

AVONDALE

AUTUMN

instreet

Maori Wardens

Ngā Wātene Māori o Akarana return to awhi our neighbourhood

WHAU ARTS FESTIVAL

Our 6th festival
March 31 – April 3, 2022

LOYALTY REWARDS BOOK

Avondale Discount Book
in stores April



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BIKE AVONDALE

Register your bike now for a quick return if stolen.

A new bike lock amnesty/swap from AT.

Avondale Mainstreet is brought to you by Avondale Business Association
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Missed a copy?
View it online at
avondale.net.nz/magazine

Get your Avondale Local Loyalty Rewards



The inaugural Avondale Local Loyalty Rewards book will be instore in April 2022.

7,000 copies can be found in letterboxes - if you're a local
- and at multiple Avondale stores.

Carry it with you to get a bunch of cool Avondale offers.
More great reasons to shop on your doorstep in Avondale Mainstreet.

Terms and Conditions Apply

KiwiSaver questions? No worries We'll break it down for you



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A word from the Chair



It's a sign of the times that this word is not coming from our Chair as usual, but from me, as Marcus is sadly laid up with Covid!

Since the boss is out of action, I'll take a minute to talk about how committed he is to Avondale and the ridiculous amount of volunteer hours he puts into looking after our hood. It's a thankless task that also takes him away from the new love of his life - his and Jamie's new bubby, Elise. But he is working to ensure that Avondale remains an awesome and safe neighbourhood for his daughter to grow up in. Something we want for all our kids!

It's really exciting to see Cheddar open this month, to a huge response from locals who are not only out to support a funky new endeavour, but to enjoy great burgers! Otis has worked so hard to see this venture take off, so we can only hope it is the beginning of great things for this inspired young local.

The successful tender of the old 3 Guys site will shortly be announced - strange to imagine Avondale without that large concrete hole, but its high time indeed! Avondale Towncentre will be able to function as a united main street once again. Though we will certainly miss the amazing talent we have been spoilt with at the Graffiti Art Park.

Speaking of art, Whau the People are bringing their 6th Art Festival to Avondale this month - how cool is that?! A lens on our local talent and many great reasons to leave the house and be inspired. Thanks guys for keeping it local; and keeping it real.

This issue introduces three new wāhine toa from I Love Avondale and the Ngā Wātene Māori (Maori Wardens) who are soon to sign a contract on their new home at the Avondale Community Centre. A bunch more awahi for our great neighbourhood!

Naku te rourou nau te rourou ka ora ai te iwi.

Cynthia Crosse
Manager
Avondale Business Association

Applications are now open!



Support our future superstars.

Apply now for your share of \$500,000.

Applications must focus on children from 3 - 18 years and their education and well being.

Learn more at
thetrusts.co.nz/west-support-fund

Development dates and detail

Movement continues with the multivarious developments in Avondale, albeit at “pandemic speed” – i.e. with slow supply chains, and fixed deadlines a thing of the past – but there is movement nonetheless.

As we go to print, Eke Panuku is poised to announce its new development partner for the Ol’ 3 Guys site. This project alone may have the greatest impact on Avondale as it will pull together its split halves and the mainstreet will function as one again.

Kainga Ora has been granted resource consent for development of 18 Elm Street. The redevelopment will include 166 warm, dry, modern homes.

Work is being this month on **Crayford Street West** (see below) and anticipated to take 3 months to complete.

Stage II of replacing the pavers is still waiting on streetlight poles to arrive from overseas. Work is due to begin mid-April and be completed by end of July.

The Community Hub and Library is in progress with a procurement partner having been sought. FYI, the parks being created in front of the Set apartments at 28 Racecourse Parade are being built as part of the new Community Centre



in response to the community’s demand to the initial design for additional parking. A path will run from the parks up through Avondale Reserve to the new building.

The new pedestrian crossing outside the Mobil station and raising of the crossing by The Hollywood will take place in April.

What you already know:

Plaza Developments is building 36 apartments at 1843 Great North Road. Construction begins March 2022 and is due for completion second quarter of 2024. **Ockham Developments** is building the Aroha complex at 1817 Great North Road with 117 residential apartments. **Kainga Ora** is constructing 236 apartments on Community Lane.

Crayford Street West, Avondale

Safety and streetscape improvements project



With the support of Auckland Transport and Whau Local Board, we are making Crayford Street West safer.

As well as new street lighting between the train station and the town centre, we’ll make it easier for tamariki (children) to cross the road to school, and improve local parking for the school community and residents.

Construction will begin from late February/early March 2022 and will take around three months to complete.

As part of these works, we’re proposing a change to some parking time restrictions (P 5min) during school pick-up and drop-off periods. We’re keen to hear your thoughts on these time changes to make sure we have this right.

Details of the changes and a diagram can be found by using the **QR code** below or going to **www.panuku.co.nz/avondale**.

Please send your feedback by email to **info@panuku.co.nz** by **26 March 2022**.





Amber



Ara



Ina

Wāhine toa join I Love Avondale team

By Dayne Smith

I Love Avondale recently welcomed three new workers to our community development team: Amber Puku, Ara Simmons and Ina Patisolo. They each bring a diverse range of knowledge and networks to our neighbourhood, and together, with the rest of our team, hope to build on all the great things already happening in Avondale and create some new opportunities as well.

With a passion for helping Māori communities, Amber has become our Māori Engagement Lead focused on supporting the aspirations of local Māori and uplifting their strengths. Of Te Rarawa and Ngāpuhi descent, Amber spent much of her childhood in Avondale and brings a strong understanding of Te Ao Māori to our project. She has a Bachelor of Arts in Te Reo Māori and tikanga and has experience teaching Te Tiriti o Waitangi and decolonising methodologies at the University of Waikato.

