



VILLAGE

VOICE

ISSUE 83 JUNE 2021 · DISTRIBUTED FREE TO HOMES & SHOPS · LIVING, WORKING & SHOPPING IN GLEN EDEN

Kirstie is excited to meet the local business owners



GLEN EDEN Business Association is pleased to announce that it has appointed Kirstie Barton-O'Brien to the role of Membership Manager.

Kirstie is a proud Westie who lives locally with her young family and enjoys the benefits of our amazing part of Auckland.

She is a former HR adviser and people manager, and has also recently volunteered on local school and kindergarten boards.

Kirstie has a lot of experience working with both small and larger businesses, and is happy to chat with local shops and businesses about anything they might need.

Kirstie's role will involve keeping in touch with local businesses on a regular basis and ensuring good communication between the Association and its members, keeping the database and website updated, and helping BID Manager Gary Holmes with local promotions and events.

Kirstie is looking forward to meeting all of the amazing business people in Glen Eden, and learning more about this fantastic community.



Glenmall WINZ gets an upgrade

GLENMALL Work and Income Service Centre is closed for upgrading and is due to reopen on 15 June.

"It's one of the first offices in the Auckland region to benefit from an upgrade this year," says Tracey Smith, MSD Regional Commissioner for Auckland North and West. "It will be a more welcoming office where people find it easy to get the help they need. Clients will have more privacy when they talk with a case manager and there will be added security for clients, visitors and staff."

Dedicated employment spaces in front-of-house areas are also being created to help people seeking work.

During the closure you can still get help:

- Call 0800 559 009 (Work and Income)
- Call 0800 552 002 (Senior Services)
- Visit my.msds.govt.nz

In this issue: The Trusts helps local charities; Saffron takes the chair at the local board; the day Robyn met a naked client; Glen Eden represents Auckland at bowling; wearing onesies in a good cause.

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UPCOMING EVENTS

Creative Writing session for Adults with award-winning author Melinda Szymanik



Tuesday 1 June, 3.30pm–5pm
This workshop will discuss how to create compelling characters, organise your ideas and

experiences into gripping plots, and shape them into engaging stories. A 'We Read Auckland' event. All welcome.

Traditional Samoan Songs and Dance

Wednesday 2 June, 10am



Kelston Intermediate School Samoan bilingual class will perform traditional Samoan songs in celebration of Samoan Language Week. All welcome.

Whanau Kahoot! "We Discover Glen Eden"

Wednesday 2 June, 3.30pm

A fun interactive online game that helps you discover more about our community and beyond.

A 'We Read Auckland' event.

Pasifika Beatz

Wednesdays in June, 10.30am
Fun-filled Pasifika cultural music sessions delivered by Plunket for kids under 5 years. All welcome!

Kids' Movie Time

Friday 11 June, 3.30pm–5pm
A movie, popcorn and papercraft.

Ahi Kaa

Saturday 19 June, 10am–1pm
Come and write your message to a loved one or send your wish to Hiwa i te rangi, the wishing star. Sing the Waiata Maumahara with Te Wharekura o Hoani Waititi students



(above). Enjoy hākinakina (games and sports), poi-making, a guided walk on rōgoa (traditional Māori healing) and live music by Junelle Kunin, Naughty Natives and Riki Bennett. All welcome.

REGULAR PROGRAMMES

Book Chat

First Wednesday of each month
10.30am–11.30am

Share what you enjoy reading.

Job Cafe

Wednesdays 12.30pm–2.30pm

(except school holidays)

Whau Ace (Adult & Community Education) offer free drop-in sessions helping you to:

- Prepare a CV
- Search for a job
- Apply online for jobs
- Write a cover letter

Rhyme Time

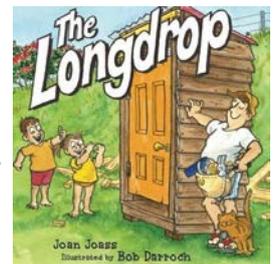
Thursdays 10.30am–11am

Special Rhyme Time with author Joan Joass

Thursday 3 June, 10.30am

Special guest author Joan Joass will join us at

Rhyme Time to share her books. A 'We Read Auckland' event.



