

The Spider's Web

Delivered free to over 5,200 homes in Avondale and Waterview

February 2016



AVONDALE No. 150

Happy New Year

Here is hoping that 2016 brings new beginnings to Avondale.

We need to see more development in our Mainstreet. There has been so much talk and plans done throughout the years and yet, little has changed. The Avondale Business Association need the support of Local Businesses and Landlords to update the front of their shops.

We can even offer help. If locals see a shop that needs a good clean up, please do tell them as its not a good look for Avondale.

Hopefully this year, we can get the 3-Guys Site sorted as the Unitary Plans should come into effect and allow the owners to develop the site as its an eye sore.

Duncan Macdonald - JP, Chairman, Avondale Business Association



Dale the Avondale Spider

wishes you all a
Happy Valentines Day.

Life is too short, so don't forget
to treat your loved ones
on
Sunday 14 February 2016
with a little bit of love
& kindness.

Amanda 4 Flowerz

65 Blockhouse Bay Road,
Avondale

For all your special
occasions...
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Contact Amanda now
on (09) 820 8085



Published by the Avondale Business Association (Bernie Thomsen)
Phone (09) 820 0648 Fax (09) 820 0649 PO Box 19 730 Avondale
Email: aba@avondale.net.nz Website: www.avondale.net.nz

Advertise here for as little as \$25 per month.

"Please note: Payment is required once final proof is accepted before printing."

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Avondale - Waterview Historical Society

FIRST POLICE STATION

Before the purpose-built police station/constable's residence dating from 1906 that still exists today in the shopping centre as a boarding house, those constables tasked with the job of overseeing Avondale and West Auckland either didn't live, or were based, here at all. From 1895, at least, they did rent a place. This early police station was on property rented from W J Binsted from July 1895, so – I think it is likely that the first police station was on St Judes Street, just up from Binsted's butcher shop at the corner with St Georges Road.

Leading up to 1895, mounted constables were based in the city and had to ride out on their official business. Avondale and New Lynn weren't too far away to be practical, but Henderson Valley and the Waitakeres were.

Local settler and community leader John Bollard stepped in writing to request a station, and followed that up with statistics. On 25 February 1895, Inspector Hickson wrote to the Commissioner of Police in Wellington, describing the district after a visit, and recommended that a station indeed be set up at Avondale.

Once the department approved the Avondale police station, it was up to Inspector Hickson to settle on a chosen spot. The Binsteds cottage on St Judes was just one on offer. Hickson described it in April 1895 as *"abutting the New North Road* (in those days, St Judes was seen as a continuation of what is New North Road today), *and is in a very central position and almost opposite the Avondale Hotel."*

The first resident policeman in the area was Constable second class James Ulysses Browne (1858-1950) although Constable Kelly did put in an application to be the resident instead. Constable Browne died at the age of 92, and was buried at Waikaraka Cemetery in Onehunga. Constable Patrick Francis Crean (d.1919) was the next to be stationed in Avondale from September 1898 (three years after joining the force) until September 1901. He then served in Kawakawa and Thames, rising in rank to Sergeant and finally Senior-Sergeant at Mount Cook Police Station in Wellington, where he died suddenly from a cerebral growth. The next Avondale-based policeman was Constable Alexander Frederick Gordon (c.1857-1924), then Constable Thomas O'Grady from October 1903 (transferred to Dunedin with the rank of sergeant in 1907).

Funds became available to purchase a site for a new police station, and build a residence, lock-up and stable, at that point. A site at 2004 Great North Road was obtained by the Crown in August 1903 from John McKail Geddes and Herman Brown, and tenders were called for the construction side in June 1906 by Charles Ranken Vickerman (1855-1940). This was to remain as Avondale's police station up until June 1996.

Lisa J Truttman
Avondale-Waterview Historical Society
Call 828-8494 for information.

