



VILLAGE

VOICE

ISSUE 94 AUGUST 2022 • LIVING, WORKING & SHOPPING IN GLEN EDEN

FREE
Please take one

Glen Eden Garden Club is 40 years old. Story inside.

Plenty to dig in Glen Eden!

In July Glen Eden Scouts helped with the planting in Ōkaurirahi / Ceramco Park.



As winter draws slowly to a close, EcoMatters Environment Trust is concluding another successful community planting season on Project Twin Streams in Glen Eden. Late autumn through to early winter is the best time of year to get young native plants into the ground. The rain in winter and early spring helps the plants get well established before the drier summer months.

Continued on page 3...

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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

 Facebook www.facebook.com/futurewestnz

 Twitter <https://twitter.com/futurewest>



Future West

Continued from page 1...

Thanks to long-standing support from Waitākere Ranges Local Board and the efforts of hard-working volunteers, many shared green spaces in our local area now have more native seedlings in the ground. These plantings contribute to the long-running Project Twin Streams Glen Eden work, which, together with local

"It's a lovely opportunity to get to know your neighbours as well as help beautify local green spaces."

residents, has been helping restore streamside areas for many years.

"June and July are our prime months for these community planting sessions," says Pamela Gill from the EcoMatters Nature team, "and we really enjoy working together with local groups and volunteers to help restore local streams."

Over the past month, the EcoMatters team held a number of community planting events at Woodside Glen, Ōkaurirahi / Ceramco Park, Wirihana Wetland, Mt Atkinson, and Inver Street at Ōkaurirahi, that saw many locals turn up to dig in with planting.

"It's a lovely opportunity to get to know your neighbours, as well as

help beautify and improve your local green spaces for everyone to enjoy. We're grateful to those who have come along to help, as well as for the support from our local board," says Pamela.

While the weekend community planting events have come to an end

for another season, there are year-round Love Your Stream sessions running on

Wednesdays and Thursdays at various local sites. You can learn more about the health of your local awa and help with work such as mulching and weeding to allow native plantings to flourish.

To find out more, email pamela@ecomatters.org.nz or visit ecomatters.org.nz/volunteer.

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Glen Eden youngsters really enjoyed themselves...



Glen Eden's got talent!

The school holiday programmes at We Are Loud in Waikumete Road went really well.

"Our first week of younger students

was energetic and noisy and we had a blast writing songs, learning some covers and putting on a great final performance for parents at the end of

the week," says director Jo Kelsey.

"The second week was for our teenage students who took a much more serious approach to their songwriting, with lots of beautiful descriptive dramatic lyrics. The original song they wrote as a group on the first day was so good we ended up spending time recording it over the rest of the week – we're just putting the final touches on it and will share it on our social media channels very soon."

The October school holiday programmes at We Are Loud will be available for booking soon.

Having a cataract operation

A cataract operation uses state of the art technology which allows the cataract to be removed through a tiny opening about 2.5mm wide. The surgeon will insert a replacement lens called an intra ocular lens (IOL) into the eye. It is made of acrylic that lasts a lifetime and is well tolerated in the body.

The surgery takes under 30 minutes and is normally done under local anesthetic so patients are able to return home about an hour after the operation. The recovery period is short and activities like work, driving and sports can usually be resumed in a few days.

Your surgeon will discuss your visual requirements and what focus outcome would be best for you. Just as there are single vision and progressive glasses, so there are different types of

lenses that can be put in your eye during cataract surgery to give you the vision that best suits your requirements.

These include lenses that give you the best distance vision so you no longer need glasses for this. It can correct both long and shortsighted imbalance; you usually still need glasses for closer vision. Then there is blended vision, when when one eye is set up for distance vision and the other for near vision. You can also incorporate into the new lens a correction for astigmatism if required. Now there are also dual focus lenses, which can give you both distance and near focus but with a small reduction in clarity because of the way they work.

Next month we will talk about measures to reduce cataract progression.



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

Date for your diary

The RSA is staging a concert by the popular Pot Kettle Black band on Saturday 3 September as a fundraiser for mental health.

Make a note in your diary and watch for details of tickets.

