

**FREE**  
Please take one



VILLAGE

# VOICE

ISSUE 98 DEC 2022/JAN 2023 · LIVING, WORKING & SHOPPING IN GLEN EDEN

## CAB has a new manager

**A**fter much disruption during the pandemic, Glen Eden Citizens Advice Bureau has a new manager



Photo: KerryE Media

With her team of volunteers, Leomie Wade is ready to offer you friendly, free and confidential advice and support. A local, Leomie stepped into the role recently after being a volunteer at the CAB for five years.

She credits the organisation with revolutionising her life. She first approached them as a chronic pain sufferer looking for guidance. They listened and referred her to several services that addressed different elements of the issue, dramatically improving her quality of life. She says now she is at the point where she is well enough to be in permanent work. Being appointed manager at the very place that turned her life around feels like a blessing.

"The Citizens Advice Bureau aims

to help you find a path through any challenge," says Leomie, "finding relevant information on anything from boundary fences and consumer law to parenting classes. We have onsite counselling, employment advice and a legal triage clinic along with the popular drop-in JP service that runs from 10am to noon Monday to Friday."

Recruiting volunteers is always an issue for the CAB, she says. If you'd like to get involved and have four free hours a week, or even a fortnight, please contact Leomie at Glen Eden CAB (in the library). Training will be provided. Many volunteers are retired people who enjoy the satisfaction of helping people while keeping their minds active.



Photo: Greg Presland

Readers will be aware of the recent tragic death of a young man in Glen Eden. Greg Presland writes about this inside.

**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](mailto:davidblocksidge@yahoo.com) by 15 January. You could win a \$50 voucher to dine in Little India Glen Eden. Congratulations to our latest winner, **Cameron Townshend**.

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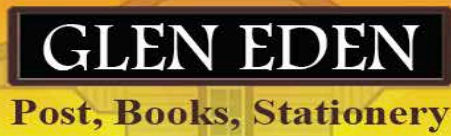
Call Liz on 029 813 3209 or email [xero@smartdesk.co.nz](mailto:xero@smartdesk.co.nz)

Season's Greetings to all our readers. Enjoy a safe and happy holiday. The *Voice* will be back at the end of January.

## Your Local Store

...for Christmas gifts!

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



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# Robyn's rules for Open Homes



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

**F**irst impressions count when selling your home. Get it wrong, and viewers may decide your home is not for them even before they step inside. Get it right, and you may get a better price than you'd hoped for.

**Rule #1: Tidy up.** People like to imagine their stuff around the place and you don't want them distracted by your personal belongings. Decluttering applies to cupboards, wardrobes, attics and garages too. Put things into storage if necessary.

**Rule #2: Clean.** Now your things are out of the way, give the place a deep clean. Carpets, too, if they haven't been done in a while – especially if you have pets.

**Rule #3: Repair.** Fix that leaky tap, oil squeaky hinges, replace the blown light, do whatever it takes to create an impression of a perfectly functioning home that won't require immediate maintenance if they buy it.

**Rule #4: Renovate if needed.** Ask your real estate agent if a coat of paint or modest changes would help you get a better price.

**Rule #5: Check outside.** See if the exterior needs water-blasting. Tidy the garden. Put away children's toys. Mow the lawn. Make sure the gate works and the fence looks acceptable.

**Rule #6: Stage.** Professional home stagers know what home buyers like to see; they understand design trends.

If you think of the above list as an investment in securing a good price for your property, it'll make the cost involved seem worthwhile.

– Robyn, 021 055 3667

## Latest Glen Eden monthly statistics

32 sales totalling \$28,156,000.

Highest price: \$1,400,000.

Lowest: \$619,000. Average: \$879,875.



**W**hen you buy something at the Hospice Shop in Glen Eden, it's nice to remember what it is you're supporting. Now is a good time to do this because if you visit Hospice House (52 Beach Road, Te Atatu Peninsula) it's ablaze with lights every night from 8pm to midnight until early January. While there, take time to remember those we miss the most at Christmas.

Between now and 24 December, you can make a donation to this great cause and hang a message on one of their Trees of Remembrance in Bunnings (New Lynn and Westgate) and Pak'n Save (Alderman Drive).

The Hospice Shop in Glen Eden is open from 9am to 5pm on these days over the holidays: Saturday 24th, Wednesday 28th, Thursday 29th and Friday 30th December. Normal opening resumes from Wednesday 4th January.