Avondale College Community Facilities

The Avondale College Community Stadium is available for hire:

Monday - Friday term time	6:00 pm - 10:00 pm
Weekends/School Holidays	All day
Bookings taken weekdays	10:00 am - 6:00 pm

Sports Facilities available are:

- Two full size Basketball courts (one has seating for up to 1,000 spectators) which can also cater for many other indoor sports e.g. Volleyball, Indoor Soccer
- Two Squash courts
- Softball diamond
- Artificial Cricket wicket
- Tennis courts
- Artificial Hockey turf
- Dance room

Avondale College Community Stadium is a partnership with Auckland City Council.

Please phone or E-mail the Stadium Manager for more information or a quote for your next event or training.

Telephone **(09) 828 9885**

E-Mail **facilities@avcol.school.nz**



Pattern Drafting for Beginners

Want To Make Your Own Clothes but don't know where to start? Try the One-On-One Pattern Drafting Workshop at SEW MUCH FUN.

In this two-hour workshop you will get individual attention and learn how to take accurate body measurements and draft a basic bodice block with and without darts as well as a sleeve block.

The cost of the workshop is \$60 and includes pattern paper and the tools required for you to draft your pattern. Classes are available on weekdays from 10am to 12noon or 5pm to 7pm.

Phone Jacinta James on 09 828 1577 to book your class.

For more information on other workshops please see:

Facebook Page: <https://www.facebook.com/www.sewmuchfun.co.nz/>

Website: <http://jacintaj.wix.com/sew-much-fun-sewing1>



NEW OPENING HOURS: 8:00am– 4.30pm

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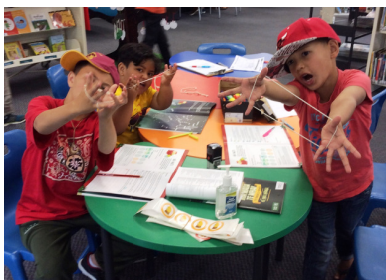
Start the year off on a positive note by making sure you have a library card. This lets you borrow from any one of 55 libraries in Auckland. We have graphics, local history, fiction, large print, non-fiction, children's, teens and magazines to name a few. Check the collections available on our website. Why not bring your devices in and we'll show you how to download e-books/e-audiobooks and e-magazines. Remember WiFi is available during opening hours. You can Book a Librarian in advance to help you navigate a computer, and assist you with your CV and job search.

So come on in to the Library or go online at aucklandlibraries@govt.nz and sign up. Adults, you just need two items of proof, 1. photo ID and 2. proof of address on a letter addressed to you. Children, you just need to let your parent's know.

Make sure you give us your email address and we'll let you know when your books are due! This can help reduce your overdue charges which can creep up quickly as it is \$1.00 a day for overdue adult items.

Dare to Unlock the Secret Summer Reading Program:

Let's acknowledge the amazing effort the children put into Auckland Libraries Summer Reading Adventure 'Dare to Unlock the Secret' during the long six week summer break. An annual event, the aim of the program is to encourage children to maintain their reading skills in an adventurous, fun, and safe environment. Congratulations to every child for your awesomeness in completing reading challenges, and Sam who won the Hidden Key challenge. Saturday 23 January saw the children PARTY! Certificates can be collected at the Library otherwise they will be presented at your School.



Whau Board sponsored Makerspace:

Cubelets have been a great hit at the Library over the summer. These are tiny little cubes that connect and move as much as your creative minds can devise. Did you see us at the Racecourse on Kite Day Saturday 16th which was awesome! In February the 3D Printer returns to Avondale, you will be able to print 3D items for a charge.



Kids' 5-day Sewing Workshop

Not sure if you or your child will like sewing? Come to the "Try a Lesson" Workshop.

During this 2-hour Workshop you will learn to use a sewing machine and you will complete a simple project while you pick up heaps of new skills. You will go home with a cushion cover that you have made.



EVENTS:

Minecraft Club for children and teens recommences 5 February 3pm-5pm. Bring your own laptop and Minecraft account, every Friday, and jump into the realm with Bradley.

Wriggle & Rhyme for Mums and babies starts up again from 09 February, every Tuesday 9:30am-10am.