In a similar role, Ara has joined as our Diversity Engagement Lead working with local ethnic communities of colour to identify and respond to their strengths and aspirations. Originally from the UK, Ara is of South Asian heritage and has called West Auckland home for some years now. She has a strong background in education and positive psychology, and recently worked with Inclusive Aotearoa Collective Tāhono to help support the setup of constellations/hubs that bring diverse communities together to work on a common goal.

Fa'afouina Nellie Hetta Sauni Tavae Patisolo, aka "Ina," is no stranger to Avondale having lived here for over a decade and contributing to a range of local community initiatives in that time. Ina has become our

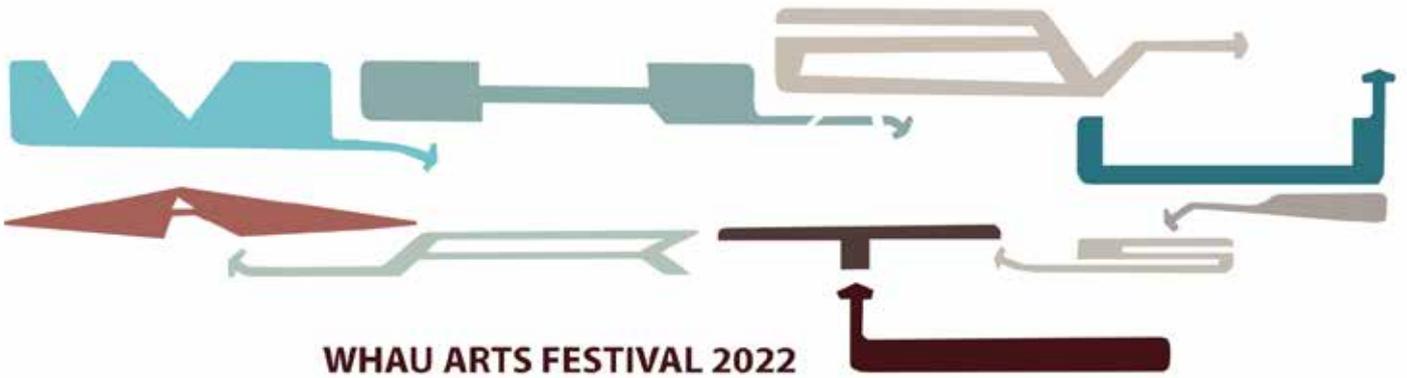
Eastdale Hub Coordinator, managing the council-owned building we lease in the Eastdale Reserve car park for recreation and youth-based events and activities. Ina is also involved in the local arts scene supporting Whau the People, an active member of Bike Avondale and part of the Whau Pasifika Komiti who aim to uplift

Pasifika aspirations in the Whau area. We're privileged to have these wāhine toa involved with our mahi and we all look forward to working together to support our community. If you would like to get in touch with either of our new team members, please visit www.iloveavondale.co.nz or message us on Facebook or Instagram.



ALCOHOL BAN

Avondale's Alcohol Ban map that has been in place since 2015.



The 2022 Whau Arts Festival, running from 31 March - 3 April, will include exhibitions, installations, workshops, readings, a book launch, online experiences, and creation of street art. This year's festival will have events all across the Whau area, and within Avondale, there will be projects happening at ALL GOODS, Avondale Library, Riversdale Reserve, and various spaces and shops in the town centre.

Everything in the festival is free and designed to be able to happen in a COVID-19 "red" environment.

A full programme will be available online from mid-March



whauihepeople.com





More than 100 events

Excitement is building for EcoFest West, which makes its return this year for the 11th year running. Outdoor experiences, whānau activities and interactive workshops will be on offer from Saturday 19 March to Sunday 17 April, as part of the month-long celebration of our unique environment and sustainable living.

Hosted by groups and individuals across West Auckland, with in-person and online options, the annual festival is funded by the Henderson-Massey, Waitākere Ranges and Whau local boards and organised by EcoMatters Environment Trust.

“After a challenging few years, we know that people are craving connection



with each other and the environment more than ever,” says EcoMatters’ CEO, Carla Gee. “We’re pleased that the community will still be able to enjoy a time of celebration, and learning and exploring together in a way that suits them, either in small groups or online.”

Featuring more than 100 events, the diverse programme presents opportunities to connect with nature on our doorstep, care for the places we love, and share skills and ideas for a better future. Many events are low cost and whānau-friendly, small-scale and outdoors.

For those more comfortable participating online, the festival also has a range of webinars on topics as varied as reversing climate change, ethical investing and keeping chickens,” says Carla Gee.

Festival highlights include opportunity to learn about bugs and



fish and go on a bike tour at the Freshwater Fun Days with the Whau River Catchment Trust.

Five event categories are designed to cater to a wide range of interests, so foodies, cyclists and crafters alike will find an event to suit them. Find out more at www.ecomatters.org.nz



Deborah Russell, Labour MP for New Lynn popped into Crescendo this month for a catchup and tour.

Although its group courses are currently delivered online, the studio is open and Crescendo will be welcoming back its 1-1 mentees and Gateway students soon with mask wearing and distancing.



Your local MP

Dr Deborah Russell

MP for New Lynn

New Lynn Electorate Office
09 820 6245

newlynn.mp@parliament.govt.nz
1885 Great North Rd,
Avondale, Auckland



Authorised by Deborah Russell MP,
Parliament Buildings, Wellington



Our dedicated patrol team - a mix of kaumatua & rangatahi. Left: Blaze Maraku-Hunapo and father Gary Maraku.

Aroha ki te tangata

What a beautiful kaupapa Ngā Wātene Māori O Akarana (Maori Wardens) have - Aroha ki te tangata – for the love of people.

