

Homes for seniors



The new 41-unit apartment complex at 2 Wilson Road is providing affordable rental housing for older people in Glen Eden.

The development was completed in August, fully tenanted by the end of September, and officially opened on 7 October. Forty-five tenants (including four couples) now live there.

Built by Kāinga Ora Homes and Communities with support from the Ministry of Housing and Urban Development, the one-bedroom homes were designed by the Ministry of Architecture and Interiors to meet the specific needs of older people.



Local MP Carmel Sepuloni meets two of the tenants.

All are wheelchair-accessible and have heat pumps, wet-area bathrooms, dedicated garaging and charging for electric mobility scooters, lift access and safety features such as handrails.

The complex has a shared common room with outdoor patio for tenants' socialising and

Continued on page 2

Your Local Store

...for Christmas gifts!

- Stationery
- New children's books
- 2023 calendars & diaries
- 1000-piece jigsaw puzzles

GLEN EDEN
Post, Books, Stationery

- Magazines
- **WESTERN UNION WU**
Money transfer

PostShop 

ONE STOP SHOP

Box 20250, Glen Eden, 4/20 Oates Rd, Glen Eden • Ph: 09 8133448 • glenedenpostandbooks@gmail.com
Follow us on : <https://www.facebook.com/postandbooks>

Continued from page 1

is close to local shops, library, RSA, theatre and other amenities.

The complex has been leased to Haumaru Housing for 25 years initially; they will manage the tenancies and the building. All tenants qualify for the income-related rent subsidy.

Haumaru Housing is the largest community housing provider to specialise in providing affordable rental homes for older people. It was established in 2016 in partnership with The Selwyn Foundation charity and Auckland Council.



At the opening (from left): Haumaru Housing board member Dr Sue Watson, Kāinga Ora Programme Director Nick Seymour, Haumaru GM Operations Gillian Schweizer, tenant Ope Maxwell, Minister Carmel Sepuloni, Haumaru board chair Dr Kay Hawk and Minister Jeremy Hema of Te Hāhi Māori (the Māori Anglican Church).



PINK RIBBON DAY volunteers in Glen Eden included proud Niueans Mavis and Tina, seen here outside Fresh Choice. Collection is for breast cancer research.



CONGRATULATIONS to Ken Turner on his election to Auckland City Council to represent Waitākere Ward. Here he is with Sharon 'Shaz' Davis at the Wheels Out West event in Glenmall Place last Saturday – see the photos opposite.



smartdesk™ xero
zero stress accounts

Call Liz on 029 813 3209
or email xero@smartdesk.co.nz

Celebrate with us this

CHRISTMAS

BOOK YOUR FUNCTION TODAY



GOOD HOME
GASTROPUB
LINDISFIELD RD

BRICKLANE
RESTAURANT & BAR



THE HANGAR
EST. 2007

iTi



THE TAP HOUSE
AVONDALE EST. 1984
YOUR LOCAL

WORKSHOP
THE NO FUSS BAR & EATERY



MR. ILLINGSWORTH
TE ATATU PENINSULA
FOOD • DRINK



MISS Q'S
SINCE 1982
POOL, SPORT & GOURMET

View our venues and book your function online - thetrusts.co.nz/support-local

A little rain couldn't dampen the spirits at Wheels Out West



...especially with a Halloween theme!



Thanks to Chanel (Pet Shop Boyz), Kirstie and Gary for the photos!

Shining a light on the trailblazers and troublemakers of West Auckland

West Auckland Heritage Conference 2022, Sunday 13 November 10am-4pm

Did you know a women owned the kauri timber mill in the 19th century? That award-winning photographer Olav Petersen, aka 'Nature Boy' who currently has an exhibition in Auckland Museum, was born in Swanson and mainly photographed West Auckland? What is the heritage plan for Titirangi War Memorial Hall? When are writers moving into Maurice Shadbolt House? How does local modernist architecture inspire contemporary jewellery? Why didn't Auckland get a canal between the Waitemata and Manukau harbours?

You'll find the answers to this and more at West Auckland Heritage Conference. Four keynote speakers – Sandra Coney on women in the kauri timber industry, Lisa Truttman on David Bruce Russell the Canal Promoter; Graham Burgess on Titirangi War Memorial Hall and Shaun Higgins on Olav Petersen – will be complemented by fascinating short presentations themed *Trailblazers and Troublemakers of the West*.