Wriggle and Rhyme

Fridays 11am–11.30am

Lego Club

Saturdays 2.30pm–3.30pm

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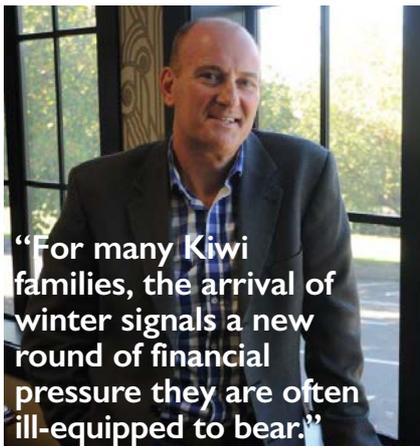
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Charities get helping hand in time for winter



“For many Kiwi families, the arrival of winter signals a new round of financial pressure they are often ill-equipped to bear.”

CHARITIES are anticipating a surge in demand. One reason is the onset of winter, the other is a fear that law changes recently may increase rents.

To help address the increase in need, a social enterprise that derives its funding from its hospitality and retail operations is committing over \$1m to charities and local groups this year – despite itself facing an uncertain trading environment.

The Trusts, which will allocate the

funding to community organisations, say the pandemic has changed the face of need in New Zealand.

Trusts CEO Allan Pollard (left) says, “The cost of new clothing, bedding and just staying warm over winter will see many families having to make choices that may compromise their health, whether through changing their nutritional intake or even sacrificing a visit to the doctor.

“The spectre of potential rent increases creates uncertainty and stress. While some tenants may have the option to move home if their rent is increased, for many the cost of shifting house is another expense they simply cannot afford.

“Sadly some of the most vulnerable in our community live continuously on the threshold of financial hardship, struggling from week to week.”

Pollard says the Your West Support Fund will offer funding of up to

\$20,000 for each community cause that applies and meets their criteria.

The first round of funding will open in July; a second round is planned for February and March next year.

As well as the Your West Support Fund, later this year The Trusts will also open expressions of interest for major grants. Hundreds of thousands of dollars in grants and sponsorships are expected to go to community projects.

Charities, schools and community groups operating in West Auckland and wishing to apply for either form of funding should contact The Trusts.

An eye-opening few weeks!

As April rolled around, we reached the halfway point in the council term. Usually that wouldn't be too significant but for us at the Waitākere Ranges Local Board it was as I swapped roles with Greg Presland to become board chair and he has taken the deputy chair role.

We agreed this back at the start of the term and for the past few weeks I've been getting my feet under the table and coming to grips with the demands of the role of chair, which are wide ranging and rewarding.

In addition to our regular board meetings I'm attending whole council workshops and meetings to advocate on behalf of the Waitākere Ranges, while my inbox has quickly filled up with queries and requests. That's not to forget the community meetings and

sessions that I'm attending on behalf of the board.

So, all in all an eye-opening few weeks! I want to make special mention of the wonderful job Greg has done as chair of the board these past few years. He is a great leader and a skilled politician. I'm grateful he remains by my side to help navigate the coming challenges that face us all.



Ngā mihi
Saffron Toms
Waitākere Ranges Local Board Chair

Waitākere Ranges Local Board
Auckland Council

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Life's nothing if not interesting for agent Robyn

ROBYN RULE, a long-time agent at Barfoot & Thompson, believes in keeping things simple for her clients.

"When I started in real estate I said I wanted to build my reputation on honesty and reliability," she says, "and I would like to think that is what I am proving to clients when they interact with me. Many agents overcomplicate things and end up making the real estate experience very stressful. My motto is Real Estate Made Simple."

Robyn was involved in marketing some of the apartments in the recently opened Westlight development.

"The most joy I got was from the young first-home buyers. The excitement on their faces when they knew they had secured their apartment to live in was pure delight."