The guiding principles of a Māori Warden are respect, awahi, aroha, and whānaungatanga. Their values are rangimarie, manaaki, kōrero, whakaiti, tautoko and pono.

It is their love of Avondale people that has brought Ngā Wātene Māori (formerly, the Akarana Maori Wardens) back to our neighbourhood. In fact, they have a history here being headed by founding members Junette “Nan” Riley and Haki Waikato back in the 1980s. Now Jojo Paieka, is at the helm and sees that Avondale can benefit from their awahi once again.

The first part of their journey with Avondale will be to get to know our people. In fact, the strength of Māori Wardens is their intimate knowledge of and close connection to their local communities, so don't hesitate to say hi when you see them in the street. Then they will work towards a seven-day a week patrol with 8 wardens per shift – that's a huge commitment to our wee neighbourhood!

Māori Wardens have been supporting communities for over 150 years and have well-established relationships that enable them to work closely with whānau, Māori organisations, community groups and government agencies. Despite their distinct uniforms, they are not police, but they have legal responsibilities under the Māori Community Development Act 1962.

Orders: www.myfundraiser.co.nz/support/avondaleprimary



Support Avondale Primary's Toilet Paper Fundraiser!!

Are you in need of toilet paper?! Noticed the supermarket shelves are a bit empty lately?

Avondale Primary has registered as a Good Cause with My Fundraiser and we are running our very first round of our bulk Toilet Paper Fundraiser.

WHAT ARE WE FUNDRAISING FOR?

We are raising funds for garden and kitchen essentials to support a successful “Garden to Table” programme.

HOW MUCH DOES THE SCHOOL RECEIVE IN DONATIONS?

10% of your full purchase price – that's \$5 per box!

** New feature ** If you opt to pay a \$5 shipping fee, we will receive that extra \$5 in donations.

How My Fundraiser works

Step 1

Place your order & select Avondale Primary as your Good Cause



Step 2

10% goes to our school



Step 3

Your toilet paper is delivered to your door



WHAT PRODUCT AM I BUYING?

It's something we all use and wouldn't like to be without – Toilet Paper! 48 Rolls of quality 2 ply, 400 sheet loo paper. Most toilet rolls are around 200 sheets, so this is equivalent to 96 standard rolls. Each box sells for \$50.

PERKS FOR THE ENVIRONMENT:

My Fundraiser toilet paper is FSC certified and plastic packaging free, right down to the paper tape that seals the box. The box itself is 100% recyclable and the rolls are unwrapped to avoid extra waste.

HOW MUCH IS SHIPPING AND WHEN WILL IT ARRIVE?

Shipping to non-rural addresses is FREE. Delivery to rural addresses adds a \$5 rural delivery fee per box. Orders are shipped and delivered to your door within 3-5 working days.

Thanks for supporting our School

This fundraiser is so much easier than anything I've needed to do to support groups in the past. I didn't have to use any extra time or money to help out.

Melanie Heap - Supporter

The next generation

by Isha Takyar and Malisha Munidasa

The Whau Youth Board is a diverse group of rangatahi who are ready to make a change. We are based across the Whau (Green Bay, Avondale, New Lynn, New Windsor, Blockhouse Bay, Glenavon and Kelston). It's a been a busy year for us and we hope you will join us in creating a Whau for the next generation.

1. Last year in May, we ran our first Whau Youth Fest. We ensured it was "young" at its core - young musicians, businesses, and people throughout the night. We had a range of free food available to round it all off. It was refreshing to see such a strong community spirit after the multiple lockdowns we had faced. This lively night was a success, and we can't wait to run a similar event this year. Stay tuned!

2. Although lockdown in the latter half of the year was a big spanner in the works, we didn't let it stop us from continuing to put our voice out and support the youth in our community. We hosted our annual Whau Youth Awards where we celebrate students involved in the community who aren't usually recognised.

3. We are part of the Te Whau Pathways Community Liaison Group and give input on the new path being built throughout our local area.

4. Two of our members are leading an Ethnic Youth Arts Project in collaboration with the Creative Souls Project and talking to young people about their experience of growing up

in the Whau. If you identify as ethnic and would like to be involved, we'd love to chat with you! Please email malishamunidasa@gmail.com. You will receive a koha for your time.

5. We are a part of the Auckland Youth Voice Network, an organisation that connects youth boards across Auckland in one platform. In future, we hope to collaborate with neighbouring boards (Puketāpapa Youth Foundation and Albert-Eden Youth Board). The organisation holds frequent Auckland catchups where we give updates on our events and listen to engaging speakers.

6. Last year we held a Kindness Campaign and collected messages from the public delivering thanks to essential workers doing the hard yards through lockdown. We are hoping to deliver these messages once the Covid measures have eased!

We'd love for more young people to be part of creating a Whau for the next generation! If this sounds like something you want to be part of, please message us via our Facebook or Instagram pages. If you are a part of an organisation and would like to collaborate, please get in touch!

[@whauyouthboard](https://www.facebook.com/whauyouthboard)
whauyouthboard@gmail.com



Beat the Bike Thieves

By Macaila Pescud & Ina Patisolo
Bike Avondale

It's all too common in Tāmaki Makaurau (Auckland) to have a story of having a bike stolen. But now, Bike Auckland has chosen "529 Garage" as its champion to tackle bike theft.

It is estimated that as many as 5,000 bikes are stolen in Tāmaki Makaurau each year. Some people are deterred from biking because of it. Many people don't replace their bike once stolen and 7 % stop cycling altogether. For those who do replace their bike, many report being less likely to use it due to concerns of theft. With such high incidence of theft, insurers are reconsidering their cover.

Keeping your bike safe with 529 Garage

529 Garage is a free bike registration website that helps to get stolen bikes back to their owners. Quite often, the police do recover stolen bikes but don't know who to return them to. Currently less than 5% of stolen bikes are returned to their owners. With registration at 529 Garage, police will know who to return recovered bikes to.