...especially during the school holidays!



In the library they learned how to weave flax, play short-stick games, make badges, create poi, and more



Regular library 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.

Wriggle & Rhyme

Every Wednesday fortnight during school terms. 11–11.30am, 10 & 24 August.

Rhymetime

Every Thursday fortnight during school terms. 11–11.30am, 11 & 25 August.

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GLEN EDEN

Citrus fruit trees in your garden? You could help!



Fair Food's Roschelle, Tracey and Deborah

A new boost to a charitable initiative will provide food for 5,000 vulnerable families, delivering 75,000 meals during winter.

A social enterprise which is supporting the initiative has also called for Kiwis with citrus fruit trees on their property to pick surplus fruit to donate to those in need.

The West Auckland Food rescue charity

Fair Food, which supplies some 50 local community groups with more than 2.4 million meals per year, has also opened a 'Conscious Kitchen' to teach community members the principles of upcycling food.

Around a third of all food produced globally is wasted.

However, staff at Fair Food receive and hand-sort around a tonne of discarded food each day which is provided by supermarkets, growers and manufacturers.

The surplus produce would otherwise be destined for landfill, generating an estimated 540 tonnes of greenhouse gases annually.

Deborah McLaughlin, food sorter and chief financial officer at Fair Food, says the poverty gap is widening, with pandemic-driven food shortages, inflation and winter heating costs all impacting already vulnerable families.

She says around 40% of Kiwi households experience food

insecurity and 19% of our tamariki live in homes where consistency of food supply is a concern.

"I know one woman recently had to stop her children's sporting activities over the weekend because it became a choice between paying for the petrol to get them there, or buying groceries," she says. "I have heard of others having to go without heat. No one should have to be in this position."

Allan Pollard, CEO of The Trusts, a local social enterprise which has provided financial support for the distribution of the meals, says winter, along with Christmas and back-to-school, are the months with the highest levels of need.

"Thousands of whānau in our communities are facing the perfect storm of seasonal cost pressures," he says. "It is critical that organisations like Fair Food be given the support of corporates to allow them to continue their work during peak seasons of need."

"We also want to encourage those who have surplus fruit growing on their trees to pick and donate this to a local food charity, rather than let it go to waste rotting on the ground."

Citrus fruits such as oranges, lemons, grapefruit and mandarins are in season and food rescue charities like Fair Food can often collect the produce from those willing to pick it.

Donate surplus fruit to a local food charity

The signs of success are everywhere.

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West Auckland scientist and author Dr Sharad Paul has developed the world's first vegan, non-injectable wrinkle-reduction serum. It's a natural alternative to injectable wrinkle-fillers, and can be tolerated by those with sensitive skin and pregnant women.

Dr Paul – adjunct Professor at Auckland University of Technology and senior lecturer of Skin Cancer Medicine at University of Queensland – says development of the No-Tox technology in the serum represents over a decade of research and patient trials.

“When we look below a new wrinkle at a microscopic level we can see a process known as lymphangiogenesis underway,” he explains, “which is where a new lymphatic vessel forms under the skin. I have often said that you can't have bad health and good skin and the rapid onset of wrinkles is really a reflection of what is going on both externally, such as UV damage, and internally, which may include chronic illness or even emotional stress – manifesting on the skin as premature ageing.”

His research into skin lines, and understanding how wrinkles develop at a molecular level, led to the creation

He spoke at Glen Eden library about the process of writing fiction

of the new product line for the so-called cosmeceutical market.

“Globally the dermal fillers market is forecast to reach US\$9bn within seven years,” he says. “We know there is a significant niche looking for more natural alternatives to injectable fillers and the vegan cosmeceutical market also has significant potential for us.”

Dr Paul is currently filming a documentary on the origins of skin colour for Netflix across California, Africa and Korea with Emmy Award-winning director Nicholas Claxton.

Dr Paul has treated over 100,000 patients (including some Glen Eden residents) and is a global expert in all aspects of skin cancer treatment. He has lectured widely on skin cancer

Local scientist develops new skincare product



medicine and surgical procedures.

