

Te Atatu Views

Te Atatu Peninsula Town Centre Magazine

Autumn 2015



- **Welcome to New Businesses**
- Food Bank Needs Help
- **Wine, Food & Pets**
- Photo Bomb

Photo courtesy of Vreni Hess

Te Atatu Views

Published quarterly... Next issue: Winter

Advertising booking deadline May 15th 2015

Delivered June 12th 2015

Contact Information

For advertising enquiries or to submit editorial copy, contact

Te Atatu Peninsula Business Association

Town Centre Manager

Robynne Pringle, Ph 021909415

manager@teatutupeninsula.co.nz

Circulation: 6250 copies

Delivered free to homes and businesses in Te Atatu Peninsula.

Available in selected libraries, cafés, street boxes and visitor accommodation

Published online at www.teatutupeninsula.co.nz

Advertising Rates:

Full page \$575 plus GST

1/2 page \$300 plus GST

1/4 page \$165 plus GST

1/8 page \$140 plus GST

Multiple issues discount - 10%

Advance confirmation of advertising in 3 or more consecutive issues. Advertiser is required to complete a Multi Issues Contract

Te Atatu Peninsula Business Association Committee

Chairperson: Fiona Grove:Unichem Peninsula Pharmacy

Treasurer: Warren Brumby Patten Brumby

Board Members: Leonie Higgins, Barfoot and Thompson
Sue Kirkby, CareVets

Malcolm Buscomb, Te Atatu Menswear

Stephen Enger, Te Atatu RSA

Robert Stewart, Te Atatu Chiropractic

Jonathan Clarke, Luscious Food Store

(Associate Member) Chris Cooper, The Big Event

Town Centre Manager: Robynne Pringle



**Te Atatu Peninsula
Business Association**

Disclaimer

Te Atatu Views is the magazine of the Te Atatu Peninsula Business Association. Advertising statements and editorial opinions expressed in the magazine do not necessarily reflect the views of the Association or the Committee unless expressly stated. Any communication can be forwarded to the Editor at the contact details provided. The contents may not be reproduced in any form without the written permission of the Editor. No responsibility is accepted for the Author's suggestions and conclusions, or for any errors or omissions.

Contents

4&5 Business News



6&7 Food Bank Needs Help



7 Causeway News



8&9 What's On



10 Fun Day



11 Photo Bomb



12 Views on Pets



14 Views on Food



15 Views on Wine



PATTENBRUMBY LTD

CHARTERED ACCOUNTANTS

We provide a wide range of services including:

- 🌀 Business Advice
- 🌀 GST Returns
- 🌀 Rental Statements
- 🌀 Business Funding Applications
- 🌀 End of Year Financial Statements

If you would like more information please either call in to our business premises located at 627 Te Atatu Road or phone: 834 5555 and speak to one of our friendly staff.

From the Editor

Didn't we have a great summer! The Te Atatu Peninsula Business Association enjoyed providing the live music on selected Thursday nights, in the library courtyard and we'd like to do it again next summer with a range of music styles.

I hope those who went along enjoyed it. Hopefully you will also have seen our Easter promotion in participating stores – make any purchase to enter the draw to win one of ten hampers full of long weekend essentials – a ham, wine, Easter eggs and more! There's only a couple of days left so get your entries in as the prizes will be drawn and the winners notified on April 2nd.

Congratulations to our Best Ever Christmas Promotion winners, who were all delighted to receive their prizes. Mike Ward won first prize of an iPhone 6. Second Prize was an iPad Air 2, won by Tyrone Baker and third Prize which was an iPad mini, was won by Tusca Lewis. We hope they are enjoying their new technology.

We have a new group of young people delivering the Te Atatu Views – keep an eye out for the Waitakere Cadet Unit. Originally formed approximately 20 years ago on the Peninsula, the unit is a youth group with activities based on army training. It is open to boys and girls aged from 13 – 18, who get to do drills, march in parades, carry out community works, go on camps and take part in live shoots.

Committee President Neil McDonald says the young people learn discipline and courtesy, how to work together as a team and they go on leadership courses. The Te Atatu RSA is their main sponsor and they meet in the Scout Hall on Tui Glen Reserve in Edmonton Road on Tuesday's from 6 – 9pm. If you would like to learn more go to www.waitakerecadetunit.co.nz



L to R Mike Ward, Tyrone Baker and Tusca Lewis collect their prizes

Peninsula Stationery & Gifts

Stationery, Magazines, Gifts & Cards

'See us for all your car alarm, camera and hearing aid batteries'



Trophies

WATCH SERVICES NOW AVAILABLE

- battery replacement and pressure testing
- link addition and removal
- buckle and wristband replacement

Hours:

Mon-Fri 9am-6pm

Sat 9am-4pm

**562 Te Atatu Road,
Te Atatu Peninsula
Ph: 834 6143**

Affordable accounting, no hidden costs

SBA Te Atatu can provide an easy and affordable way to get your accounting and GST done for you.