If it is stolen, you can use 529 Garage to alert the police and nearby community. People can contact you anonymously through the site if they see your bike, or you can choose to release your contact information publicly for updates. If you are in the market to buy a secondhand bike, ask for the registration code first and check it isn't stolen at 529 Garage.

In Vancouver, 529 Garage has contributed to a 20% decrease in bike theft each year since it was launched. So, register now at www.529garage.com.

Barriers to bike theft

The first defense from theft is a decent lock. If you can afford it, a D-lock, folding lock, or chain lock are best. Currently, Auckland Transport is holding a "Bike Lock Amnesty"

programme where bike hubs across Tāmaki Makaurau are swapping cable locks for decent good quality D-locks – for free! Get in touch with Bike Avondale now to swap your cable lock for a good D-Lock!

We want to reduce these barriers as much as we can, so people can keep using their bikes – for the planet, for climate change, for mental and physical health, and for safe livable cities.

Bike Avondale

bikeavondale@gmail.com
www.facebook.com/groups/BikeAvondale



Local cyclist Kevin Keys holds up his new D-Lock and Cable from Bike Avondale

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Seasonal Treats

Stuck on what to cook for dinner? Make the most of those wonderful seasonal fruits and veges while you can. Here's some great ideas, courtesy of Supervalu Avondale.



Avocado Ice Cream

A simple & delicious recipe, no ice cream maker needed!

Makes 2

Ingredients

- Flesh of 2 avocados
- Juice of ½ lemon
- 1 cup of coconut cream
- 2 tablespoons sweetener of choice (honey or rice malt)

Method

1. Place the avocado flesh, coconut cream, sweetener and lemon juice into a food processor
2. Blend all the ingredients until smooth and creamy
3. Pour into a loaf pan and freeze for at least 4 hours before serving



Charred Coconut Corn

This quick and easy charred coconut corn is a delicious vegan alternative for summer. Makes 5

Ingredients

- Coconut oil
- Corn
- 1 tsp crushed garlic (optional)
- Salt
- Roughly chopped coriander

Method

1. On a griddle or griddle pan put four tablespoons of coconut oil and garlic, leave until nice and hot.
2. Add the corn cobs. You want to blacken the kernels so leave the corn alone for about a minute before rolling it onto the other side. Keep doing this until the corn is both black and yellow.
3. Remove the corn, let it cool.
4. Sprinkle with salt and coriander to serve.



Barbecued Corn

Juicy and packed full of flavour!

Makes 4

Ingredients

- 1 bunch chives, finely chopped
- 100g butter, softened
- 1 lemon, rind finely grated
- 1Tbsp lemon juice
- 1 Tbsp horseradish cream
- 1 tsp Worcestershire sauce
- 4 corn cobs, with husks
- 1 cup finely grated parmesan

Method

1. Reserve 1 tbsp of chives to garnish. Combine butter, lemon rind, lemon juice, horseradish cream, sauce, and remaining chives in a bowl. Season with salt and pepper. Set aside.
2. Place corn on a microwave-safe plate and microwave on high for 2 minutes or until husks have softened. Set aside for 5 minutes to cool.
3. Peel back husks, keeping them attached at the base. Remove and discard silk. Replace husks over corn and tie at the top with kitchen twine.
4. Preheat barbecue grill on medium-high. Cook corn, turning often, for 5-8 minutes or until charred. Place on a platter and spread with butter. Sprinkle with parmesan and reserved chives.

Cooking corn in the husk adds a wonderful smoky flavour. Trimmed corn can also be used in this recipe – wrap in foil instead.

Cucumber, Orange & Herb Salad, with a Yoghurt Dressing



Summer salad in a bowl. This salad is beautiful with either thinly sliced pear or creamy chunks of avocado and crumbled feta cheese. Serve as a side OR grab a handful and garnish your tahini chicken and chia seed rice. Or serve as part of a shared platter.

Makes 4

Ingredients

- 2 small cucumbers (Lebanese)
- 1 large navel orange, segmented
- 30g watercress or spinach
- 20g fresh mint leaves, thinly sliced
- 10g fresh coriander leaves
- 1 tsp cumin seeds, toasted (or Nigella)

Dressing

- 1 tbsp lemon juice
- 1 small garlic clove, crushed
- 1 tbsp fresh ginger, grated
- 40g thick yoghurt (vegan alternative coconut cream)
- Salt and freshly ground black pepper

Method

1. For the dressing, either whisk or shake the ingredients together in a jar. Taste and season with salt and freshly ground black pepper. Set aside and chill until ready to use.
2. If you're using telegraph cucumbers, remove the long centre of watery seeds first or keep, chop and use in a breakfast smoothie.
3. Cut each cucumber in half then diagonally into slices, or use a vegetable noddler or veggie peeler to make long divine lengths.
4. Drop into a bowl with the orange segments watercress, mint and coriander. Mix with your hands then drizzle over the dressing. Sprinkle over the cumin seeds to serve.

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NATIONWIDE DELIVERY

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ORGANIC
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SMOKED
PORK RIBS



ORGANIC
BEEF ROULADEN

The German Mittendren restaurant at 390a Rosebank Road, continues to grow and is now offering online sales of frozen take-home meals, side dishes and desserts.

Bring Mike's passion for "Deutsche Küche" (German Cuisine) to the comfort of your home. Whole food is important to Mike and his menu focuses on using fresh, seasonal mostly organic ingredients with stock and sauces prepared exclusively at the restaurant.