Storytime resumes Wednesdays 10:30am-11am from 10 February and Saturdays 11am-11:30am from 13 February

Lunar New Year will be celebrated this year from 7 to 20 February with a variety of events. All are welcome:

09 Tuesday - Eggshell Carving demonstration, 10:30-11:30am

10 Wednesday - Auckland Lark Orchestra, 3:30pm-4pm

11 Thursday - Calligraphy demonstration, 3:30pm-4pm

16 Tuesday - Lunar New Year Wriggle & Rhyme

17 Wednesday - Lunar New Year Storytime

18 Thursday - Chinese Papercraft, 3:30pm-4pm

20 Saturday - Lunar New Year celebration 11am-12 noon

Library Closed:

07 February – Waitangi Day

28 February to March 6 – Library closed for renovations (make sure you get your supplies in before closing date)

Akozone will no longer be a service offered by libraries. We wish to thank the children, schools and parents for supporting this endeavour over the last 10 years. Avondale Library will continue to engage with each local school and support students with any homework queries they may have. Ask a librarian to show you how to research resources to complete school assignments.

Avondale Library

93 Rosebank Road, Avondale, Auckland 1026.

Ph: 09 3741310.

www.aucklandlibraries.govt.nz

www.facebook.com/avondalelib



At the workshop you will learn how to:

- ☐ thread a machine
- ☐ use the presser foot
- ☐ fill and load the bobbin
- ☐ sew straight lines and back tack
- ☐ adjust stitch length and use different types of stitches
- ☐ pin correctly
- ☐ cut, press and iron

The classes are small with a maximum class size of 4 to ensure you get individual attention.

The cost for the two-hour workshop is \$50. Fabric, tools and all items required will be provided.

Date: Any day Monday to Friday

Time: 10am -12noon or 4pm-6pm

Saturday: 10am - 12noon

Phone Jacinta James on 09 828 1577 to book your class.

For more information on other workshops please see:

Facebook Page: <https://www.facebook.com/www.sewmuchfun.co.nz/>

www.sewmuchfun.co.nz/

Website: <http://jacintaj.wix.com/sew-much-fun-sewing1>



NEW YEAR NEW YOU

Whether it be illuminating highlights or an edgy snip, one small change on the outside can be all it takes to change how you feel on the inside.

Make 2016 the year to love yourself.

Call me now for an appointment.

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Road, Avondale

Felice
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The Spider's Web Advertising Rates

Measurements: 5cm length & 9cm width
\$25.00 + GST

Measurements: 6cm length & 9cm width
\$50.00 + GST

Measurements: 3cm length & 18 1/2 cm width
\$75.00 + GST

Measurements: 11cm length & 9cm width
\$100.00 + GST

Editorial Size
1/2 Page \$200.00 + GST

Measurements: 13cm length & 18 1/2 cm width

Editorial Size
Full Page \$400 + GST

Measurements: 27cm length & 18 1/2 cm width

Conditions apply....

Special rates for ongoing advertising in the Spider's Web. Deadline is last Thursday of each month at 12 noon.

Email Bernie on aba@avondale.net.nz

Get your business out to your local community - Advertise now in the Spider's Web!! It's far Cheaper than any where else!!



Avondale Dental is located only 10 minutes from the Auckland CBD and provides a full range of the best quality dental care using the latest technology and materials with personal and caring service.

Dr Tim Little Dentist (B.D.S. Otago)



Tim is a past president Auckland Dental Association and continues his involvement by supporting the current President and executive committee. He also assists the chairman on the peer review committee. Tim is now involved with the Dental Council and Health and Disability and is a foundation member of the New Zealand Academy of Cosmetic Dentistry.

Dr Victor Young Dentist (B.D.S. Otago)



Victor graduated from the University of Otago in 1985 and has been a partner at Avondale Dental since 1990. He is an Auckland Dental Association Welfare Officer, helping his colleagues in times of need. Victor is also an Auckland Dental Association Mentor, assisting dentists with the business and clinical aspects of dentistry. He is a Foundation Member of the New Zealand Academy of Cosmetic Dentistry. He enjoys delivering high quality dentistry with a caring, personal approach to all his patients.

