

## Bright future for kids



Some of the team behind the Bright Foundation: CK Ranchod, Eesha Ranchod, Ayunita Ranchod, Sunny Sharma, Bobby Arora, Satye Singh, Jane Merai, Murray Merai and Abhi Topiwala

LITTLE INDIA in Glen Eden will celebrate its ninth birthday in unique fashion with a charity fundraiser they're inviting you to take part in.

Restaurateur Bobby Arora explained that it's a double celebration – India celebrates its Independence Day in August.

On Sunday 15 August, as many as 100 people will pay \$50 a head for a three-course lunch and every cent will fund the work of the Bright Foundation, a three-year-old local

charity that helps to meet children's basic needs like school stationery, uniforms and food.

"Our work is essentially directed towards primary school children and their families," Bobby said. "We work to identify and meet their needs by working with schools and any other organisation that may require our services. Quality primary education lays the foundations for a bright future."

Local schools agree with him:

"Prospect School has been incredibly fortunate to have benefited from the generosity of Bright Foundation," said principal Gay Turner.

Along with Little India, Fresh Choice and Columbus Coffee Glen Eden are also involved with the charity, which at a time of special need during the pandemic distributed over a thousand emergency food parcels to families across Auckland.

Their work is done regardless of recipients' political, religious or ethnic affiliations. To date, Bright Foundation has helped more than 4,000 children and their families.

See inside for details of how you can book your place for lunch or help in other ways.

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Little India presents  
**CHARITY LUNCH**  
*fundraiser*  
*to Help Kids Shine*

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We invite you to join Little India Glen Eden for  
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 & India's Independence Day



**Ticket includes**  
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**100% OF YOUR TICKET  
 IS DONATED TO CHARITY**

Can't make the event but want  
 to support the cause? visit:  
[brightfoundation.co.nz](http://brightfoundation.co.nz)

**Event Details**  
 Sunday 15th August 2021  
 12.00pm - 2.00pm

Little India 142 West Coast Rd, Glen Eden

**To Purchase:**  
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 OR  
[enquiries@brightfoundation.co.nz](mailto:enquiries@brightfoundation.co.nz)  
 Text: 022 617 2632



## Cold outside, but property market stays hot in winter



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

IT seems counterintuitive to market your home in winter but there are advantages to doing so.

Less competition means so you are likely to get more buyers at your viewings. And those who do come are more likely to be serious house-hunters rather than time-wasters.

Preparing your home for sale is as important in winter as it is in the warmer months but in cold weather your home needs to be kept warm, so use a heat pump or fire during open homes.



Add some colour at the entrance – polyanthus are hardy perennials that look bright and cheerful in

the garden or in pots. For a few dollars, they are a good investment.

Winter is also a good time to go house-hunting. You will see where water lies making the ground soggy, and whether there are leaks.

You will see the home and garden at its worst, so if you like it in winter you will love it in the warmer months.

July Glen Eden property statistics:  
 36 sales totalling \$37,564,500;  
 highest price \$2,800,000; lowest  
 \$555,000; average \$1,043,000.

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# Napier's loss is Glen Eden's gain

MANY businesses in Glen Eden have been doing it tough lately for one reason or another. But you have to feel special sympathy for Sudheer at Pizza Boyz.

"We had a bit of a heartbreaking situation when we were about to open our store in May," Sudheer explains. "Just one day before we opened, Auckland Transport blocked off the entry into Captain Scott Road from West Coast Road for roadworks and the road remained closed for one whole month.

"It was a tough first month for us. Things are getting better now the road works have been completed."

It's been a difficult period all round for Sudheer, who with his partners had planned to open their first Pizza Boyz store in Napier. They were unable to do this because of Covid and financial hurdles.

Napier's loss is Glen Eden's gain, for Pizza Boyz is not your average pizza chain. Sudheer says they offer a wide variety of pizzas and use various spices to make them more tasty, along with fresh cheese and



the best quality meat and vegetables.

Sudheer and partners worked as delivery drivers during the Covid period before starting their pizza business.

"Working as delivery drivers helped us to gain knowledge going around the various successful restaurants and takeaways," he says, taking it philosophically as a learning experience.

They are currently using delivery services such as Uber and Menulog but will soon start doing their own deliveries to customers within a 5km radius of their store.

Locals themselves (living in nearby

Blockhouse Bay), they feel blessed to be part of the Glen Eden community.

"People here are very supportive and encouraging," Sudheer says. "There is a lot of potential for business in Glen Eden, with plenty of construction happening and more new homes. It's a good sign of development."

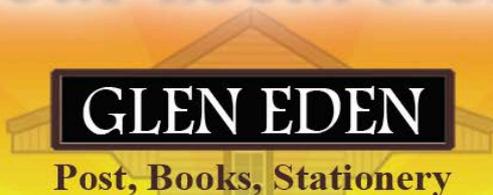
Most of the roadworks around Glen Eden are now well on the way to completion, affected businesses will be relieved to hear. Do come in and support your local shops – but drive carefully, especially on West Coast Road near the rail station.