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PH 820 0335



THE HOLLYWOOD PRESENTS
FEMININE EYE

WOMEN BEHIND
THE LENS PT. 1

17 - 27 MARCH
2022

The Hollywood Presents

Women Behind the Lens

March 17 - 27 2022



Ida Lupino (Director) 'THE HITCH-HIKER' (1953)

Feminine Eye is a celebration of women directors, showcasing their artistry behind the camera. We look to inspire and entertain in tribute to these talented filmmakers with an openness to all genres and styles.

This collection of movies reverently observes the feminine lens in an industry dominated by men.

We have cast a wide focus for part one of the festival, from **THE HITCH-HIKER (1953)** by pioneer Hollywood star and director Ida Lupino, to **BAD GIRLS GO TO HELL (1965)** by the master auteur of exploitation cinema, Doris Wishman.

We take you through the '70s and '80s with **MIKEY AND NICKY (1976)** by Elaine May, **SMOOTH TALK (1985)** by Joyce Chopra and **DESPERATELY SEEKING SUSAN (1985)** by Susan Seidelman.

Notably included is a special 35mm presentation of **AN ANGEL AT MY TABLE (1990)** by New Zealand's Jane



Mame Bineta Sane 'ATLANTICS' (2019)

Campion, the only woman to have two Academy Award nominations for Best Director.

More recent hits **JENNIFER'S BODY (2009)** by Karyn Kusama, **BOUND (1996)** by Lana and Lilly Wachowski and the incredible Cannes award winning debut feature **ATLANTICS (2019)** by Mati Diop.

There's truly something for everyone to enjoy in our line-up.

Be sure to come 30 minutes early to each screening for rare shorts in theme.

Tickets are limited to 100 per film in RED so book ahead online at hollywoodavondale.nz.

We have 390 seats at The Hollywood so plenty of space to keep everybody safe and even an outdoor garden space to have a drink and get some fresh air.

Doors open an hour before and trailers start 30 minutes before all screenings, don't miss out!

ALSO COMING UP

OUT OF THE BLUE
4K Restoration - 7.30PM
Thursday March 10

Dennis Hopper's 1980 drama in which he stars alongside Linda Manz has been restored in 4K from the two 35mm prints in existence.

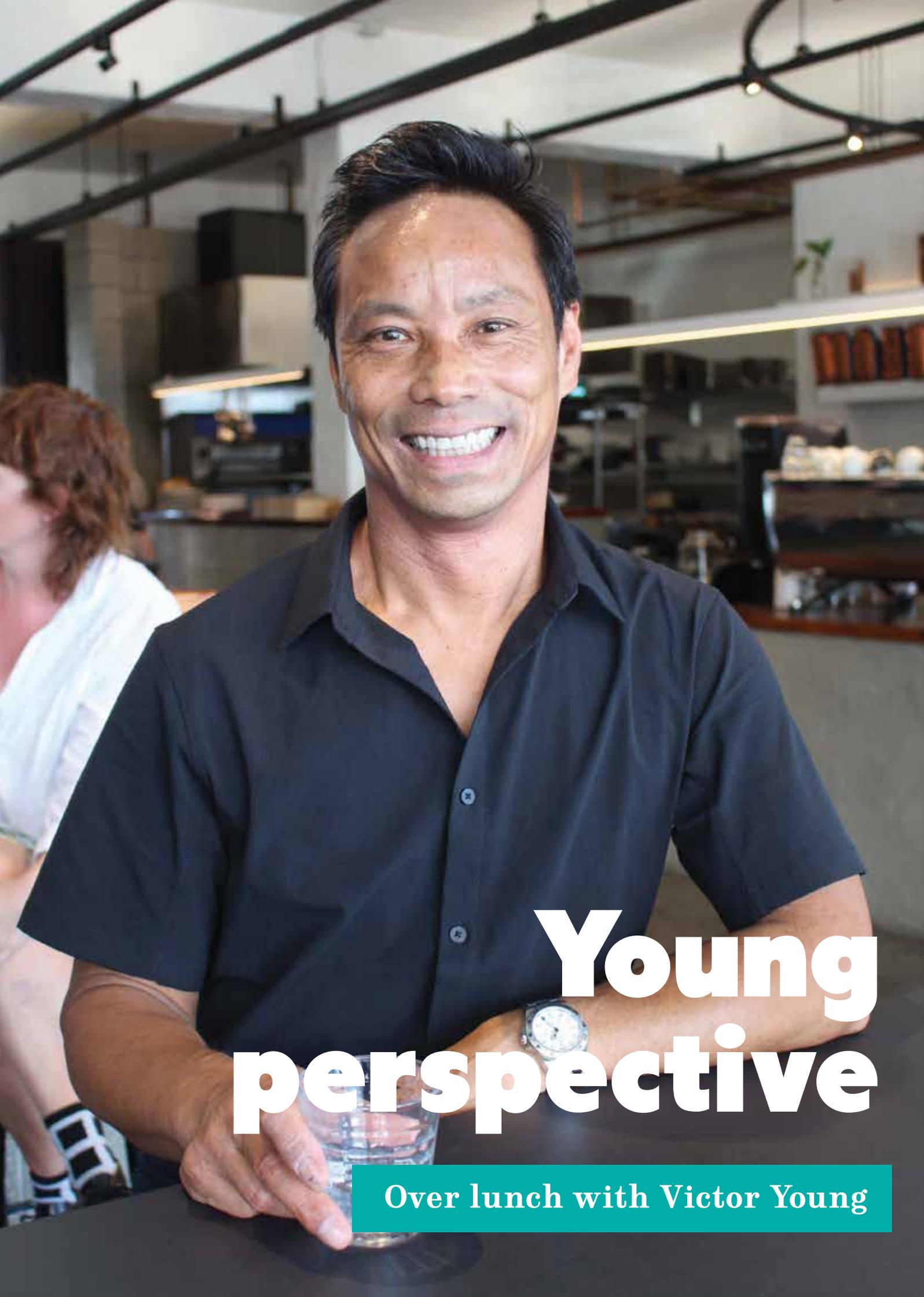
A teen rebel obsessed with Elvis and The Sex Pistols runs away to Vancouver's punk scene and ends up on probation under the care of psychiatrist Raymon Burr.