Working during the pandemic has been tough. "This was very hard for me, because we are on commission only. One has to be very careful about money and of course the phone just stopped the day we went into level four. Our Support Centre was fantastic, keeping us in the loop and giving us lots of Zoom meetings we could attend if we wanted to.

"Like a lot of companies, it was a crash course on how to do everything remotely. I also relied on my partner for moral support. He is employed



by the government (as a teacher) so at least we knew his job was safe."

The funniest thing that's happened to Robyn was when she was asked to appraise a house and the owner had said no-one would be home.

"They told me where the key was and said go in and have a look round. This is common, especially if the client trusts you. So off I go, enter the home and as I'm looking around I get to the bathroom, open the door and oops, lo and behold, there is my soon-to-be client stark naked, staring back at me! To this day I am not sure who was more embarrassed."

The dog that can often be seen by Robyn's desk is Buddy. "He's a Jack Russell cross Foxy, so very clever! I found him on a road in Henderson eight years ago, and once he had spent two weeks in the pound (in case he was claimed) I adopted him. He is our baby and very spoiled."

Cornwallis-born Robyn has lived in Henderson for 31 years so she's a

Westie through and through.

"I live with my partner of 13 years. I have one son who has blessed me with three beautiful grandchildren but between me and my partner we have seven beautiful grandbabies whom we absolutely adore. And I have a daughter who lives in Sydney – I was very lucky to have her home for a two-week visit recently when we opened our borders with Australia."

When not working, Robyn is a keen bowls player and admits to being pretty good at it.

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 villagevoiceeditor@yahoo.com by the 15th. You could win a \$50 voucher to dine in Little India Glen Eden. Congratulations to May's winner, Rob Goes of Foothills Lane.



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Sundays from 5pm.

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THERE ARE many different ways to move our body – thankfully without too much conscious thought. But in fact our body cannot move without our brain telling it to. The nervous system is constantly sending signals to the brain and then back to the body to move this way and that so we can function on a day-to-day basis.

Each day is a new day. We wake, we walk, we shower, we brush our teeth, we make decisions about our day. Just how much of this are we present for? Or are we relying on habitual patterns? Once we become more aware of our day-to-day habits, we can change them. Change starts with awareness.

Yoga movements (asanas) rely on conscious movement. How we stand and sit, the repetitive movements and thoughts and actions – all these are what actually shape our lives.

Back to our nervous system: signals are constantly being fired to the brain from our senses, skin, eyes, ears, tongue – the organs of perception.

Meditation and yoga sharpen their actions and ability to send messages. The right chemical responses from our body are activated for the right job of repair, growth, nourishment and action. Yoga is life!

Vanessa Greenwood runs the iyoga studio on West Coast Road.

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What's with the onesies?



WEARING a onesie to the shops has become something of a joke among some Westies, but in May and June it may become more common – all for a good

cause. That onesie wearer you see at the supermarket or library may be taking part in VisionWest's Winter Warmers campaign.

Staff and friends of VisionWest will be sponsored to wear their onesie for an entire day, irrespective of where they go or what they do.

The money raised is to support families to get through winter by helping them keep warm and put food on their table.

For some struggling families, the extra costs associated with keeping

warm and dry over winter can be challenging to meet. These include the cost of heating and increased power use which must come out of an already strained budget.

Examples of how the money will be spent include bedding and towels, essential grocery items for families left short of cash due to winter bills, or financial mentoring sessions to help develop a plan to repay debt and get family finances back on track.

Those who'd rather not be seen in public in a onesie can choose to be a Walking Warrior and raise money by being sponsored to walk a distance of their choice.

Some are opting to walk the coast to coast walk across Auckland, others are setting a distance to walk within a set period.

If you'd like to be involved in Winter Warmers, either by sponsoring a participant or participating yourself, go to www.winterwarmers.org.nz.

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GLEN EDEN



GLEN EDEN Bowling Club (GEBC) has enjoyed success recently, winning the Juniors title in Auckland Region and representing Auckland Bowls in an Upper North Island Tournament.

