

VILLAGE NEWSLETTER

Volume No 148

September 2010



A message from Alice.

Hi, Im Alice the Community Constable for Mangere Bridge and I am very pleased to contribute to this month's Village Newsletter. I have been a community cop here for 7 months now, and during that time I have really been impressed with the community spirit that I have seen and felt.

You may have noticed people wearing high visibility jackets walking in pairs around our village and wondered who they are. Well, they are a group of volunteers who, under the training and guidance of the NZ police, give up their time to patrol the area and help Mangere Bridge remain a safe place for us to live and work by looking out for crime or annoyances. They may sometimes give crime prevention advice to you if your car has valuables left in full view on the back seat. Their presence deters things like tagging, drinking alcohol in the liquor ban areas, thefts and they are very approachable so if you have information or concerns that you do not wish to see me about (although I like to think I am very approachable too!) they will be more than happy to talk to you.

They are always looking for more volunteers so if you would like to put something back into the community and have a couple of hours free time a month then call into the community police office and speak to one of the office volunteers.

I have also been very impressed with the quality of the CCTV in Mangere Bridge and I think that along with the mobile patrols, foot patrollers, business association and general community ethos that crime will not be tolerated in our village has made Mangere Bridge a great place to work.

Just a general reminder - once a person sets foot onto the zebra crossing in Mangere Bridge cars must remain stopped until the person EXITS the crossing not just gone passed them..... Ok whilst I am on a roll..... if you're not disabled then please do not park in any of the three disabled spaces - it's only a short walk and not worth the fine!

Community Constable, Alice Benson, Mangere Bridge

Keep the 'Bridge' Beautiful

The hanging baskets have been taken down and are being replanted for the coming summer. They will be in place by mid November. A Huge Thanks go out to our Community Board and Mangere Bridge Business Association for funds which allow this colourful display every year.

The Tree on the roundabout (by ASB) which died is to be replaced by Manukau City Council. We have been advised that by mid August the tree and garden will be in place.

With the upgrade in paving in the village, together with the enclosures built around the trees, our village should look very attractive. The combination of good shops, restaurants and well tended garden areas and walkways, ensure that Mangere Bridge is a very pleasant place indeed.

Mangere Bridge Santa Parade Thursday 2 December

Yes, it's that time of the year already and the Santa Parade is not so far off so it's time to do some creative thinking for your floats!

Due to the unsettled weather last year crowd numbers were down but estimated around 5,000. We had some great floats so we are looking forward to what this year's parade will have to offer.

It's also a great opportunity to publicize your club or group during the entertainment that follows after the parade. Space will be allocated for participants to erect tents and for stalls.

If you would like to take part this year please contact Carol-Anne on 636 7491 or mbvillage@maxnet.co.nz

What's on in the Bridge

- Monday:** Guides 6 - 8pm.
CMA Day Care 9:30am - 12:30pm.
Methodist Church Hall.
St John Youth- every Mon 6:30 - 8:00pm.
Tai Chi All ages, \$6 for students - 7pm
St James' Church Hall - Phone 266 7473.
- Tuesday:** Pippins 4:30 - 5:30pm
Keas 4 - 5pm
Cubs 4 - 5:30pm
- Wednesday:** Brownies 6 - 7:30pm
Tibetan Buddhist Class 7:30pm
Plunket Toy Library 9:30am - 10:30am
Yoga 6.30 - 8 pm Mangere Mountain Education Centre.
Mangere Bridge Plunket Indoor Bowls Names by 7.20pm Mangere Memorial Hall.
Exercise Classes with DYNABANDS Manukau Yacht Club 6.30pm - 7.30pm.
Plunket car seat rentals 9:30 am- 12:30pm
Plunket Rooms, 5 Taylor Road
- Thursday:** Bridge Art Group, 9am - Noon, Memorial Hall
Scouts 6:30 - 8:30pm.
- Friday:** Sing-a-long storytime 10:30am Library.
- Saturday:** Plunket Toy Library 9:30 - 10:30am
- Mon/Tue/Thru -** Plunket Playgroup 9am - 11:30am
- Mon/Wed:** Senior Citizens Housie, 1pm Bridge Crt Hall
- 2nd Sun's:** Sunday Walking
- Tue - Thur:** Mangere Bridge Walking group 9:00am
- Mon, Tues, Wed, Fri** Mangere Bridge Playcentre 9.15am-12.15pm, Domain Road
- 3rd Wed:** R & R Meeting 7.30pm St James Church Hall
- Mon/Wed:** Chen Style Tai Chi, all ages - 10am
St James Church Hall - Phone 266 7473
- 1st Thu:** Senior Citizens Travel Clue, Day Trips
phone 634 1062.
- 1st & 3rd Sat:** Village Square Market.
- Contact Details for Scouts - 0800 Scouts

Opening Hours

Monday - Wednesday 9am to 5:30pm
Thursday - Friday 9am to 6:00pm
Saturday 9am to 1:00pm

Phone: 09 636 4249
Ph/Fax: 09 636 6228

We are in the middle of the village shops
Parking in front and behind the Pharmacy

Mangere Bridge Pharmacy
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Village Happenings

with Carol-Anne

On behalf of the Business Association I would like to thank all those, representing Community and Key Stakeholders, who attended our recent planning workshop. The facilitators, from Business Labs, were very impressed by the turnout and how eager everyone was to participate. They could see first hand what a great community we have here at Mangere Bridge. Visitors to our various events often comment on the great atmosphere here and how friendly everyone is.