MINORITY REPORT 35mm
5pm Sunday March 13

Based on a story by famed science fiction writer Philip K. Dick, Spielberg's "Minority Report" is an action-detective thriller set in Washington D.C. in 2054, where police utilise a psychic technology to arrest and convict murderers before they commit their crime. Featuring Tom Cruise, Colin Farrell, Samantha Morton.



Laura Dern 'SMOOTH TALK' (1985)

A photograph of Victor Young, a middle-aged man with dark hair, smiling broadly. He is wearing a dark blue short-sleeved button-down shirt and a watch on his left wrist. He is holding a clear glass of water in his right hand. The background is a modern cafe or restaurant with industrial-style lighting and shelves.

Young perspective

Over lunch with Victor Young

You Graduated in 1985 and have been a partner at Avondale Dental since 1990. Why did you, and why do you continue to, choose Avondale?

Anyone who knows Avondale, knows that it is a wonderful and vibrant community. We feel that we do a lot of good for people here and seem to attract the kind of lovely people that resonate with us and our philosophy. There is a real sense of mutual gratitude.

You are an Auckland Dental Association welfare officer. What does that involve?

Dentistry is a demanding profession with a lot of expectations and compliance. Sometimes dentists, as with all business owners, can feel a bit overwhelmed and need support. We're here to help navigate those difficult times.

... and an Auckland Dental Association mentor?

A dental practice is like running a small business - it is a small business - involving employees, revenue and so on. We just help to ensure the business side of things runs smoothly, so that dentists can continue to deliver excellent service.

Outside of dentistry, you also find time to be on the Avondale Business Association board?

I feel so part of Avondale, after decades of being a dentist here and, for the same reasons that I'm a dental mentor and welfare officer, I want my fellow business owners in the community to do as well as they can.

You are a Foundation Member of the New Zealand Academy of Cosmetic Dentistry. What are the typical cosmetic procedures in New Zealand?

Cosmetic dentistry is anything that enhances the smile of someone's mouth. Dentistry is mainly carried out to restore function, to cure disease, and to enhance the natural aesthetics of someone's smile. It uses the latest materials to mimic the natural beauty of tooth structure in terms of shape and colour.

Most modern dentistry is, in fact, cosmetic dentistry in some shape or form. Even the basic white filling is considered cosmetic dentistry. People may want to have porcelain veneers to improve the shape and colour of a smile; they may need a crown to protect their teeth in such a way that it blends into the rest of the smile line...

What do you enjoy about your work?

The patients; the day-to-day challenge of new technology; and achieving great results for people.

Are you still learning?

All the time - even after 37 years!

Outside of dentistry, you're a mad keen tennis player?

Yes. Tennis is one of those sports I feel blessed to have found. It ticks all the right boxes - a great exercise; it's sociable; you can play it in all weathers and it's something that keeps my coordination and reflexes as active as possible.

How often do you eat at Browne St café?

Four days a week!

Favourite meal?

Pappardelle. [Wild boar & fennel ragu, chilli, grana Padano]



AVONDALE DENTAL
CREATORS OF GREAT SMILES



At Avondale Dental we have been providing our patients with the highest levels of skill and professionalism for almost 40 years.

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Browne St co-owner, Sam Fraser,
with artist / tattooist / local
businessman, Chris Amosa



Talk about a value add! When you grab your coffee to-go from Browne St café, you're also now grabbing a piece of Avondale art.

Browne St co-owner, Sam Fraser was replenishing his coffee cup stock when the idea for a local art blend sprung to mind. Offset printing is unusual for this format, but he talked to his supplier and local artist, and business owner, Chris Amosa of Cain Tattoo, and the idea for two new Browne St coffee cups was born.

They are both moody and edgy pieces - one a plain graphic, the other busy and full of Avondale inside jokes - "There's a snake weaving through the new things happening in Avondale, while a spider desperately holds on to the old Avondale!" says Chris. See if you can spot more during your next coffee break.

Pulling the graphic pieces together was "150 hours of fun," says Chris, a detailed fine artists. The work had to be designed in the shape of the coffee cups themselves. "I used Apple Procreate - the industry standard for digital work, especially for tattooists," he says.

The response has been great with coffee/art-lovers deliberating whether to compost their cups or keep them!

As it happens, the 150,000 new Browne St coffee cups are compostable, and can be returned to the shop for an even faster, commercial composting process.

Yet another great reason to dine out at Browne St - as if you needed one!

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The Library

Avondale Library continues to offer great services in the Covid 19 Red Light framework. While some group programmes have been put on hold, most services have resumed, and the usual opening hours apply. There is still borrowing, printing and request services, free WIFI and a click and collect service.

Click and collect service

Request your books, and you can pick up your library items from the entrance without need to go inside.

Or, librarians choose for you with their ready-to-go read packs to suit your reading needs. Just fill out a form from the Auckland Libraries website and you'll be contacted when ready. Chat with one of the friendly staff at the door, and they'll bring your books to you. You just need to show them your library card.

Spotlight On : Podcasts

Auckland Libraries has a plethora of interesting spoken word audio episodes. Check out the website to see what's available including author talks, events and concerts.

Keep an eye out for the "Meet a Rare Book" podcast and travel through the centuries with librarian Georgia Prince as she introduces us to rare books held in the library's Heritage Collections.

Back to School Resources

It's back to school time again for kids and it won't be long before homework starts kicking in.