Mrs Avis McIntosh practising hurdling at Ranui while her two-year-old son Clive looks on, c.1964. Photographer: Olav Petersen.

Waitakere Ranges Local Board member Sandra Coney says there are many unknown stories that will delight and captivate in equal measure. "West Auckland is a treasure trove of fascinating stories that deserve a wider audience," she says. "This is an event for everyone interested in the stories of our place, for locals and heritage buffs alike."

There will be ample opportunity to ask questions and mingle with the presenters and other guests as the ticket includes lunch and nibbles. All speakers will be presenting in Titirangi War Memorial Hall, with projection on a wide screen for maximum enjoyment.

Tickets (\$20 excl. booking fee) include lunch and all the presentations. Full refund if cancelled due to Covid. As previous conferences were sold out, book early via www.westheritageconference.org.nz or contact Sharon Davies for more information: go4shaz@outlook.co.nz or 0274 989 579.

The event is hosted by Waitakere Ranges Local Board in collaboration with Whau Local Board, libraries and the community.

www.westheritageconference.org.nz

Community means a lot to Nick

Nick Magness started in the tyre business in 2003 straight from school, learning the trade “from some of the best old-school guys in their fields” as he puts it.

He’s proud of the full-service Glenview Road business that bears his name.

It began as a mobile service in 2017 and that side of it recently expanded to include a mobile tyre shop.

The physical premises opened in 2020, a tough time to open as it was during the first year of the pandemic. As we slowly put the pandemic in our rear-view mirror, it’s still tough.

“It’s been really hard if I’m honest,” says Nick. “The big companies have the backing we don’t, and I want to thank everyone for their ongoing support.”

The other services they offer include mag wheels, batteries, wheel alignment, wheel balancing, puncture repairs and nitrogen tyre inflation.

“We pride ourselves on our honesty, experience and knowledge in all aspects of the tyre industry. We are not a franchise. We are 100% Kiwi

MEET THE LOCALS



owned and operated.”

By we, Nick means himself as manager with nearly two decades of experience and Kaelen Van Vugt as the tyre and wheel alignment technician. It’s a small team but one he’s optimistic about expanding as the business grows.

Nick loves dealing with people and hearing their great stories, and after that it’s probably some of the cool cars he gets to work on that he enjoys the most.

A love of cool cars is something he has outside work too. “My big hobby

is off-road racing which I started about 10 years ago. We have travelled around this beautiful country and have enjoyed a lot of success competing and winning events in Class 5, which is 1300cc.”

Magness Tyre Service is a sponsor of Glenora rugby league club and Nick is a player in their masters team, so he clearly believes in giving back to the local community in whatever way he can.

His hope for Glen Eden is that the suburb thrives and continues to support locally owned businesses.

Glen Eden RSA

Notice of Extra General Meeting

An EGM will be held at 11am on Sunday 20 November 2022 at Glen Eden RSA, 9 Glendale Road, Glen Eden.

Business: Rule Changes

The Executive Committee has approved 6 Notices of Motion to be brought forward at this EGM. No other business will be discussed. Please see the Notices of Motion at either www.glenedenrsa.co.nz or displayed in Clubrooms.

All financial members welcome to attend.

PLAY BOWLS *Have a go!*

For a Very Merry Christmas Social
\$10 per person including green hire, bowls hire, and access to a well-stocked and reasonably priced bar. Just \$25 extra to use the BBQ

Tuesday is house night
Wednesday Quiz Nights

25A Glendale Road
027 418 1397
glenedenbowlingclub.org.nz

Ask us about hall hire

GLEN EDEN BOWLING CLUB

Glen Eden PHARMACY

- Prescriptions
- Medicines
- Natural Health
- Skin Care
- First Aid

Ph (09) 818 5242

E info@glenedenpharmacy.nz
www.glenedenpharmacy.nz

226 West Coast Road, Glen Eden
(near train pedestrian crossing)

Prices on the move again?



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

On average around the country in September house prices as measured by the REINZ's house price index fell by 0.7%. However, this was the smallest monthly decline since a small 0.5% rise in prices in February. In both July and August average house prices around New Zealand fell by 1.3% after declining by 2.1% in June, 1.5% in May, 2% in April, and 2.1% in March.

It appears that the pace of decline in house prices is slowing. We can also see things changing when we look at sales of residential property around the country. We can adjust for seasonal factors, which clearly at this time of the year means a rise in activity because of spring, and see what is happening with the underlying level of sales.