He is the author of popular bestsellers, *Skin: A Biography* (4th Estate) and *The Genetics of Health* (Simon and Schuster), and has filmed a TED talk. He was awarded the New Zealand Medical Association's highest honour, only awarded to one doctor across all specialties at any

one time, and was also a finalist for the New Zealander of the Year Award. He has featured in *TIME* magazine.

In 2017 he spoke at Glen Eden library about the process of writing when he was a guest speaker for Liz Zellman's Glen Eden Writers group, because this polymath also has fiction books to his credit.



MICHELLE CLAYTON

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- supporting our community volunteers

Vote Clayton and the Westwards team

Your local strong voice for the Waitākere Ranges Local Board



Authorised by Ken Turner, 213 Woodlands Park Rd, Titirangi Tel: 022 087 2965

'Buy in any market' is the message



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

Last year, the experience of many first-home buyers was that they just couldn't get into the market for love nor money. Having to compromise on location, presentation, size, you name it – settling for properties that were less than perfect in lots of ways – and still not getting a look-in at auction time.

But much has changed since then. With fewer buyers around, 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.

Some people might say that because I'm an agent, I've got a vested interest in writing articles like this to get people buying property.

While I do believe that absolute prices for entry-level housing won't fall much further, I'm also an advocate for buying in any market. Property is a good quality, tangible investment, and as long as you're not hoping to turn a quick buck right now, it will pay off in the long term.

One thing I want to get across is that, even with prices having fallen, there's still a real shortage of quality property out there, and that will protect the market from any radical price drop.

It's a golden opportunity, however, for buyers to make the most of the added choice in the market right now, and I wouldn't like to see you missing out.

Latest Glen Eden monthly statistics
39 sales totalling \$33,613,763.
Highest price: \$1,945,000.
Lowest: \$545,000.
Average: \$861,891.

Libraries welcome everyone

Aucklanders who have not been to an Auckland Council library for some time are being welcomed back with a three-month amnesty which started on 1 July 2022.

The amnesty follows on from overdue fines being abolished on 1 September 2021 and will see any lost book charges on people's accounts removed so they can return to using library services.

"This is about getting rid of any barriers to our library services for anyone living in Tāmaki Makaurau," says Councillor Cathy Casey, deputy chair of Auckland Council's Parks, Arts, Community and Events Committee.

If you have a book, even if it is

damaged, bring it in, let a librarian know and they can clear the slate. It will only take a couple of minutes.

Despite the removal of overdue fines last year, charges for lost or

damaged books remained. This resulted in around 15,000 people being blocked from accessing library services, with Māori and Pasifika library users

disproportionately represented in that group.

"Auckland Council libraries are for everyone," says Councillor Casey. "We're doing all we can to make it easy for people to reconnect with us and know that libraries are friendly, welcoming place for all Aucklanders."



Creating options other than driving

Kia ora everyone

Three years have flown by, and it is almost time for the next local body elections. That means that this October, you will be asked to vote for the Local Board, Councillor and Mayoral candidates that most closely align with your views.

Currently, prospective candidates will be submitting their paperwork to be officially nominated and stand in the elections.

It's something I've done a few times now, and been lucky enough to be successful when standing each time, including this current term.

But as they say, all good things must come to an end. I have decided that this term will be my last and I won't be standing for re-election. I feel like I have given my all, and want to take more time to spend with my family.

It has been an honour and a privilege to represent you on the board for all this time, and I want to thank my board colleagues, staff, and you for all the support you

have given me on the way. That does not mean my focus will change before the end of the term though, and I'll remain as committed to getting the best results for the area as possible.

One of the big topics is the future of the pop-up cycleway on Captain Scott Road. Look out for details on this. As a board we know how important it is to have a connected network of paths that give people options other than driving their cars. Connecting Glen Eden town centre with the rest of the network is a good thing. At the same time, we need to be mindful of the impact it has on Captain Scott Road, and how the current design and layout is working.



Ngā mihi mahana

Saffron Toms
Waitākere Ranges
Local Board Chair



Glen Eden Garden Club celebrates 40 years



Above: The three original members of the club are Pat Borich, Lynn Brown and Doris Sumich.

Left: Members at the celebration, with the plants they were all given as a memento.