The Auckland Libraries website offers some great online study resources for kids including:

1. AnyQuestions - a safe and friendly online chat forum for Year 1-13 students, from 1pm-6pm weekdays, and
2. ManyAnswers - available anytime with NZ Curriculum-based topic guides that help students find the information for themselves.

To keep up-to-date, go to www.aucklandlibraries.govt.nz and our [Avondale Library Facebook page](#) for news and events.

Manjula is retiring from her position at Avondale Library and Seini has moved to a new job with Auckland University. We will miss these two ladies who have always sought to collaborate with Avondale projects and have loved our community. We wish them all the very best for the future!



Parāoa Parai - Fried Bread

Parāoa Parai (Fry Bread) has come to be a much-loved Māori delicacy that is often served at hākari (feasts) on the marae, at Matariki celebrations, or even on a Sunday afternoon on the side of a boil up or roast dinner. Makes 8 pieces.

INGREDIENTS

- 2 cups all-purpose flour
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1-1/2 tablespoons lard, melted butter may be substituted
- 1/2 cup warm water
- 1/4 cup room temperature milk
- 4 cups oil for deep frying

PREPARATION

- 1) Combine flour, baking powder and salt in a large bowl. Set aside.
- 2) Combine water, milk and lard or butter in a large measuring cup.
- 3) Slowly add liquids to flour and mix just until dough forms a ball. Knead in the bowl, about 10 times, to form a smooth ball that is not sticky. A small amount of flour may be added if needed. Cover dough with a damp towel or plastic wrap and let sit for 30 minutes.
- 4) Heat oil in a deep fryer or a high-sided pan. If using an electric pan set thermostat to 180 degrees C.
- 5) Divide dough into 8 approximately equal pieces. Pat on a floured board or with floured hands to form circles about 5 to 6-inches in diameter. Place dough, a piece at a time, into hot oil and cook for 2 minutes per side. Drain on paper towels. Repeat until all dough is used.

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Avondale's first supermarket

by Lisa Truttman

Avondale in early 2022 is waiting to find out what development is to take place at the former 3 Guys Supermarket site opposite the primary school. Nearly 55 years ago, the development intriguing shoppers the most was taking place just along the road.

Albert Edward Bailey took out a lease-to-buy agreement with the Government from 1941 for the former Avondale Hotel at the corner of Great North Road and Wingate Street (which had served as the local Post Office from 1912 to 1938). This became the Avoncourt Hotel, said at the time to be the only accommodation hotel between Symonds Street and Henderson. Bailey was involved with the Avondale Businessmen's Association, serving as Secretary in the 1950s and 1960s, and was elected to the Auckland City Council 1956-1959 and 1962-1964.

In 1967, Baily was at last able to obtain title for the hotel, then sold it almost immediately to J D Davison Construction Limited, which acted on behalf of Mervyn Henry George Cooper (1926-1972). Cooper, who was working as a butcher when called up for service as part of J-Force occupying Japan 1946-1948, went on to become a clerk by the mid-1950s, he was a company representative by 1960, and described himself as a managing director by later that decade. Possibly, seeing the steady rise in popularity of supermarkets from the late 1950s, as well as the success of Lynnmall from 1963, Cooper decided to embark on his own similar enterprise. So, on the cleared site of both the old hotel and the wooden store alongside, a carpark area was laid out, and Avondale's first

supermarket, Cooper's, appeared.

The 14,000 sq ft supermarket was completed in early 1968, estimated to cost \$220,000. The Western Leader enthusiastically touted the supermarket's division "into individual departments selling meat, fruit and vegetables and groceries." Cooper's wasn't just a supermarket, though. Part of the complex was a Montana wine store, another first in Avondale, and a café.

The development as it was, however, stood no chance once Shoprite arrived in Avondale around 1970 on Rosebank Road (present day Browne Street Café) followed by Albert Gubay's 3 Guys from 1975.

Cooper died in Wellington in 1972, but by then Davison had sold the site in August 1968 to Aetna Insurance. In 1976, Aetna transferred the site to the Portage Licensing Trust, and the supermarket was demolished. The PLT constructed the Inner Circle Tavern in its place; the Avondale Business Association reformed at a meeting held there in 1985.

With a new decade came yet more change. The Inner Circle was remodelled once again around 1991 to become the block it is today. More recently this century, of course, Avondale shoppers can once again get their groceries there, in the SuperValue store. Few, though, would recall the earlier Cooper's, the start of that corner's development.





Tastes *great!*

Cambodian couple, Sok Heang and Theara Nguon, have been running Taste Café in Avondale since 2017.

Sok's ethnicity is Khmer - the people who built the Angkor Wat, in Cambodia - a world heritage site and the largest religious complex in the world. Their language is also called Khmer.

Before coming to New Zealand, Sok ran a boutique guesthouse in the town of Siem Reap, but it wasn't until he arrived in New Zealand that he met his now wife, Theara, also from Cambodia.

Sok trained as a pastry and café chef in Tauranga for a short time before opening his own business in Avondale. He put his Avondale café on the map by being highly commended in two categories at the 2019 Bakels Supreme

Pie Award. The Bakels Supreme Pie Awards has now grown to around 600 entries and has become one of New Zealand's most popular and prestigious food competitions.

Last year Taste won again coming third in the Mince & Gravy and Mince & Cheese categories and being highly commended for its Vegetarian Korma.

"It has been like winning lotto for us," says Sok. "It has given our business a big boost and we are glad to represent Avondale in this way"

Readers may not know that Sok and Theara give generously to Kai Avondale by donating unsold food each day. They are both advocates for not letting food be wasted.

"Nobody should sleep with an empty stomach," says Sok. "Theara and



Hot couple, Sok and Theara, at the Pie of the Year awards night. "It was like winning lotto for us," says Sok.

