

Shaping a local climate action plan

Kia ora everyone I'm pleased to say that we have begun work putting together our Climate Action Plan for the Waitakere Ranges Local Board area.

Now that we have Te Taruke-a-Tawhiri: Auckland's Climate Plan adopted for the region as a whole, there's a need to figure out what that means for local communities i.e. what climate actions do we need to take in our area to help achieve the overall objectives for Auckland?

The plan will identify local climate action priorities for each of the eight action areas within the Te Taruke-a-Tawhiri. These include natural environment, built environment, transport, economy, communities and coast, food, Te puawaitanga o Te Tatai, and Energy and Industry-related actions.

It will include actions communities can take to reduce climate emissions and that can help increase resilience to the changes that we are already seeing, such as rising sea levels,

wilder weather and so on.

I'm sure, like me, you still remember the storms last August that did so much damage in our area, and even recently, should you travel out to places like Laingholm where heavy rainfall has caused significant damage to the road.

A Local Climate Action Plan can only be successfully developed and implemented with the leadership, support and participation of the Waitakere Ranges community, and there are plans in place to organise community events to ensure the plan reflects the aspirations of the community.

It's a big job, but I am confident we are up to the task, which becomes all the more vital as time goes on.













P +64 9 818 2526 Glen Eden - 142 West Coast Road, Auckland, New Zealand



www.littleindia.co.nz



Glen Eden RSA 9 Glendale Road Tel: 818 4219 www.glenedenrsa.co.nz See our Face Book page for daily updates

Saturday 2 July: Happy Fish Band

Quiz Nights return from Thursday 14 July at 7pm!

Thursday Club Night Happy Hour 5pm-6pm, Jokers Wild, Monster Raffles, members' draw. Aussie Rules 8-ball competition 7.30pm – all welcome.

Fridays from 5pm Happy Hour 4pm-6pm, members' draw, sport on bigscreen TVs, spot prizes, meat raffles. Karaoke with Ben & Marie, 8pm. Free entry.

Foothills Restaurant Dinner Thursday 5.30pm–8pm. Friday 5.30pm-8.30pm. Saturday 5.30pm–8pm. Sunday 5.30pm-8pm.

Our popular Sunday sessions offer free music from 4pm to 7pm.

Tickets for most events are available at the bar beforehand or at the door on the night. New members and visitors welcome. Provisional membership lets you 'try before you buy'. Full membership now \$40. Lounge available for functions.

The first 'Matariki at EcoMatters' is a family event



'Learn more about this

uniquely Aotearoa celebration'

Visitors to the first Matariki at EcoMatters event (Sunday 3 July, 10am–2pm) can connect with each other and te taiao (the environment) through free, whānau-friendly activities designed to inspire kaitiakitanga (guardianship) and learn more about mātauranga (knowledge) Māori.

In te ao Māori, Matariki is traditionally a

time to celebrate, prepare for the

year ahead, share ideas and learn.

"We are looking forward to welcoming both familiar and new faces to this event, a new addition to our event calendar," says Carla Gee, EcoMatters Environment Trust CEO. "It will be an opportunity to learn more about this uniquely Aotearoa celebration, as well as discover ways

to be a kaitiaki for our beautiful local environment."

Bring the whānau to enjoy free fun activities, connect over kai and coffee or turn your hand to potting up a baby native plant to take home.

For the tamariki, there'll be Matariki-themed face painting, the chance to fly a Matariki kite, learn about plant identification and

> foraging, and make upcycled fabric Matariki stars.

In keeping with the idea of planting and new life, there's the chance to take part in a no-dig garden experiment that will eventually become forageable spots for passers-by.

Guest tutor Drina Paratene (Ngāti Whātua ki te Kaipara, Ngāti Pāoa and Ngāti Awa), who teaches at Green Bay High School, will host

two sessions. The first will explain the signs and symbols leading up to the rise of Matariki, followed by a raranga (weaving) workshop (booking required), teaching both technique and the appropriate tikanga when harvesting harakeke (flax).

Visitors can explore EcoMatters' organic teaching gardens and community nursery, try a bike or get cycling advice at the Bike Hub or browse sustainable living items at the EcoMatters Store.

Matariki at EcoMatters is part of their wider Matariki programme, which also includes a range of community planting events and a Rongoā Māori Wānanga (science learning session – booking required).

Visit ecomatters.org.nz/matariki/ to find out more. Also on their website you'll find details of their activities in Glen Eden, like Project Twin Streams.

Advertise your business here from only \$48 an issue for an ad this size

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Meet the Future West team

For Waitakere Ranges Local Board

Future West is a progressive coalition of Independents, Labour and Green Party. Members of the team come from all parts of the Local Board's geographic area, from the towns and villages to the rural areas and Coast. We combine experience with new fresh faces. We offer experience in community development, environment, emergency management, commerce, urban design, education, arts and heritage. We all volunteer in our communities and stand with our communities in bringing the best for the West.

Vote for us and we will work hard for you

- Provide a strong voice for Waitakere and the Waitakere Ranges Heritage Area
- Continue to push for upgrade of Glen Eden town centre, improve local parks
- Support value for rates and prudent Council spending
- Support community action by local residents and environmental groups
- Complete Climate Action Plan, develop Greenways, safe off-road walking and cycling
- Protect the wilderness of Te Wao Nui a Tiriwa/Waitakere Ranges
- Push for cycleway from Whau to Henderson alongside rail line
- Support for the arts, Glen Eden Library
- Oppose selling off council assets such as parks
- Continue grants to community houses, local halls, Hoani Waititi Marae, Playhouse.

www.futurewest.org

To find out more and tell us what you think please go to



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