Footpaths - Work has started on the eastern side and will take about four weeks. Please take care when shopping and use the other side of the road as much as possible.

Pumpkin Growing Competition - Bridge Fruit 'n Veg, (in the cafe strip), and Mangere Mountain Education Centre, will be running a Pumpkin Competition with the prize giving to be at next year's Food & Wine Festival. Entry forms and pumpkin seeds will be available at the shop and the Education Centre from Labour Weekend for a March harvest. Only one entry per person is allowed. Age groups are: 5-8, 9-12, and 13-15. As there will only be 100 entries available you'll need to get in quick so mark the date on your calendar!

Playground - The playground was closed temporarily because one of the pieces of equipment was too close to another and failed the council's inspection. It is well used and one mum with twins is especially happy because there is two of everything - so no more arguments!

Foot Patrollers - The new foot patrollers come under Mangere Bridge Crime Watch Patrol which has joined Community Patrols New Zealand and Counties Manukau District Crime Watch Patrols. You will see them handing out pamphlets and talking to people about such things as handbag and car safety. They are another great asset to our community in crime prevention within the shopping area.

Dry Cleaning - The Post Shop is still the agency for Alpha Drycleaners. Their extended hours of Mon to Fri 8.30am -5.30pm and Sat 9.00am - 1.00pm will now be more convenient for dropping off dry cleaning.

Coronation Takeaways - If you want a special treat try their fried Mars Bars! They are open Tues - Sun, 11.30am - 8.00pm. They are at 43b Coronation Rd.

kind regards *Carol-Anne Armitage*
Village Manager
Mangere Bridge Progressive Business Association

Free cooking demonstration

Want to learn how to cook easy, cheap, healthy food?
(eg: mussel fritters, sushi, noodle fritters, banana loaf, scones)

WHERE: Kowhai Court, behind Mangere Town Centre (next to Lab Test) follow signs
WHEN: Saturday 8th September
TIME: 9.30 - 11.30am

Ph Julie 254 4177 for more info, leave a message or just come along and join in.

Claire's Fitness Studio

Now fully operational in the Bridge. You can train using brand new fitness equipment; most recently purchased is a new fully commercial Smith machine. At Claire's Fitness Studio you will achieve your goals - whether it is muscle gain, weight loss, or general fitness training. Prices are competitive and each session with Claire (DipFT) is individually tailored to suit each client's personal needs and last a full hour. Motivation is key to achieving your goals, and Claire will work alongside you to ensure your success. All sessions are one hour and prices are As follows:

- One on one personal training \$55.00
- Two people training at same time with separate programmes \$90.00
- Three people training at the same time with separate programmes \$110.00

To discuss all your fitness needs or make enquiries please phone Claire 021 1624872

Pumpkin Growing Contest

A "Pumpkin Growing Contest" is being organized by the Bridge Fruit n Vege Shop and the Toitote Whenua Community Gardens.

This contest will be judged at next years Autumn Festival.

For more info please call into
Bridge Fruit n Veg (shop 24) Coronation Road
Or Mangere Mountain Education Centre (100 Coronation Road)



We have had a great amount of articles this month and have not been able to fit them all in, please check www.mangerebridge.co.nz for these extra articles.

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We have just started offering spam filtering for business's with their own mail server, contact Shane for more information

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Advertising plays a huge part in this newsletter and without the Business's advertising in the newsletter we wouldn't be able to keep it going, if there is any business that would like to go on the waiting list to advertise in the Mangere Bridge Newsletter or would like to advertise on the Mangere Bridge website please get in touch with me at shane@mangerebridge.co.nz

Waterlea School Gala

Friday 05 November 2010 – 5pm to 7.30pm

Gala Day is the big event on the calendar of Waterlea School's year. Its fun, exciting and you don't want to miss it. Mark it on your calendar. There are cake and sweet stalls, lucky dips, the famous hangi and lots, lots more.

Make sure you don't miss this wonderful event!

Mangere C.A.B

"We offer a free, impartial and confidential service".