I were born to poor families and know well how it feels when there is no food on the table." It is part of their broader philosophy, "Mom and Dad taught us to be kind and to be positive. We live in a society where everyone is a part of everything. Everyone has their own function. By taking care of our community, I believed that they too would take care of us. Helping each other is in our DNA."

While open for takeaways, Taste Café is currently closed for seating, as social distancing does not allow for the small space to be open. However, Sok has expansion of the café in mind so, watch this space!



Pies mean business! The pie awards were covered in a Seven Sharp segment, the crew featured here with Sok and Theara's family.

Whale of a Tale



You can't have missed the Whale Tale trail currently winding its way through Tāmaki Makaurau. The art trail features 80 large tail sculptures, and 80 mini tails designed by artists and children, that bring to life themes of protecting and restoring the mauri of our Ocean. Avondale Primary is one of the lucky 80 schools to be given a mini tail to paint.

As part of the project, some of the school's Year 3 and 4 students are exploring whale information, their significance to Māori, and why World Wide Fund NZ chose whales as their focus for 2022.

Discussing the importance of Whales in a healthy ocean, the children were

moved by their sacredness and decided to crown the tail "Royalty of the Sea."

Big discussions were had on whether it should be king or queen!

The tail will be painted gold and have a lavish seaweed clock with a Pātiki Kowhaiwhai binding. The tail will be wearing a crown and sit on a throne. We can't wait to see the finished product!

After the trail has ended in April, the sculptures will be auctioned off to raise funds to support the work that WWF New Zealand does to look after our moana and marine life, in particular the Hauraki Gulf.

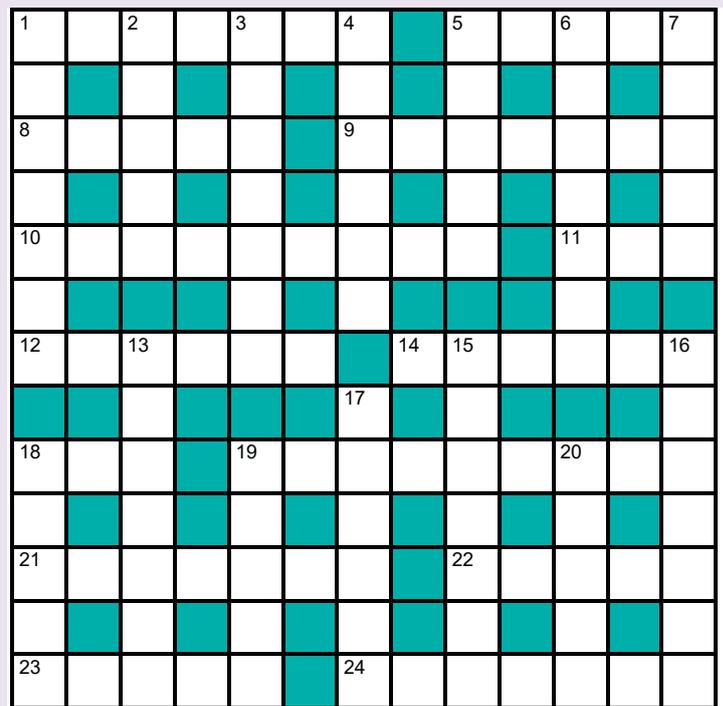
Crossword break

Across

- Dr ____ Russell, local MP for New Lynn (7)
- ____ Cafe & Bakery located on Crayford St West (5)
- Sound of emergency vehicle (5)
- Student at Avondale College, eg (7)
- These are used to calculate household energy consumption (3,6)
- Avondale Racecourse is located on corner of ____ St and Rosebank Rd (3)
- Tension - can be relieved by neighbourhood walk or bike ride (6)
- Anne Maree Gardens Resthome & Hospital has registered ones among its staff (6)
- Have successful day at Avondale Racecourse! (3)
- Switched on to listen to Avondale's Crescendo Radio (5,4)
- Use AT's Journey ____ to get around by public transport (7)
- Pilot for new neighbourhood scheme or project (5)
- What you might buy from George Walkers Office Furniture on Rosebank Rd (5)
- ____ Line - train line that goes through Avondale (7)

Down

- Island ____ - fabric and clothing store on Great North Rd (7)
- Grass strips along footpath (5)
- Those exercising on foot around Avondale streets (7)
- Please wear one when biking! (6)
- Sides playing weekend sports at Eastdale Reserve (5)
- When Avondale Market is held (7)



- Check out your Avondale street on Google ____ (5)
- Houses owned by landlords (7)
- Latest reports and information about Avondale development plans (7)
- This might describe Oakley Creek after heavy rain (7)
- ____ Shin Laundry - where to get your washing done on Great North Rd (6)
- Cleaned down tables at The Coffee Club, eg (5)
- Looks after plants in Avondale's Shared Garden Space near library (5)
- Make ____ complaint if neighbouring property is excessively rowdy (5)



Great North Gallery

If you have an idea you would like to bring to life on these posters, message I Love Avondale on Facebook or Instagram, or contact us at iloveavondale.co.nz.



This month, Moana Fresh: 12 original works from its 2022 calendar. The pieces were created by a range of Māori and Pacific artists responding to a call to prioritise indigenous voices from Moana Nui a Kiwa on the global climate crisis. For copies of these images at home, the calendar itself is available via moanafresh.com and includes a 13th image from the Polynesian Panthers.



Matthew Lewis, photographer

Digital illustrations by local young artist and Cain Tattoo Studio apprentice, Sed. Sed's work is a mix of images, from warped anime-style faces to koi fish and snakes. His style is inspired by Japanese culture and art. See more on Instagram via [@seddraws](https://www.instagram.com/seddraws).



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