## A death in Glen Eden

**R**ecently there was a terrible incident in Glen Eden when a young man named Tim was hit by a car. Reports suggest there was an argument between Tim and another person, that this other person got into his car and drove back and hit Tim at speed. Tim was thrown into the air and fell to the edge of Glendale Road.

Locals sprung into action. Marc Rainbow ran to help Tim and provide him with CPR. Others gathered to see what they could do. Despite heroic attempts to save Tim's life, his injuries were too severe and he died at the scene.

The Glen Eden BID has ensured the area is covered with high-quality video surveillance. Because of this and also the brave efforts of Kat McCormick, who followed the car after the collision and recorded its details even though a gun was brandished her way, the driver was quickly and efficiently apprehended by Police. All that I can say to Marc and Kat is "respect".

I felt the area should be blessed. So a group of us including Tim's family, Police representatives, Hoani Waititi Marae representatives, local board members, library staff and locals

gathered together as the area where Tim had died was blessed. Karakia were said, waiata were sung. Then a member of Tim's family spoke and a Samoan hymn was sung with gusto.

For the family it was clearly an important part of healing. For locals who had been involved I had the strong sense that this was cathartic, necessary to help them process what had been a traumatic event. Tim's family talked about forgiveness, which I found remarkable. Not retribution, not vengeance, but forgiveness.

To Tim's family and particularly his partner, who witnessed everything, can I offer my deepest condolences. To the Police, can I acknowledge the efficient and professional way this incident was handled. To the heroes of Glen Eden, particularly Marc and Kat, can I thank you.



Ngā mihi nui  
Greg Presland  
Chair

**Waitākere Ranges  
Local Board**  
Auckland Council

# After 36 years of voluntary work, Clifford retires

Glen Eden Kindergarten held a ceremony to celebrate Clifford Minnee's 36 years of volunteering there; he is retiring at 69.

Many past head teachers, teachers and whānau attended the ceremony and shared lunch organised by the current teaching team. Pauline Winter, CEO of the Auckland Kindergarten Association, thanked Clifford for his longstanding contribution. He also received a personal letter (pictured below) of acknowledgement from Prime Minister Jacinda Ardern.

Clifford has been a valued part of the team all these years, greatly loved by children, teachers and whānau, always happy to be there helping out and spending time with the tamariki. He has an amazing memory for names and faces and

**Tangata ako ana i te kāinga, te tūranga ki te marae, tau ana**  
**A person nurtured in the community contributes strongly to society**

## MEET THE LOCALS



was overjoyed to recognise many of those present. He was showered with gifts and well wishes. It was a joyful occasion with children playing happily as adults reunited, talking about times past, and

enjoying the delicious kai donated by current whānau.

"When it was time to say goodbye, it was a sad moment for us all," said Amy Pepping, the kindergarten's administrator. "We asked his whānau to keep bringing

him to visit us as this is still his turangawaewae, the place where he stands, and now we are looking forward to seeing him again soon for our end of year party."



**Hon Carmel Sepuloni**   
**MP for Kelston**


Kelston electorate office  
 200C West Coast Rd,  
 Glen Eden, Auckland  
 09 818 4131  
 kelston.eo@parliament.govt.nz  
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 Authorised by Carmel Sepuloni,  
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# International Day of Persons with Disabilities

Thirty years ago, the United Nations nominated 3 December to be the International Day of Persons with Disabilities.

Statistically, Glen Eden is likely to be home to at least a couple of thousand people with disabilities.

They are likely to be your friends, neighbours, fellow worshippers, customers, or simply people you pass in the street.

As we wind down from work, head into the Christian festival of Christmas and then possibly make new year's resolutions, it's a good time to reflect on how we interact with people having disabilities and accommodate their needs in our suburb.

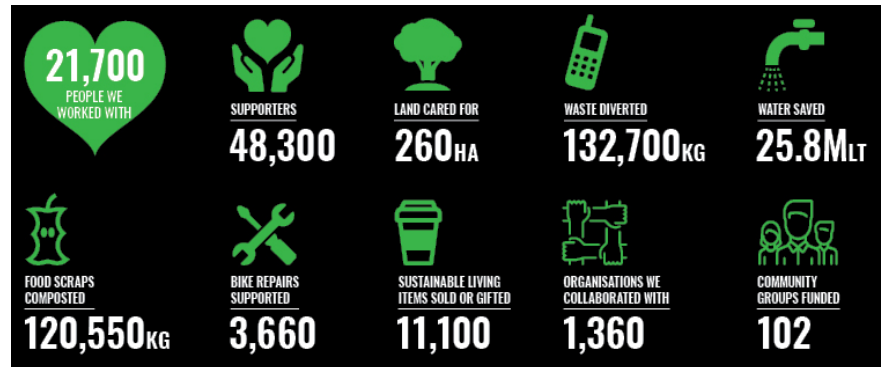
Are our buildings, offices, shops, cafes and churches easily accessible? Could we do more to help blind and low-visioned people or those with hearing difficulties or using wheelchairs? Are we obeying the rules about not parking in spaces reserved for disabled people? Is the way we speak about them (and to them) appropriate? Ask them if you are unsure.