Opening hours are Monday to Friday 9.00 – 4.00pm and Saturday 9.30am-12.30pm

There are four clinics currently being run at the CAB. They are as follows:

- Free Legal Clinic – Saturday by appointment only (9.30am to 12.30pm) is attended by our Saturday staff and a lawyer (from our legal roster). 7 appointments are available. First come first served applies.
- Careers Services Clinic – Wednesday by appointment only (10am to 12.30pm 30min brackets) is taken care of by Careers Services Advisor, Frances Fuamatu
- WINZ Question and Answer Clinic – Thursday by appointment only (9am to 12pm 15 min brackets) this taken care of by an Integrated Service Coordinator
- JP – 6 days a week. Ring the office for hours of service

Mangere Citizens Advice Bureau is located at Shop 17, Orly Avenue, Mangere Town Centre (behind Mangere Town Centre Library).
Ph: 0200 367 222 or 275 6885 or Fax: 09 275 6760
Email: cab.mangere@xtra.co.nz or cab.mangere@hotmail.com


Icon Security Report

Over the last month or two, a number of the business association areas that we provide security for have been plagued by a group posing as window cleaners

They visit businesses with the offer of providing a free quote for cleaning the windows but whilst looking around are casing out security measures and easy to remove property.

On a number of occasions the businesses have been burgled within a few days of the visit. If you receive any approach with such offers we recommend that you request a business card and identification and try to obtain registration or description of the vehicle they are driving before considering their offer.

On a separate note, it is again pleasing to see that reported crime and incidents of graffiti are well down and that the area as a whole has been very quiet. Lets hope that this continues into summer.




Troup Funeral Home is situated on the corner of Kolmar Rd and Weston Ave in Papatoetoe but they are available to serve all areas of Auckland.

Dianne Troup is a qualified Funeral Director with many years experience and she is joined by Karlene who is also a Funeral Director and for many years worked with grieving families at Middlemore Hospital.

The death of someone we love affects us in many different ways. Dianne and Karlene care for the deceased, and their families in a way that recognises the uniqueness of the grieving experience. Using their natural compassion they will calmly, honestly and clearly guide you through the many decisions involved in arranging a funeral.

They are available to discuss any questions you may have at any time and welcome the opportunity to reassure and inform you.

Troup Funeral Home has been accepted as a member of the Funeral Directors Association of New Zealand and adhere to FDANZ code of ethics.



110 Kolmar Rd,
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Copy Deadline for October 2010

Deadline for the October Issue is the 21st September 2010. To ensure that your article makes the October issue please email your articles to articles@mangerebridge.co.nz

We cannot guarantee a definite delivery time for the Village Newsletter, however we will do our best to have it delivered before the advertised upcoming events

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Mangere Community House

141 Robertson Road 275 4920 Joanna.keane@manukau.govt.nz

Bollywood Dancing Fridays 11.00-12.00 \$3.00 come along and have fun all fitness levels welcome

Gardening Classes/Sustainable Living Composting, worm farms...

Lily's Ladies Tuesday 10.00am learn new dance moves Siva hula 09 255 5113

Tai Chi Wednesdays 1.00-2.00pm Gold Coin

In House Counselling Friday am 09 277 5337 to make an appointment

Games Morning Scrabble, Thursday 10.00-11.30 all welcome

Drivers Licence Beginners, Restricted, Full & HT 09 257 2099

AA Aroha Sundays 7.00pm 09 636 8281

Career Services Wednesdays 1.00 Ph 275 4920 Frances

When Anger Hurts Programme Ph 09 275 4249

JP Services Thursdays 1.00-3.00pm ring for an appointment

Wairua Mirimiri Clinic 09 275 4476/09 257 0142 to make an appointment

Hart-Counselling Free service for children, youth and adults.

Koha is acceptable. Ph 027 6899009

Email: Karen.tana@xtra.co.nz



Important Contact Details:

Citizens Advice Bureau	275 6885
Mangere Bridge Post office	636 9645
Village Management Office	636 7491
Mangere Bridge Community Information Services	
Village Newsletter	021 815 184
Mangere Bridge Website	021 815 184

Rooms for Community and Private Hire (Daytime or evenings)

Developing programmes/activities (Yoga/Pilates/Walking Group/Art/Cooking...) We welcome your ideas, please

View our website www.manukau.govt.nz Keywords: community houses or call Joanna 09 275 4920 for more info.

Chen Style Taichi

Have you thought of learning Taichi? If you would like to improve your balance and coordination, or if you are recovering from surgery, you may well find Taichi to be hugely beneficial. Taichi is a series of low impact physical movements that promote blood circulation, energise body and mind and enhance general wellbeing. Our classes are friendly, fun and a great way to meet people.

Taichi is the gentle exercise of limbs, breath and balance. Our students find they achieve greater relaxation, mobility and confidence through the reconnections of body and mind that Taichi promotes.

Kept secret for almost 700 years, the Chen style of Taichi is the basis of all Taichi styles. Originating in the Hanan Province of China the residents of Chen village were hired as bodyguards for the merchants travelling the ancient Silk Road. Even after reaching retirement age, the Chen villagers still practice Taichi to promote internal and external health.

Today, the Chen style of Taichi still promotes health, as well as being a martial art.

STARTS: Wednesday 08 September

WHERE: St James Church Hall, Church Rd, Mangere Bridge

TIME: Monday & Wednesday 10am Monday Evening 7.00pm

CONTACT: Miranda 021 2815323 – www.taichichen.org



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