Our Services

Monthly and annual accounting
GST returns, tax returns and rental properties

Plus, if you enquire or sign up by 31st May, you can be in to Win either \$600 worth of accounting services or 1 of 4 Nespresso machines!

Simply call us or register online at www.sba.co.nz/enquire-to-win (Promo code WINWIN)

Benefits

- Competitive fixed price and annual fees
- We use BankLink and Xero software
- Business advice, information and peace of mind

SBA Te Atatu | 611 Te Atatu Road, Te Atatu Peninsula
PO Box 45271 Te Atatu Peninsula
P: 09 834 0584 | E: teatatu@sba.co.nz
www.sba.co.nz/te-atatu

SBA SMALL BUSINESS ACCOUNTING

We are pleased to welcome four new businesses to our town centre...

Demolition Deli

After much anticipation, Demolition Deli has opened for business at 570b Te Atatu Road and as the Facebook page says, it's a neighbourhood deli providing butchery meats, artisan breads, cheeses, charcuterie, take home meals and salads, daily cabinet food, cakes & Kokako coffee.

Owner and Peninsula resident Kate James studied food technology and spent 11 years of her career working for a food ingredients company. After having two children Kate decided the Peninsula needed a better choice of good food and was inspired to open the deli. It seems customers agree, as she has been "intensely busy". The deli is open Tuesday to Saturday 7.30 – 5pm and Saturdays 8.30 – 2.30.



Te Atatu Butchery

How long is it that we have been wishing for a butchers shop in Te Atatu Peninsula?

Well we finally have one – welcome to Rose Nuon and Eddy Khamphanpheng, who are the proud owners of Te Atatu Butchery, which is now in the old Video Ezy premises in Gunner Drive.



Eddy was born in New Zealand and Rose emigrated from Cambodia in 2002. They have a son of 21 months and aim to move to the Peninsula, however they currently commute from Manurewa. "We would love to live here," says Rose.

The butchery offers all the usual cuts of meat plus a range of small goods including Heller's and Leonard's sausages. But Eddy can also provide a whole pig or lamb and all the special cuts as well, for example rib eye roast with the bone in or pork cutlets.

"Anything that you can think of, we can do." says Eddy.



B Scene Hairdesign

Where passion meets profession

With over 26 years experience, Donna is a professional freelance, certified and qualified hairdresser offering a wide range of colour, styling and straightening services so you can get the style you need, all at an affordable price.

Walk out of the salon looking great and feeling confident with a style that suits you.



Donna Angell

Ph: 09 834 3273

M: 021 100 4424

5/460 Gloria Ave, Te Atatu Peninsula
c/o Imagination Hair & Beauty



Follow me on Facebook
Monthly Deals & Giveaways

www.bscene.co.nz

Peninsula Hair Ltd

We might be small,
but we're big on service

PH 834 5120

574 Te Atatu Road, Te Atatu Peninsula

Hours:

Monday - Wednesday	9am - 5pm
Thursday (late night)	9am - 8pm
Friday	9am - 5pm
Saturday	9am - 4pm

Plenty of Parking

Come and meet the Team
Marian, Fiona, Tina and Ceri



peninsulahairltd@gmail.com

Remedy Natural Health Clinic

**A new practitioner at Unichem Peninsula Pharmacy
Sharlene Ellis is a Naturopath and Medical Herbalist
and her Remedy Natural Health Clinic.**

She is available in-store at the pharmacy on Mondays and Tuesdays and you can book appointments to see her on Wednesdays through to Saturdays. Sharlene treats people suffering from for example tiredness, low energy, allergies and long term illnesses by using herbal medicines and high strength nutritional supplements. With the help of Live Blood Analysis, Sharlene can see your health from the inside, and together you can work out a plan to improve your wellness.

SBA

We'd like to welcome SBA (Small Business Accounting) Te Atatu to the Peninsula.

The accountancy service is a franchise run by siblings Tom Palmiano and his sisters, Malou and Rica at 609 Te Atatu Road, which is the block of shops that includes Abundance Art Gallery. Coming from diverse backgrounds the siblings are keen to use the discipline and experiences they have acquired from their respective professions to help their clients.

