



Simply doing the right thing

VOLITION has a different approach to running a gym. They aim to give back to the community rather than always looking to receive.

It's an approach being put into action by Ayden Kelly, who joined

the Fikaa Gym Group late last year. Fikaa owns other gyms as well as Volition, and it's Ayden's job to put the foundations in place to help them build back strongly after Covid.

Continued on page 3



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 **Labour**

Authorised by Carmel Sepuloni, Parliament Buildings, Wellington

In the library, pandemic permitting...

CHECK Glen Eden Library's Face Book page to see when their usual programme will start again.

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 & Rhyme

Fridays
11–11.30am

Lego Club

Saturdays 2.30–3.30pm

Weed bins not operating



COVID is affecting everything, it seems – even the weedbins we wrote about in our August issue (September issue was of course cancelled due to lockdown).

The weedbins will be operational again in Level 2. Check for details at ecomatters.org.nz/weedbins.

Looking after your own (loan) interests



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

YOU would hope your bank would tell you whenever there was an opportunity for you to save money. They do not, so it's up to you to stay on top of your home loan. Doing so could save you thousands of dollars. I will look at ways to do this in my next couple of columns.

Here are the first two:

- Split your home loan
- With interest rates expected to rise, consider splitting your home loan into different fixed-interest rate terms. Your lending will come up for renewal at different times. You get immediate savings with a lower short-term rate, alongside the certainty of a longer-term interest rate. Fixing a portion of the loan for a short term (one or two years) tends to result in lower interest costs over the life of the loan, even in a rising rate environment. Meanwhile, fixing for longer delays the impact of increasing rates.

- Avoid floating rates
- There is no reason for floating rates to be more expensive than fixed ones. They're a trap for borrowers because when a fixed term expires, the loan automatically goes to a floating rate. For most banks that's around 4.50% compared to 2.49% for a one-year fixed rate. The extra cost of sitting on a floating rate is surprisingly high: for a \$200,000 loan it's about \$4,000 per year. That money could be in your pocket.

Recent statistics for Glen Eden Sales: 19 totalling \$21,770,200. Lowest: \$585,200.

Highest: Two neighbours in Evans Road sold for \$1,965,000 each. Average: \$1,145,800.

Continued from page 1

“Sandra (the Club Manager) and I have been focused on creating a safe and friendly environment for the local Glen Eden community,” Ayden explains.

“We have run free sessions for the local Glen Eden Community House, run kids’ sessions in the school holidays, run free VisionWest Community Trust mentor programmes for their young adults and have put on sessions for the Glenora Rugby League Team and for VisionWest Community Trust staff.”

Ayden sees it as simply doing the right thing but their actions have also been partly motivated by all the other gyms that have sprung up locally.

For context, theirs has been established in Glen Eden for over a decade and was previously known as Glen Eden Fitness.

“We pride ourselves on going above and beyond and want to prove that we are truly there for the community, rather than just

being another 24/7 gym. Gyms often boast about ‘community’ but only focus on the paying members coming through the doors.”



You can hear the enthusiasm in Ayden’s voice as he speaks: “There is always time in your week to help a fellow community business or member of the public. We encourage our community to come to us for support and we will do our absolute best to figure out a way to help.”

They recently added 19 classes a week to their timetable yet they have managed to hold the membership cost at \$14.95 a week.

“This is to give the community a cost-effective way to keep fit and mentally engage themselves in a positive environment, without breaking the bank.

“We love the Glen Eden community and are really trying to be a pillar of our community, not just a gym.”

Sandra and Ayden will be happy to show you around the gym, which is on West Coast Road opposite Glendale Road.

Networking locally

THE Greater Glen Eden Networking Group meets on the second Wednesday of each month at the Methodist Church Hall in Glen Eden from 10am to midday, Covid regulations permitting.

You are welcome to go along and join them and let them know about your group, and network with other local groups at the same time.

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Growing Glen Eden



CRANES high up against a clear blue sky are a dramatic sign of Glen Eden's continued growth as more people prove themselves happy to live in apartments.



Thanks to Ian Burkett from Pet Shop Boyz for the photographs.



UNCERTAINTY about Covid and lockdowns can cause stress and anxiety. A recent study by the Dept of Neurology at Chandigarh University, India, investigated the aspects of yoga that may be instrumental in coping with the anxiety associated with lockdown. The results showed conclusively that participants who practised yoga regularly were able to release stress and remove the pressure that created anxiety.

As one who has been practising yoga for 28 years, I know its amazing benefits. I began yoga at 18 while at university, as a way to control anxiety and digestive issues caused by stress.

Yoga dates back 10,000 years. It is the oldest self-development practice. Now more than ever, I recommend people practise it as part of a healthy lifestyle. Combining challenging and supported asanas is key, as is regular practice. Try these simple asanas:

Salabhasana

Lie on the floor on your stomach with arms by your side and forehead resting. Extend your arms and legs back, while raising them a few cm off the floor. Keep your neck long. 3x, relax in between.