GEBC's Junior Team of six, the manager, coach, president and supporters went on the weekend trip to Hikurangi to represent Auckland Bowls region in Mercedes Cup Juniors 1-5 years Interclub 6's.

When they reached Hikurangi they unloaded their gear and set off for the local club. They were well looked after by the club barman/greenkeeper when they turned up to get a feel for the green; he lives across the road, saw them arrive, wandered over and asked, "What's going on here?" He wasn't expecting them but soon got the mats and jacks out, opening up the green and club bar for the team and they made the most of both during their visit.

The day of competition was cool and overcast but reasonably good. Five regions competed: Counties/Manukau, Far North, Auckland Bowls, North Harbour and Northland.

GEBC steadily progressed through the day with good results, but the teams were evenly matched so only the results at the end of the day would tell who the winner would be.

Near the end of the last game the Hikurangi club rooms had a power cut. The lights remained off for most of the evening so the prizegiving occurred in semi-darkness. Glen Eden came first equal on points but unfortunately ended up third after the points differential was calculated.

The team stayed at the club for a few drinks in the dark, using their mobile phones for light. A wave of laughter followed after they heard a voice in the darkness shout, "Don't you f#\$%ers ever go home!!"

Giving the kids a leg up



The third and final part of a series on this topic

THIS MONTH I end my look at ways parents can help their kids buy their first home by talking about partnerships, writes Robyn Rule from Barfoot & Thompson Glen Eden.

Parents going into partnership with children is a variation of the gift (covered earlier). If parents' names are on the title (owning a small percentage of the property), they will also be on the loan agreement. Mortgage payments will be made from a joint account, so parents can see that the children are paying.

If parents' names don't go on the title, they may make an agreement (equity relationship) that recognises the children are holding in trust a percentage of the property for the parents. But with this, the parents don't have visibility that loan payments are being made.

The final method to briefly mention is simply to let your children live in the family home while they save. The average weekly rent in Auckland is \$600, so they could conceivably save \$30,000 in one year.

May Glen Eden property statistics
32 sales totalling \$28,325,500. Highest price: \$1,656,000. Lowest price: \$629,000. Average price: \$885,171

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Eyelid and eyelash problems are easily treatable

Eyelid and eyelash problems can be both painful and irritating, and can even damage your sight if left untreated.

The eyelids and eyelashes function as protective barriers for our eyes. They keep foreign bodies out, and ensure your eyes don't dry out. So when eyelid and eyelash problems occur, they are best dealt with swiftly to avoid potential long-term damage.

Many people encounter eyelid or eyelash problems as they age, but most symptoms can be treated.

As we age, the eyelids can occasionally become unstable. In some people, the eyelids (usually lower eyelids) can turn outwards, giving a red-rimmed appearance to the eyes. This is called ectropion.

With entropion, however, the eyelids turn inwards. Entropion is

usually accompanied by severe discomfort, as the eyelashes rub on the eyes.

Trichiasis is when the eyelashes grow inwards so they constantly rub on the surface of the eyes. This causes a feeling of there being something in the eye.

Redness, itchiness, irritation and a sandy or gritty feeling in the eye are common symptoms too. Sometimes the ingrown eyelashes are normal in size and colour, but they may also be very fine and colourless, and only visible with a magnifying lens.

Thankfully, both entropion and ectropion can be treated with relatively fast and simple eyelid surgery. Ingrown eyelashes can be easily removed, which we do here at Glen Eden Optometrists for many of our patients as a free service.



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'Lovely to have such a keen community!'

"WE had an amazing wee urban restoration walk," enthused Project Twin Streams (PTS) organiser Alanah Mullin, "with about 14 people wanting to learn about our local stream and how to restore urban native bush and stream areas."

PTS is a long-established EcoMatters Environment Trust initiative in Glen Eden and on this occasion they were in the Atkinson Road area.

"We also did some enrichment planting to aid diversity and infill any light pockets in the riparian zone," she added. "It's lovely to have such a keen community!"



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