## You're sure of a warm welcome at the RSA

GLEN EDEN RSA is abuzz with entertainment and functions lately, in a welcome contrast to the situation during lockdown. The darts teams have two big tournaments happening at the end of August, the Lion Red Classic and the Corban Cup, and the fishing section feel fortunate to have their first trip booked since 2019. The indoor bowls and 8-ball players are also doing well, with more members and success in competitions. Now the RSA are starting a Quiz Night, which should be fun.

### Your Local Store

- Stationery
- Books
- Children's activity & learning



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## It's their future they're growing

ECOMATTERS' Alanah Mullins organised a planting bee with a difference recently.

"We had the pleasure of hosting Room 16 from Glen Eden Intermediate School and the tamariki from Kaurilands Kindy on a planting," she explained. "The Intermediate kids buddied up with

a little one and together they dug holes and put native plants in the ground at Kaurilands Domain. It's not the quickest way to plant, but that's not what we're here for. We're here to bring everyone along on the journey, and sometimes that means going slowly, and going with care."

## Local Government Conference

Kia ora tatou katoa! Last month I attended the Local Government New Zealand Conference on behalf of the board. If you were following the news it was where discussion on the Government's three waters strategy dominated.

It was an eventful experience as I got caught up in the flooding, delaying my return by two days as roads were closed and many people were evacuated from surrounding Marlborough areas to Blenheim.

Logistics aside, it was great to see the council win the Te Tari Taiwhenua Internal Affairs EXCELLENCE Award for Outstanding Contribution to Local Government for the work done during Covid.

That included providing meals for rough sleepers and food parcels for people in financial difficulty because of COVID-19, including support for vulnerable people right here in Glen Eden.

As the Mayor said, everyone in the country deserves to be celebrated

for their part in our Covid Response. Our staff at Auckland Council really came through and it was quite an emotional moment remembering especially those first few weeks coming to terms with the realities of lockdown.

Last but certainly not least, my motivation for attending the conference was the passing of a remit supporting the reinstatement of council's rights to general tree protection. The rate of tree loss in our region has been unprecedented and very distressing for our communities, and although there's still a lot of work to do before the trees will be protected, this has got the ball rolling.



Ngā mihi mahana

Saffron Toms  
Waitākere Ranges  
Local Board Chair

**Waitākere Ranges  
Local Board**  
Auckland Council



## In the library...

### DIY Cleaning Products

Tuesday 10 August, 10am–11am  
The Wastewise team will show you how to make DIY cleaning products. Children not allowed without parental supervision. Take a glass or plastic reused jar to put your creations in. To register for the session see library staff.

### Book Chat

First Wednesday of each month  
10.30–11.30am  
Share what you enjoy reading.

### Job Cafe

Wednesdays 12.30–2.30pm  
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 10.30–11am

### Wriggle and Rhyme

Fridays 11–11.30am

### Lego Club

Saturdays 2.30–3.30pm

### Skinny Jump

Do you need internet connection for the kids' schoolwork or for yourself to connect with family overseas? Glen Eden Library is a partner for Skinny Jump, which offers flexible prepaid broadband to anyone without broadband at home. No contracts or credit checks, modem comes free and preloaded with 30GB. Ask in the library for more information.

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# Glen Eden community weed bin is back

GLEN EDEN residents can look forward to access to free bins for pest plants for another 12 months, as efforts continue in the fight against one of the Waitākere Ranges' major biodiversity threats.

"We're thrilled to announce the dates and locations for the community weed bins this year, including one at Kōwhai Reserve, and are excited to be able to support the weeders of Waitākere yet again," says Mel Ward from EcoMatters Environment Trust, which administers the bins.

Funded by the Waitākere Ranges Local Board and supported by Auckland Council, the community weed bins provide opportunities for people with invasive weeds in their backyard to dump them at no cost.

"The bins have been exceptionally well used and supported by the community in the past 12 months. We've been very happy to see them

being used to get rid of the right types of pest plants, and I'm pleased to say that the dumping of inappropriate waste has been at its lowest in years."

Weed bins are also available on an ongoing basis at Huia Domain and Piha Domain.

The invasive weeds accepted at the weed bins are Chinese privet, climbing asparagus, honeysuckle, jasmine, moth plant, plectranthus, tree privet (small branches only), tradescantia, and wild ginger (roots and seed heads only).

"To help us make the bins even more efficient this year, we'd like to encourage people to use them for wild ginger seed heads and roots only as these are the parts that will regrow," says Mel. "Wild ginger stems and leaves shouldn't go into the bin as they can be composted at home. You can just leave them on the ground in the bush on your

property, ensuring that the bins aren't filled with unnecessary green matter and are used in the most efficient way in our fight to protect the Waitākere Ranges."