They offer GST and Annual Returns, Rental Property Accounting, Monthly Accounting as well as Payroll. They can assist with IRD related matters and even help you to set up your own small business.

Te Atatu Lawnmowers **Winner**

Winner of the recent Te Atatu Lawnmowers Centre promotion was Chris Johnstone who took away the brand new premium Masport Maestro BBQ worth \$749.00.

Te Atatu Lawnmower Centre Limited ran the great Masport 'Trade In Trade Up' promotion throughout October and November 2014.

Customers had the opportunity to trade in any lawnmower, going or not, on selected new Masport lawnmowers.

These customers were included in the bonus draw with the chance to win the impressive Masport BBQ.

Although several customers took advantage of this fantastic offer, it is Chris who is now enjoying summer BBQ's using his new Masport (after he mows the lawn!).

Town Centre Manager Robynne Pringle and Veronica Puriri of Te Atatu Lawnmowers present winner Chris Johnstone with his Masport BBQ.



With over
45 branches
nationwide
– we are the
first choice
for small
businesses

**"SBA has removed a lot of the stress
from running our business while saving us a lot
of money."**

Ian Hamilton, Director,
Natures Choice Gardening Services Ltd

**"SBA has made my entry into the business
world really easy. They are knowledgeable
and passionate about accounting and really
down-to-earth."**

Tina Smith, Owner,
Zinnabunz Bakery

**"Now SBA manage my GST and tax returns,
I can focus on building my business"**

Rhys Barron,
Barron Building

For more info, please feel free to come in for a chat
or contact us on **09 834 0584** | www.sba.co.nz/te-atatu



Peninsula Law

**YOUR LOCAL
FRIENDLY LAWYERS**

Monica Tan (021 775819)

Kim Keys (021 821 989)

631 Te Atatu Road, Te Atatu Peninsula

Phone: 834 5389

www.peninsulalaw.co.nz

Te Atatu Food Bank Capacity Stretched **Can You Help?**



Alexia Santamaria

Every Thursday, Alexia Santamaria and the Te Atatu Foodbank volunteers make up parcels for needy people on the Peninsula. But while there is a flow of food donations from kind locals, there is just not enough space to store more than the Food Bank's immediate needs.

Alexia says they urgently need donations of storage space, a freezer and a place to put it. This would enable the Foodbank to build up much needed stocks of food, so they can keep enough for emergencies.

"All of a sudden we can run short," she says "a bad week with some large families in need can just wipe us out."

The foodbank which was first run by the Te Atatu Union Church, has been based at the Te Atatu Community House since March 2014. Donations come from some of the local churches and members of the public who drop them off to Sue Shopland at Cupboard Love bakery in Gunner Drive, Christie McGiven at C.A.R.E Waitakere or to Jacqui Hanson at Te Atatu Community House, who compiles the donations. Volunteers then make up the food parcels every Thursday and families come to pick them up from the Community House. Screening is done through C.A.R.E Waitakere where families can also access budgeting advice and W.I.N.Z grants.

"Often packs will be made up while the families are at the Community House, so that their specific needs can be met," says Alexia.

"For example, we can make sure we include a bag of flour for someone who bakes, whereas if they don't, it won't necessarily be of use. But we can only hold so much. Some space in a warehouse or a container on someone's land would change everything and a freezer to keep meat in would mean we can provide some fresh food rather than just cans or packages."

Alexia says one particular donor, an elderly woman in her 80s, brings in milk and loaves of bread every week for packages, because she wants the families to have something fresh in their packs.

She says they would also like to see more businesses getting involved. "Even if one business could take care of say our peanut butter donations, or our cereal for example, that would be of help."

Alexia says there are lots of positives to be gained from volunteering for the food bank, which has helped a number of families get back on their feet.

Te Atatu Menswear *on the Peninsula*



Autumn is
here!!!

Be in first
to see the
latest for
Winter 2015

Featured Garment
matched with a
merino vee neck
pullover available
in 10 colours

New stock arriving daily

Male Apparel & Uniform Specialists

Phone: (09) 834 6470 • 548 Te Atatu Road,
Te Atatu Peninsula E: shop@teatatumenswear.co.nz



Need a local plumber?

Meyers Plumbing Ltd

Shane Meyers, Certifying Plumber
Quality Guarantee



Call today for a free
quote and remember
to ask about our
special deals for
local work.