Dr Priya Singh Reid Dentist (B.D.S. Otago)



After graduating from University of Otago in 1997, Priya started her dental career in Hamilton before moving to Auckland in 2000. She has been in private practice in Auckland since. Priya is a member of the Auckland Dental Association and the Auckland Academy of Cosmetic Dentistry. She is passionate about providing high quality, long term, reliable and friendly care for her patients.

Dr Amy White Dentist (B.D.S. (Hons) Otago)



Amy grew up in Thames on the Coromandel Peninsula. After graduating from the University of Otago with first class honours she worked as a Dental and Maxillofacial House Surgeon at Christchurch Hospital where she gained invaluable surgical experience and knowledge. She enjoys the continual learning needed for dentistry and helping people take control of their oral health.

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St. Ninians Hall, 17-19 St. Georges Road, Avondale

If your group is interested in hiring St. Ninians for Workshops or meetings, please contact Bernie Thomsen on (09) 828-5229 or 021 0613080 or email: b.thomsen@xtra.co.nz.

(Special conditions apply):

Generally; alcohol and children under 5 years-old are not permitted on site!
No Church Sermons please.

COSMOPOLITAN RETIREMENT VILLAGE

17 Geddes Terrace, Avondale



ARE YOU LOOKING FOR AN AFFORDABLE RETIREMENT OPTION

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- Independent?
- Returning to Auckland ?
- Want to get out of the renting market?

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Contact me; let's arrange a tour and you will find out for yourself what a hidden gem this Village really is, I am sure you will be pleasantly surprised.

Contact Denise on 09 828 2885 Email: info@cosmopolitanvillage.co.nz

***Finance is available -conditions apply**

COMMUNITY NOTICES....



Fitness / Zumba Classes

every Mondays from 6pm to 7pm,
Avondale Community Centre, 99
Rosebank Road, Avondale

Every Wednesdays & Fridays from
6pm to 7pm, Avondale Intermediate School, Holly Street

**Low impact exercises and
easy Zumba suitable for all ages.**

Come on down and join us for 1 hour to keep fit and healthy and at the same time have some fun with the Team - **Top Class Fitness**, Avondale.

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Sau e Siva West Auckland

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Term 1 starts Tuesday 9th February

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2021 Great North Road,
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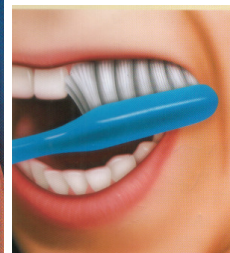
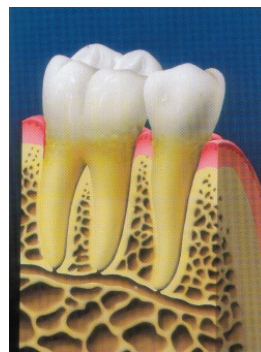
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avondale-dental-centre.co.nz



THE FACTS ABOUT GUM

How do healthy gums become diseased?

The gums of a normal healthy tooth reach up snugly onto the enamel of the tooth, protecting the roots and bone structure. Periodontal disease damages the gums and reduces their ability to protect vulnerable areas. It is the single most common cause of tooth loss in adults.

Gum disease is caused by plaque, a colourless film of bacteria that forms on the teeth. Plaque mixes with sugars and starches in the diet to form acids in the mouth, irritating the gums and causing them to become red, tender and swollen. It causes gums to bleed easily. Without daily removal, plaque hardens to form calculus (tartar) around the teeth. This process causes the gums to pull away from the teeth creating pockets that become filled with plaque. These pockets may become deeper over time, destroying the bone structure that supports the teeth, thus resulting in tooth loss.