#### Pop-up Bins:

- Waiaatarua Hall, 911 West Coast Road
- Kōwhai Reserve, 28 Withers Rd, Glen Eden

#### Weed Bin Weekends:

##### 2021

- 14-15 August: Waiaatarua
- 11-12 September: Glen Eden
- 9-10 October: Waiaatarua
- 13-14 November: Glen Eden
- 11-12 December: Waiaatarua

##### 2022

- 15-16 January: Glen Eden
- 12-13 February: Waiaatarua
- March: Multiple locations for War on Weeds
- 14-15 May: Glen Eden
- 11-12 June: Waiaatarua

On the weekends listed, the bin will be onsite by 9am on Saturday. An EcoMatters team member will be there to provide weed advice from 9am–3pm on Saturday. Details at [ecomatters.org.nz/weedbins](http://ecomatters.org.nz/weedbins).



## RIP, Barry

IT is with sadness that we record the passing of Barry Donovan (second from left). Here he is with some of his team from Glen Eden Community Patrol. At his funeral, speakers used words like 'top bloke' and 'amazing volunteer' to describe Barry. He was that and more. Even before Barry's passing, they were always looking for volunteers to join their patrol. If you're interested to make a difference in the Glen Eden community, simply email [glenedenpc@gmail.com](mailto:glenedenpc@gmail.com).

# RSA



Glen Eden RSA  
9 Glendale Road  
Tel: 818 4219

[www.glenedenrsa.co.nz](http://www.glenedenrsa.co.nz)  
See our Facebook page  
for daily updates

**8pm Saturday 8 August: Reggae Night with B&M Entertainment**  
Free entry, all welcome

**8pm Saturday 24 August: Sweet & Salty Band**  
Local charity fundraiser, entry only \$5

#### Thursday Club Night

Happy Hour 5pm–6pm,  
Jokers Wild, Monster  
Raffles, members' draw.  
Aussie Rules 8-ball  
competition check-in  
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

Lunch: Friday 12pm–2pm.  
Dinner: Thursday–Saturday  
5.30pm–9pm and Sundays  
from 5pm. Our popular  
Sunday sessions are still on  
– music from 3pm to 6pm.

Tickets for 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 and valid until end 2021. Lounge available for functions.



## Yoga with Vanessa

BLOOD CIRCULATION is vital for life, and the regular practice of yoga is guaranteed to improve it. The range of day-to-day positions for our body is limited to a few, like sitting and standing, whereas with yoga there are many ways to position our bodies through what yogis call asanas.

Asanas held for a certain time improve blood circulation in specific areas of the body. For example, as we age plaque can build up in the blood vessels. Staying upside down for a time, which yoga teaches us to do in a safe and methodical way, can help remove or prevent this.

There are standing asanas, forward bends, backward bends, abdominal work and salutes. The various asanas are achievable even for beginners. Simple equipment like yoga chairs, bolsters, blocks and blankets can be used to aid the alignment of the body.

These cardio exercises instantly increase the blood flow through the lungs, heart, brain and other organs. More oxygen in your brain? – who doesn't want that, slowing down the ageing process!

All systems of the body benefit, with a direct effect on the endocrine system which tells our organs what to do and when for repair and growth of new cells. We sleep better, think more clearly, and reduce the chances of stroke and heart attack.

Think of these asanas as transforming your bloodstream from a stagnant murky stream to crystal clear waters. They are like preventive medicine. And prevention, as they say, is better than cure.

Vanessa Greenwood runs the iyoga studio on West Coast Road.

## THURSDAY NIGHT IS QUIZ NIGHT at Glen Eden RSA

“ What if I'm not smart enough?  
What if we come last?  
What if I forget my in-depth knowledge of the entropy of thermodynamics?  
What if Colin eventually buys a round!?”

Get a Team Together & Win Prizes

## BELIEVE IT OR NOT?

QUIZ EVENTS

### STARTS

## 5TH AUG @ 7PM

2HR QUIZ HOSTED BY EMILY

## 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 [villagevoiceditor@yahoo.com](mailto:villagevoiceditor@yahoo.com) by the 15th. You could win a \$50 voucher to dine in Little India Glen Eden. Congrats to July's winner, Sharon Burkett of Glenmall Place.

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# Our eyelids can change as we age

With ageing, the skin loses its natural elasticity. This, combined with the effects of gravity, tends to cause 'drooping' of the eyebrows and the appearance of redundant skin in the upper and lower eyelids. Muscles around the eye may also become thickened, particularly in smokers.

In addition, many people lose fat around the eye, resulting in a sunken appearance. The connective tissue layers in the eyelids may thin out, causing fat to move downwards and form 'bags' under the eyes. Loss of elasticity and subcutaneous fat often leads to an increase in wrinkle formation and permanent lines such as so-called frown lines.

Eyelid surgery known as

blepharoplasty is often recommended for functional and/or cosmetic reasons.

There are ophthalmologists that specialise in this surgery with excellent results.

Most insurance policies generally exclude cosmetic surgery but will accept the costs if there is a functional reason for the surgery (e.g. improving the field of vision) or if the problem is caused by a medical condition such as thyroid eye disease. Surgery for eyelid malpositions such as drooping of the lids (ptosis) or eyelids turning inwards towards the eye (entropion) is not considered cosmetic and will be covered by medical insurance.



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