Related to the International Day of Persons with Disabilities and coming up soon, 4 January will be World Braille Day.

The United Nations has embraced International Days as a powerful advocacy tool. Visit their website to learn more about them.



# 2022 was a productive year for EcoMatters Environment Trust...



## How can I prevent digital eye strain?

No need to ditch your job in order to avoid eye strain. There are other, more practical ways to lessen the negative impact of screen time on our eyes.

### Take breaks

Even if you aren't at the office and cannot hang out with colleagues at the coffee machine or water cooler, make sure to take frequent breaks that don't require screen time.

Perhaps take a walk or reward yourself with a short nap. These breaks not only give your eyes a rest, but can rest your mind for a few minutes so you can work more efficiently.

Consider adopting the 20/20/20 habit. For every 20 minutes you spend in front of a screen, take a 20-second break and look at something 20 feet (6m) away. This will prevent

you from overstraining your eyes and will encourage you to blink more, providing your eyes with much-needed hydration.

### Adjust screen brightness

Bright screens can place a significant burden on your eyes. Simply adjusting your screen's brightness can help rest your eyes.

### See your optometrist

If you spend prolonged periods in front of the screen, it's important to schedule an eye exam to check if you have dry eye or an underlying near vision imbalance.

In addition there are blue-light tints that allow your eyes to relax and make you feel as if you're focusing on faraway objects. They also reduce glare and filter out blue light.



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## Why use nitrogen in your tyres?



There are several advantages to pumping pure nitrogen into your tyres rather than the usual compressed air. Air is 78% nitrogen, about 21% oxygen; the rest is water vapour, carbon dioxide and tiny amounts of noble (inert) gases such as neon and argon.

While it's true that all tyres lose pressure over time as the gases inside them permeate through the rubber, nitrogen does so about 40% slower than regular air.

Improperly inflated tyres can wear unevenly, wear out faster and cause your car to use more fuel, so anything that keeps them properly inflated for longer will be beneficial.

Furthermore, the oxygen in air reacts over time with the tyre rubber, a thermo-oxidative process that degrades rubber. Also, the water vapour in air isn't helpful, as it causes larger changes in pressure and eventually it can corrode the steel or aluminium rim of your wheels.

A couple of important points to note: if you previously filled with nitrogen and your tyres need inflating and air is all that's available, don't be afraid to top up with air; lastly, don't stop checking your tyre pressures (once a month is good) just because they're filled with nitrogen.

Happy and safe summer motoring!

The writer is Nick Magness, owner of Magness Tyre Service in Glenview Road

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## Pedal power helps youngsters

Hadley Donald, one of the owners of Glen Eden's F45 gym, and Julia, a member of the gym, pedal to raise funds for I Am Hope's annual Gumboot Friday.

The funds raised nationwide pay for free and timely access to counselling for Kiwis aged 25 and under. An overworked, underfunded and under-resourced public mental health service has led to excruciatingly long wait times for young people in urgent need of help.

Using fully qualified, licensed practitioners from the private sector, young people are able to book a session at [www.gumbootfriday.org.nz](http://www.gumbootfriday.org.nz) and in three clicks, they are, more often than not, seen by a counsellor within a week.

Several local businesses got involved as prize-giving sponsors for the silent auction at the Glen Eden event, hosted by Columbus Coffee. They



include Little India, Fresh Choice, Me & Mrs Jones and La Rosa, among others. This year's event in Glen Eden raised \$14,435.

The next Gumboot Friday will be 3 November 2023 but you can always donate via their website if you can't wait until then to help our tamariki.



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\*Offers apply to selected products and valid from 6 December - 28 February 2023 or while stocks last.