027 279 5912

Tel: 834 7896

meyersplumbing@xtra.co.nz

www.meyersplumbing.co.nz

Causeway News

"Someone with a big family who we provided packages for regularly, for three months after he was made redundant, recently just got a job working with young people and is doing well, which is a great outcome."

When families or individuals feel supported, sometimes it can help get them out of a downward spiral, she says.

The volunteers are very thankful to the community for responding to Facebook posts when the food bank is running low and to groups who have periodically collected groceries and donated them. However the storage issue is a challenge.

"We often run short on evening meal items like pasta, pasta sauce, canned fish, and school lunch items. If families don't have things to put in lunch boxes, they are often too embarrassed to send their kids to school. This is an issue."

She says parents are extremely grateful when they are given things like muesli bars. "You can see the relief on their faces. Wouldn't you be mortified and embarrassed to send your kids to school with nothing in their lunch box? "

If you would like to donate food items, your time, or you can help with storage solutions, please contact the Te Atatu Foodbank volunteers:

Jacqui Hanson- (Te Atatu Community House) phone 834 5827 or e mail tatcomh@extra.co.nz

Christie McGiven- (CARE Waitakere) phone 834 6480 or email admin@carewaitakere.org.nz

Alexia Santamaria- e mail alexia@method.net.nz

The Causeway Alliance is raising and widening 4.8 km of Auckland's Northwestern motorway and cycleway between Great North

CAUSEWAY ALLIANCE
working for our thriving city

Road and the Whau River Bridge, near Te Atatu. The work is being done to prevent flooding and provide additional lanes for when the Waterview Tunnels open in early 2017.

Photo – latest aerial of SH16 looking east, courtesy of Greg Kempthorne.

Behind the Scenes

With so much happening on the ground along the Causeway it's easy to forget about the preparation also taking place under and above road-level.

To give you an insight, behind the scenes of the project, here are some facts and figures of the 4.8km of work:

- 147 cycleway lights and 189 motorway lights. Each will be fitted with more efficient LED bulbs rather than the existing High Pressure Sodium bulbs.
- 36 domed grills or scruffy domes. These manhole covers are made of galvanised steel and are used to prevent large debris entering the stormwater system while providing access for any maintenance that may be required.
- 18 underground stormwater treatment devices. Rain and water from the motorway and surrounding areas are directed through drainage channels to these large concrete structures. As the water travels it picks up dust, dirt and grime which are then filtered by the treatment device before it enters our waterways.

continued on page 13



people and property

Dynamic, Dedicated ... Effective!
Your Local Real Estate Experts

Residential Sales
Commercial Sales & Leasing

*Proudly Sponsoring Biz Kids, Annual Parenting Seminar and The Peninsula Family Fun Day
in your local community*

Phone: (09) 834 6155
Elysium Realty Ltd MREINZ Licensed Agent - REAA 2008 530 Te Atatu Road, Te Atatu Peninsula



What's on in

Te Atatu Community House

580 Te Atatu Rd
Ph: 834 5827

tatcomh@xtra.co.nz
www.teatatucommunityhouse.co.nz

Classes available at Te Atatu Community House (enrolments necessary)

Learner Licence – 6 week course starts 4th May

Restricted Licence assistance – course starts 6th May

First Aid 2 day comprehensive
Saturday 2nd May & 9th May

First Aid Refresher – Saturday 2nd May 9am-4pm

Sign Language - 6th August 7pm=9pm

Te Reo beginners – 12th May –Te Reo classes register with Rutherford Community education 834 4099

Indian Cooking on Saturdays - contact Community House for next class.

AGE Concern - Free presentations by AGE Concern for people over 50years of age. Dates to be finalised, please enrol now.

Staying Safe - classroom based driving refresher with other transport options outlined.

Falls Prevention - keeping yourself safe.

Growing Micro-greens - comes with a free starter kit.

Free Community info sessions by Waitakere Community Law 10am-12noon

Find out all you need to know about Power of Attorney, learn how these work and how to set up a Family Trust Enrolment essential. – every Saturday 9am-12noon at the Community House or we can arrange a weekday appointment if needed.

Market – every Saturday at the Community House, 7.30am-12noon. \$5 for stallholders. All stalls welcome.

Handcrafts - Knitting, spinning, crafts – Tuesdays & Wednesdays 10am-12noon.

Playgroup – The Kid's Shed Playgroup every Thursday and Friday 9.30-11.30am

Neighbour's Day activity in March - watch this space

Joggers & Walkers – every Sunday 8am

Rooms - Community House has rooms to hire for meetings, tutoring, workshops, support groups etc.