In the September quarter the seasonally adjusted volume of residential sales around the country rose by just 1%. But this followed an 8% decline in the June quarter and 24% decline in the March quarter when the credit crunch was at its worst. It does appear that the period of worst decline in real estate sales now lies in the past and maybe for the moment things have stabilised.

Close observers of the property market believe that house prices will bottom out sometime around the turn of the year with small price rises likely to be recorded on average for the country over 2023.

If you're in a position to buy, now seems like an excellent time to do so before prices edge back up again.

– Robyn, 021 055 3667

Latest Glen Eden monthly statistics

19 sales totalling \$17,923,500.

Highest price: \$1,650,000.

Lowest: \$685,000. Average: \$943,000.



It's Stihl the same...

Graham and Jane Hahn recently retired from the shop they have owned since 1986. Originally called Mr Mowers, it became New Zealand's first Stihl Shop in 2003. We wish them a long, happy and healthy retirement.

The new owners are Anthony (above) and Taraneh McGill. Do drop in and welcome them to the neighbourhood. The owners may have changed but they're still offering the same great products and service that the shop became known for over the years.

Trophy Key & Cobble

Shoe and Bag Repairs

Key Cutting & Engraving

Wide Range of Trophies & Medals

Silverware, Tankards & Hip Flasks

Padlocks & Shoe Care Products


21st Keys & Yard Glasses






238 West Coast Rd, Glen Eden
Ph: (09) 818-9124
Email: sales@trophykeycobble.co.nz

Salute to the Armed Services Concert



The Band of The Royal Regiment of New Zealand Artillery

When: Sunday 6 November 2022, 2-3.30pm
Where: Glen Eden RSA, 9 Glendale Road, Glen Eden
Cost: FREE
Afternoon tea provided



What is digital eye strain?

Working at home is a great way to ditch your commute and enjoy more flexible hours, but there can be an unexpected consequence – digital eye strain. If you're like many workers, you probably spend most of your day on a computer or other digital device, and likely experience the headache, blurred vision, sore eyes or achy back so common with digital (computer) eye strain.

In contrast to being in the office, where workers take coffee breaks and socialize, working solo at home often translates into spending more time on the computer without breaks, and often beyond the typical 9 to 5 schedule. This can increase the likelihood of developing digital eye strain.

Digital eye strain, also called computer vision syndrome (CVS), affects an estimated 70% of adults, especially those between the ages of 18 and 34. The eye strain results from

extended hours focusing on a computer screen, and may be worsened by hours of exposure to blue light, the high-energy visible light emitted by digital screens.

Blue light can cause short-term eye strain and discomfort, and scientists are researching whether it could also be linked to serious eye conditions, such as age-related macular degeneration (AMD, which we wrote about earlier) and cataracts.

Moreover, staring at a screen, or even a printed book, causes people to blink up to 66% less often. Blinking is essential as it hydrates your eyes and stimulates the release of oil from the tiny glands in your eyelids. This oil also prevents tears from evaporating too quickly, thus drying out the eyes. Dry eyes can cause blurry vision, which further exacerbates eye strain.

Next month, we'll talk about remedies.



Proud winners of 'Most Satisfied Customers' in Optometry 2018-2021



GLEN EDEN OPTOMETRIST

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

In the library over the coming weeks...

Special event



Photo: Mahwash Ali/Fairfax NZ

Johnny Green, the egg cup collector

Wednesday 16 November, 12–1pm.

'World famous in Aotearoa' Mr Johnny Green will be in the library with 300 of his egg cup collection. He has more than 10,000 and some are rare and wacky and. Hear more about them and his colourful life. Koha entry – proceeds to Hospice.

Regular programme

Job Café

Tuesdays in term time, 12.30–2.30pm. Whau ACE (Adult & Community Education) offer free support and advice + tea, coffee and biscuits. Sessions cover:

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

Lego Club

Every Tuesday 3.30–5pm.

Book Chat

First Wednesday of each month 10.30–11.30am in the library's meeting room.



All smiles: members of the library team, led by Valerie Carroll (second from left)

Wriggle & Rhyme

Every Wednesday fortnight 11–11.30am. 16 and 30 November, 14 December.

Rhymetime

Every Thursday fortnight 11–11.30am. 17 November, 1 and 15 December.