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**GLEN EDEN**

# Coming up in the library, and recent fun events

## Programme before Christmas

**Christmas Rhymetime**  
Thursday 15th 10.30–11am

**Santa Storytime**  
Friday 16th 10.30–11am

**Christmas Card Crafting**  
Friday 23rd 3.30–5pm

**Movie & Craft Afternoon**  
Thursday 29th 2–4pm

## January School Holiday Activities

**Family Crest Making**  
Friday 6th, 2–4pm.  
Come and create a family crest or shield to represent yourself within your family. Suitable for ages 5–13 years.

**African Savanna Diorama**  
Tuesday 10th 10.3am–12pm.  
Use your creativity to design your own savanna-themed diorama. Ages 6+, registration required.

**Chinese 3D Word Paper Cutting**  
Wednesday 11th 11am–12pm  
Learn traditional paper-cutting to celebrate the upcoming Chinese Lunar New Year. Ages 5+.

**Gear Up Activation**  
Thursday 12th 2–4pm  
Fun outdoor activities sponsored by Sport Waitakere. All welcome.

**Science with Robert**  
Monday 16th 10.30am–12pm

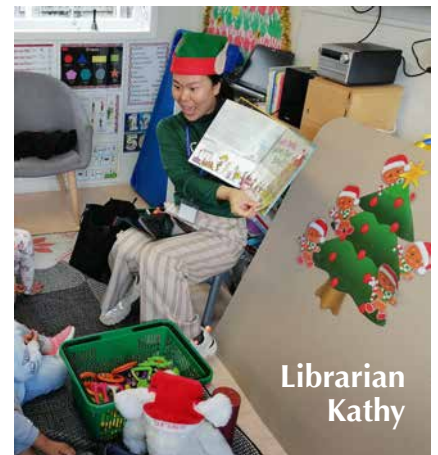


Librarian Irene with Frances Plumpton



Stephanie Thatcher

// We appreciated the time our local authors Frances Plumpton and Stephanie Thatcher offered when they came for a special Rhymetime," said Glen Eden Library's children's librarian, Kathy Sun. "Stephanie – a writer and illustrator – read her famous *Great Galloping Galoot*, *Little Hoiho* and *I'm an Inky Octopus*, and Frances read her newly published book, *Tide's Out Tai Timu*. What a great time we had listening to these great stories from our talented authors!"



Librarian Kathy

A large advertisement for The Trusts, featuring a dark background with gold Christmas decorations, including a gift box, pine branches, and ornaments. The text is in a mix of gold and white colors.

Celebrate with us this

# CHRISTMAS

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Ages 7+, registration required.

**Robotic Workshop**

Wednesday 18th 10–11.30am  
Join the Bricks 4 Kidz team and use Lego bricks and motors to learn about walking robots. Ages 6+, registration required.

**Air Dry Sculpture & Painting**

Tuesday 24th 10am–12pm  
Craft activity from the ReCreators. Ages 5+, registration required.

**Wrapped Butterflies & Dragonflies**

Tuesday 24th 2–4pm  
Craft activity from the ReCreators. Ages 5+, registration required.



Johnny Green telling the story behind one of his eggcups.

// We were really eggcited to have Johnny Green in the library and 500 of his eggcup collection," said librarian Va'ai. "Johnny Green has more than 11,000 in his collection. Thank you for sharing eggcellent stories that cracked us up. You are an eggstraordinary human! Ngā mihi nui ki te kaumatua – big thank-you to the elder."

The library's Christmas window (left); cooking sessions in the library (right) were very popular.



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See Face Book for updates

**Saturday 17 December: Karaoke Christmas Party – all welcome**  
**Sunday 18 December 4–7pm: Cheap Seats band**  
**Club closed on Christmas Day**  
**New Year's Eve: Cheap Seats band – bar open until 1am**  
**Every Thursday from 7pm: Believe It Or Not Quiz**

<p><b>Thursday Club Night</b> Happy Hour 5pm–6pm, Jokers Wild, Monster Raffles, members' draw. Aussie Rules 8-ball competition 7.45pm – all welcome.</p>	<p><b>Fridays from 5pm</b> Happy Hour 4pm–6pm, members' draw, sport on big- screen TVs, spot prizes, meat raffles. Karaoke with Ben &amp; Marie, 8pm. Free entry.</p>	<p><b>Foothills Restaurant</b> Dinner: Thursday–Sunday from 5.30pm. Lunch: Fridays 12–2pm.</p>
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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. Clubrooms open from 2pm to 9pm on public holidays.

# Glen Eden's looking festive!



Fiesta Kitchen



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## Celebrate this Christmas with us



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