Peninsula Community Church

On 8 March, Peninsula Community Church held its first public service in the Te Atatu Peninsula Community Centre. We are a family-oriented church committed to helping you discover God and live like Jesus, whether at home, work, or school. We hold worship services upstairs in the Community Centre, with a children's program (for primary school kids) next door and a creche downstairs, followed by morning tea. For more information visit www.peninsulacc.org.nz or our Facebook page, www.facebook.com/peninsulacommunitychurch.

Te Atatu Union Church

The Te Atatu Union Church would like to say a big 'Thank you' to the Te Atatu Community for your support in providing quality clothing and goods for our Op Shop and fortnightly Market Days. These are some of the ways we engage with the community. Our aim is to make all items as affordable as we can, especially for people in need. We would ask that only saleable goods be left at the church. We cannot for example sell broken furniture or fridges.

We continue to offer our support services to all and any, regardless of personal beliefs. Our website: 'Te Atatu Union Parish' gives more detailed information about our community services. Our regular Sunday Church Services are at 10am and 7pm each Sunday.

Our Easter Celebration

Services: Church at 2 Taikata Road

2 April Maundy Thursday - 7.30pm

3 April Good Friday - 9.30am

5 April - Dawn Service - 6.45 Te Atatu Beach

Easter Family Service 10 am (Church)

Did You Know?

History Snippets courtesy of Elizabeth Grimmer

- The famous wooden Buzzy Bee child's toy was invented in Te Atatu Peninsula during the Second World War.
- The Norfolk Pine (Christmas Tree) on the Village Green was donated by Bill & Bev Stitt, when the tree got too big for their back yard many years ago. The Xmas Lights have been a feature on the tree for at least 15 years.
- Te Atatu Peninsula was known as Henderson Point until 1907 when it was renamed by Te Atatu meaning "where the morning dawns", by the Reverend Bennett.
- General Carrier Lennie French used to pick up people in Henderson and transport them to the Te Atatu Dance, in the Fargo truck that he used on Wednesdays, to take pigs and calves to be slaughtered at Westfield.
- The historic brick works site is at the base of Harbourview on the Peninsula side of the motorway bridge. In 1854 a Crown Grant of the land at the mouth of the Whau River was made to Samuel Elliot. In 1882 it was sold to Thomas Henderson and Thomas McFarlane. It is protected as an archaeological site under the NZ Historic Places Act 1993.

Our Community

Rutherford Primary's Clean-up Day

The other day all the year 3's and 4's went to the Peoples Park to pick up rubbish. We were surprised at what we found, soft drink cans, Mc Donald's paper bags, even an disgusting old holey t-shirt!

We plodded through rubbish filled grass picking up all the rubbish in sight. Sadly we found a bottle of Mineral Turpentine and a lighter hidden in the bushes. When we walked back to



school we had to sort out all the rubbish into piles of paper, cans and plastic. I have a friend who went down to the People's Park that weekend and saw heaps more rubbish that people had dropped from Tuesday afternoon to that day.

The school thinks that lots of people don't know what happens to all the litter that is thrown down by careless people who don't bother to find a rubbish bin to rubbish in.

The wind slowly pushes the rubbish into streams. It drifts along like a tiny raft and eventually ends up in the ocean. The fish or birds mistake it for food. They swallow the rubbish which blocks up their throat, so that they can't eat. If they can't eat they die of starvation.

Is this what you really want New Zealand to look like? Start picking up rubbish now!

By Lucy Coup Age 8

Room 12

Rutherford Primary



People Park Clean up

On Tuesday I had lots and lots of fun! All of the Middle School went down to People's Park to care for the environment. Everybody got into partners and picked up rubbish.

Rubbish was shredded into confetti and polluted the brown ponds, old bits of newspaper were strung around the trees like streamers, plastic bags flew in the sky like clouds and cigarette butts covered the field like flowers. We were all disgusted with the large amount of dirty brown litter.

Cans of Coke, Sprite, Fanta and V floated in the ponds and brown paper bags wrapped themselves around the trees. We wanted to look across the soft lush green grass and admire the sparkling ocean. But instead we had to tread across the grass with rubbish spread across it.

After we had picked all of it up, we put all of it in bags and walked back to school. The teachers got all the classes to sort out the rubbish into piles.

Minutes later, a large recycling truck and took away all our rubbish. We felt good (and exhausted!)