Savasana

Lie on your back with pillow or bolster long ways under your thorax/ribcage. Elevate the head with another pillow or blanket. Turn your gaze towards the chest, eyes closed. Nose breathing, from the belly to the chest. Breathe rhythmically. 10 breaths. Allow your senses to draw inwards; focus on each breath. Let go! 3x a day.



Getting through challenging times

Kia ora all. I hope you and your bubbles are safe. As I write this, we are part way through week four of our Level 4 lockdown, and the case numbers are reducing on a daily basis, certainly giving me hope that by the time you read this we will have moved down Alert levels.

It has not been easy but it's been heartening to see such a strong collective response to the lockdown and the positive results that effort is reaping.

This has, however, been an extremely challenging month for the whole of Auckland, and especially out west. The storm at the end of August saw more than a month's worth of rain hit us in one evening, bringing widespread flooding and damage to our area, including multiple slips across the Ranges rendering roads, paths and houses unusable. Rivers rose rapidly, engulfing roads and causing devastating slips and damage at places like Te Henga/Bethells, Waitākere Village and at Henderson Valley, where cars were carried into bush or down rivers and 60 homes were evacuated.

The power and force of the rain took many of us by surprise, and the widespread devastation it caused was

extremely troubling to see. Emergency crews and locals sprang into action, working through the night, and I am so proud of our resilient and connected communities who really pulled together for one another.

It does, once again, underline the impact a changing climate is having, with more extreme weather events likely to occur as time goes by, and should incentivize us all to do more to tackle climate change in our everyday lives.

As if the flooding wasn't enough for one week, news broke on the Friday of the terrorist attack at Countdown, Lynn Mall, along with the sobering revelation that the attacker was a resident of Glen Eden. Authorities are confident he was acting alone. My heart goes out to the victims, their families, witnesses and the police.

My love also to our communities – everyone in them. Extremist violence is not who we are.



Ngā mihi mahana
Saffron Toms
Waitākere Ranges
Local Board Chair

Waitākere Ranges
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Auckland Council



Pre-lockdown fun at the RSA



THEY had fun at the RSA with their Elvis & Friends Tribute Show. As someone said on Face Book, "Great dancing, fun & singalong by everyone that came. Absolutely great show."

That looks very much like the late great Leonard Cohen on the right – the real one is inset. We wonder what the choice of song was. Could it possibly have been *Hallelujah*?

Memories of events like this are especially sweet as we sit out the pandemic and wait for things to open up once more.



RSA



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

Please see our Face Book page for information about the club whilst we await changes to Levels.

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
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Karaoke with Ben &
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Love Tennis Day in Glen Eden

LOVETENNIS Day has been moved to Sunday 21 November.

This is a national event promoted by Tennis NZ and Glen Eden Tennis Club is entering into the spirit of it with something happening all day from 10am to 4pm.

The club will have coaches available, tennis rackets, tennis balls and sausages, tea and coffee for every

age of person either returning to the sport or trying it for the first time.

It is a free day, so they encourage you to bring the whole family so that everyone can have some fun on the tennis court.

It is a small but friendly club and dedicated to children and adults enjoying the game of tennis.

They run a fully coached junior

tennis programme each year on Wednesday afternoons from 4pm. The classes are divided by age and ability and generally last an hour. This year's classes start on 20 October and run for ten weeks. They are for youngsters from the age of five to 18 years old.

Local contacts for the day are Raema (021 208 0725) or Anne (021 103 3786).

More than 20,000 people are expected to attend Love Tennis Day at some 170 participating tennis clubs across the country.

There are lots of giveaways at the events and a chance of prizes in a major draw.

Glen Eden Tennis Club (left) is located at 42 Glendale Road. There is plenty of parking either on the club's driveway or next door at Harold Moody Park.

The club welcomes casual players and new members. The latter are able to pay for a key and play when interclub matches are not occurring.

What is MGD?

The meibomian glands are oil-producing glands that are located on both the top and bottom eyelid margin. This oil creates the front layer of your tear film and its main role is to help create a smooth tear layer on the eye as well as prevent the tears from evaporating. It is an important component of clear, crisp vision.

Meibomian gland dysfunction (MGD) is a common eye condition where the meibomian glands are inflamed and are releasing poorer quality oil in reduced quantities or in some cases, not at all.

Symptoms of MGD depend on the severity of the case and vary from person to person.

Common symptoms include

gritty eyes, fluctuations in vision, watery eyes in windy environments and styes.

These symptoms are similar to dry eye, as the oil produced by meibomian glands is an active part of the tear film.

When this oil is not being produced in the correct quantity, or if the quality of oil is suffering, moisture from the tear film will evaporate, reducing the amount of lubrication on the front of the eye.

If you have symptoms, an eye examination will reveal if it is due to MGD and advice will be given on how to improve the functioning of the glands. This can reverse the symptoms and often remove the need for lubricant eye drops.



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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 our most recent winner, **Diana Hamilton** of Woodglen Road – especially for being the first to spot all the extra mentions of Little India because of the charity fundraiser that the restaurant was holding.



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