Signs of gum disease include:

- Gums that bleed when you brush or floss your teeth
- Red, swollen or tender gums
- Gums that recede or gums that shrink away from your teeth
- Pus between your teeth
- Pain when chewing
- Calculus or tartar build-up
- Changes in bite
- Loose teeth
- Bad breath or chronic bad taste
- Teeth sensitivity to hot and cold

Making the Connection: Gum Disease and Your Health

We also know from recent studies that an estimated 75 percent of American adults over the age of 35 have some form of periodontal

disease. However, when surveyed, eight out of ten people believed they did not have periodontal disease. Until its advanced stage, periodontal disease is usually painless. Yet up to 90 percent of all systemic diseases including kidney disease, diabetes, and heart disease have links to oral health. Because the mouth is the beginning of the digestive system, it plays a significant role in proper digestion. Improper digestion may cause a variety of digestive and intestinal difficulties. Researchers tell us that if you neglect or have inadequate oral health care, it can contribute to the development of heart disease and increase your risk of stroke.

Gum Disease and Your Heart

If you have periodontal disease, you may be more at risk for cardiovascular disease. If you have been diagnosed with periodontal disease, you have nearly twice the risk of having a fatal heart attack than others. It has been known for some time that bacteria may affect the heart. New evidence suggests that people with periodontal disease are at risk for bacterial endocarditis, an infection of the heart lining or heart valves. It is caused when certain bacteria from inflamed gums flow through the bloodstream and attach to abnormal or damaged heart tissue. Pre-medication prior to dental treatment may be necessary to prevent bacterial endocarditis. There is also growing evidence that blood clots contribute to clogged arteries and the build-up of fatty deposits inside heart arteries are also linked to periodontal bacteria.

To be continued next month.

Just for a laugh...

3 drunk guys entered a taxi.
The taxi driver knew that they were drunk so he started the engine & turned it off again.
Then said, "We have reached your destination".
The 1st guy gave him money & the 2nd guy said "Thank you".

The 3rd guy slapped the driver.
The driver was shocked thinking the 3rd drunk knew what he did.
But then he asked "What was that for?".
The 3rd guy replied,-
"Control your speed next time, you nearly killed us!"



LOL



A wife was making a breakfast of fried eggs for her husband. Suddenly, her husband burst into the kitchen. "Careful," he said, "CAREFUL! Put in some more butter! Oh my gosh! You're cooking too many at once. TOO MANY! Turn them! TURN THEM NOW! We need more butter. Oh my gosh! WHERE are we going to get MORE BUTTER? They're going to STICK! Careful. CAREFUL! I said be CAREFUL! You NEVER listen to me when you're cooking! Never! Turn them! Hurry up! Are you CRAZY? Have you LOST your mind? Don't forget to salt them. You know you always forget to salt them. Use the! Salt. USE THE SALT! THE SALT!" The wife stared at him.

"What in the world is wrong with you? You think I don't know how to fry a couple of eggs?"

The husband calmly replied, "I just wanted to show you what it feels like when I'm driving." haha



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Open 7 days a week (Open up to 8.30pm)

Deadline for the next issue of Spider's Web is Thursday 25 February at 12 noon.

Kathryn & Paul Davie

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Kathryn P: 09 626 8113 M: 021 521256
Paul P: 09 626 8118 M: 022 2448633
E: kdavie.blockhousebay@ljlh.co.nz

Is your MAINTENANCE LIST getting you down?

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BEST DEALS

Lumana'i Student Centre
Rosebank Peninsula Church, 212 Rosebank Road, Avondale.

Free community tutorials:

English * Employment
* Budgeting * Administration.

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8282003. Lorenzo
Lameko
0223916914.

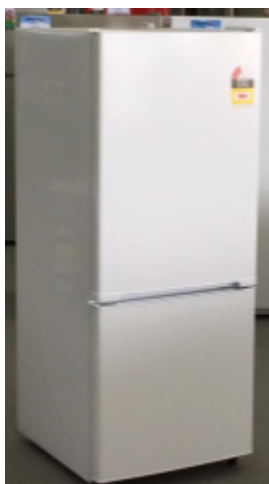
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