Glen Eden Garden Club just held a memorable day celebrating 40 years. Three members of the club have been attending since its inception, and they cut the cake made by another member.

"I started the club as I wanted to attend a garden club in my local area when my children started primary school," explains club president, Lynn Brown. "However, all the other local clubs held their meetings at night, so it was suggested I start a day meeting in Glen Eden.

Our first meeting was held in July 1982 with 12 members, and we now have over 100."

The club was one of the catalysts for the extension of Glen Eden Community Centre in 1984, and it has met at the centre ever since, on the third Tuesday of the month. The club has speakers, a monthly best bloom, a floral art section, and bus trips in summer.

"The monthly raffles and trading table help cover our costs, and we donate funds to local community

gardens and schools for their gardening projects. I enjoyed starting the club 40 years ago, and it is still a pleasure to organise and run the meetings, with help from the members."

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

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Grants for local projects

A Love Your Neighbourhood grant from EcoMatters Environmental Trust could help you actively care for a place you love – anywhere you live, learn or play.

EcoMatters has funds available to help you and your group with your environmental and volunteer-driven initiatives like:

- Organising a clean-up of your street, park or beach
- Community plantings or weeding
- Local food-growing projects
- Installing composting or rain-harvesting systems at your school, playcentre or community garden
- Establishing a pest-trapping programme in your neighbourhood

For any of these projects and more, up to \$500 is available to cover your expenses. Anyone can apply, whether you're a group of friends, neighbours or workmates.

They're also supporting early childhood education centres, youth groups, sports teams and community organisations.

Projects need to take place in the Henderson-Massey, Whau, Waitākere Ranges or Maungakiekie-Tāmaki local board area.

Visit EcoMatters' website for more information on this year-round scheme. It's an easy process to apply for funding.



Sean celebrates five years

Sean Youn has been running his acupuncture clinic in Glen Eden for five years now, having worked on the North Shore in the same capacity for the previous five years.

Acupuncture can be useful in treating a wide range of conditions, so why not speak with Sean and see if he can help you?

Eden Acupuncture is located in the heart of Glenmall Place, upstairs at number 30.

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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, **Sophia Ali** from Glendene.



PLAY BOWLS

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Quiz Night Wednesday 3rd August



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See our Face Book page for daily updates

Saturday 13 August: Allegro Band

Believe It Or Not Quiz: Thursdays 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 big-
screen 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.

Parting shot...

We love it when local businesses display a sense of humour. Helps us get through the day with a smile on our faces! Do email the editor (details below) photos of any other local examples you've seen.



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Standing for the Waitākere Ranges Local Board

WestWards will champion practical solutions that create and underpin strong vibrant communities which can respond positively to change.

We will protect our heritage areas while improving infrastructure both urban and rural.

WestWards supports public transport options that meet genuine access needs for all of our community. We will invest in cleaner, greener and more efficient ways of getting around, but without throwing commonsense and ratepayer money out of the window.

WestWards wants the Waitākere Ranges to be a place where people can live, work, and thrive. Where residents can enjoy everything our beautiful area has to offer and embrace our outdoor way of life. WestWards will support people in their voluntary care and protection of the environment and ensure community funding delivers tangible outcomes.

This means fighting for vibrant community centres unlocking their potential and ensuring attractive development that suits people's needs. We will champion projects that engage our youth, providing them with opportunities and developing skills to thrive in their future in our area.

WestWards will work closely with police to voice and address the needs of our community to feel and be safe and secure.

If you want...

- Council jobs **DONE ONCE** and done **RIGHT** – not patch-on failure
- Clean, safe, and vibrant communities – where people want to live
- Free-flowing transport options, that work for **ALL** – including cars
- Consideration for the needs of local businesses and shoppers
- More footpaths, road maintenance, and parking – no more speed humps
- Help sports clubs and voluntary community groups stay afloat
- Protection for our heritage, environment, and Kiwi way of life
- Reduce Council's operating costs before asset sales and rate rises

...then please vote for us!

**Ken Turner, Michelle Clayton, Rob Gore,
Linda Potauaine, Angus Cathcart, Allan Geddes**