PRESLAND AND CO LTD

BARRISTERS & SOLICITORS

— EST 1989 —

PRESLAND AND CO PROVIDE A VARIETY OF LEGAL SERVICES INCLUDING CONVEYANCING, FAMILY LAW, CRIMINAL LAW, WILLS & ESTATES.

09 818 1071

MYLAWYER.CO.NZ

Rental property stress? New laws too hard to deal with?

Relax, we can manage it

Contact the Glen Eden Property Management team today to find out more.

Glen Eden 09 818 2424 | 200 West Coast Road

RSA

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

Saturday 12 November from 7pm: Pasifica Polynesian Elvis

Sunday 13 November 4–7pm: Open mic RnB session

Saturday 19 November: Club prizegiving featuring Sweet n Salty

Every Thursday from 7pm: Believe It Or Not Quiz

Thursday Club Night
Happy Hour 5pm–6pm, Jokers Wild, Monster Raffles, members' draw. Aussie Rules 8-ball competition 7.45pm – 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–Sunday from 5.30pm.
Lunch: Fridays 12–2pm.

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.

Invasive weed found in Glen Eden

Moth plant is starting to come into flower now, making early summer the best time to tackle this invasive weed. By autumn, the distinctive seed pods – similar to a choko – start to form and just one pod splitting open can spread up to 1000 seeds far and wide.

“We’re noticing more of this invasive weed around Glen Eden,” says Pamela Gill (right) from the EcoMatters Nature team, “and we’d love for everyone to pitch in to make sure it doesn’t become an even bigger problem.”

If you spot a moth plant and there are no seed pods on the vine, cut the plant at its base and leave the vine hanging. It will eventually die. To prevent regrowth, dig out the

roots or treat the base of the cut vine with a ‘cut and paste’ herbicide. Wear protective clothes and gloves and avoid the white sap, which can irritate the skin and eyes.

You can work with others by

joining STAMP (Society Totally Against Moth Plant, on Facebook) or learn more about how to get rid of it at Auckland Council’s Tiaki Tāmaki Makaurau (Conservation Auckland) website: <https://bit.ly/mothplant>.



This climbing vine (scientific name: *Araujia sericifera* syn. *A. hortorum*) comes into flower (inset photo) between November and March each year, with white or pale pink trumpet-shaped flowers. The leaves are dark green on top and greyish underneath.

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. Congrats to our latest winner, **Charlotte Lobo**.

Hon Carmel Sepuloni

MP for Kelston

Kelston electorate office

200C West Coast Rd,
Glen Eden, Auckland

09 818 4131

kelston.eo@parliament.govt.nz

[/CarmelSepuloniLabour](https://www.facebook.com/CarmelSepuloniLabour)

Labour

Authorised by Carmel Sepuloni, Parliament Buildings, Wellington

SPRING IS PRICE TRIMMER SEASON AT STIHL SHOP

GET GST OFF* A WIDE RANGE OF TOOLS

PLUS OTHER GREAT DEALS

STIHL RMA 339 AK BATTERY LAWNMOWER KIT
\$804 **SAVE \$120**

STIHL FSA 57 BATTERY LINETRIMMER KIT
\$456 **GST OFF**

STIHL MSA 120 BATTERY CHAINSAW KIT
\$543 **GST OFF**

STIHL RE 90 ELECTRIC WATER BLASTER
\$300 **GST OFF**

STIHL FS 45 PETROL LINETRIMMER
\$300 **GST OFF**

STIHL MS 181 C-BE 14" BAR PETROL CHAINSAW
\$648 **GST OFF**

*Offers apply to selected products and valid from 1 September- 5 December 2022

93 WEST COAST ROAD
GLEN EDEN
AUCKLAND 0602
09 818 5144

STIHL SHOP
GLEN EDEN

BUY 2 WEEKS, GET 2 FREE*!

PLUS BE IN TO WIN A PRIZEPACK TO THE VALUE OF \$300*



ARE YOU READY TO JOIN US FOR SWEAT-DRIPPING,
HEART-PUMPING FUN?

FLICK US AN EMAIL: GLENEDEN@F45TRAINING.CO.NZ OR TEXT US 0212275545



GLEN EDEN

*T&C's apply.

176 West Coast Road, Glen Eden, New Zealand

little India®

Celebrate this Christmas with us



142 West Coast Road, Glen Eden. T: 09 818 2526.

 www.littleindia.co.nz