Stop littering and start picking up rubbish today!

Minka Braunias age 8

Room 12

Rutherford Primary

Fun Day

Saturday the 28th of February was the 5th Annual Te Atatu Peninsula Community Fun Day and what a fun day it was! At such a busy time of year it is always great to see so many groups and organisations join in the day and the thousands of people in the community who come along to connect and celebrate our amazing community.

A big thank you to everyone who came along and helped make it such a great event!

The highlight for me is always seeing the Biz Kids in the final stage of the competition and the results of their hard work. I am constantly blown away by the kids massive amount of work and commitment! This year another highlight was the awesome work done by the army of 50 volunteers largely from Rutherford High School who helped to make sure everything was set up, packed down and everything ran smoothly!

The purpose of the event is to strengthen the community; to showcase what is on offer in the community with groups, organisations and clubs promoting their programmes and supporting the community. It is great to look around and see that very thing happening, and it is important to us to keep it a free event that makes it open to the community.

As we start reviewing the event to find ways we can make improvements we are also starting to prepare

for 2016 and with Auckland Council funding being reduced we are going to have to look at other ways to keep this event going – and keeping it free! We also want to find some more people who are keen to join our awesome team who help bring the event together – after all it is an event for the community by the community so please get in touch if you are interested and want more information! – info@lovetolive.co.nz or PO Box 45199, Te Atatu Peninsula.

Sunday the 15th of March sees the end of the 3rd round of the Biz Kids Young Entrepreneurs competition and again this year we have some very talented kids who worked so hard, from August through to the Fun Day. It is a massive task and these kids continue to blow us away and the fantastic support they have behind them!

Our Winners for this year are

Aged 5 – 7 years

Bath Fizzers – Charlotte Cleverdon &

Lippie Pippe – Abbie Tea

Aged 8 – 10 years

Wicked Wax – Joshua Lohead & Mark Borich

Aged 11 -12 years

Entwine -Tayla Antunovich

The overall winners were Wicked Wax – Joshua Lohead & Mark Borich

If you want to get involved, help and find out more get in touch – info@bizkids.co.nz or PO Box 45199, Te Atatu Peninsula.

*By Marilyn Kelly
Photos Corinne Court*

PROUD PARTNER



You can add a lot of value with a hammer.

Barfoot & Thompson
Licensed REAA 2008

All about family since 1923.

Te Atatu

534 Te Atatu Road • 09 834 3570 • teatatu@barfoot.co.nz

The Great Te Atatu Photo Bomb

The Photo Bomb is a collection of 126 photographs that were submitted by the local community after a call for entries was sent out by the Te Atatu Peninsula Pop Up Collective in early January.

Described as an open community photographic exhibition, the call asked for submissions of photographs inspired by Te Atatu, from all ages with all entries accepted. The resulting show was slowly installed as the submissions rolled in over a period of weeks, and officially opened at the Te Atatu Peninsula Fun Day on the 28th of Feb where visitors were invited to vote on their favourite shot.

Featuring photographers ranging from 11 to 85 years of age, the show contains a broad mix of photographic styles including scenic,



abstract, nature and action. After the votes were cast, the People's Choice on the day - with 23 out of 162 votes - went to the large framed aerial photograph of Te Atatu (circa 1962) submitted by Richard Dundass (who had come across it at the Avondale markets some years ago).

The Te Atatu Peninsula Pop Up Collective formed in December last year when four local organisations were offered the old temporary library space to use as a Pop Up

Shop over summer. Made up of Love to Live, Bike Te Atatu, Peninsula Arts and Jambalaya Trust, the groups enjoy working together to promote connected communities, a pride and identity within our area, and encourage collaboration, engagement and fun.



peninsula medical

family healthcare the way it should be

We work hard to provide a unique relationship with your Doctor built on confidentiality, trust, mutual respect and care. Our new centre reflects the integrity of that relationship. Our team sees you as a person first and a patient second. This modern facility has been custom designed to help deliver the highest quality of care you deserve. We offer our patients a no appointment required "walk-in" clinic twice daily, with appointments available every day.

We are a one stop shop with Pharmacy, Laboratory, Physiotherapy and now a Dentist on site.

COME AND SEE ONE OF OUR FRIENDLY DOCTORS:

- David Going - Principal
- Carolynn Moore
- Justine Mesui
- John Zhang
- Marcus Bishop
- Edward Watson
- Richard Davies
- Jess Joung



We are seeing New Patients



After Hours Ph 834 6300 for free advice

HOURS:
8.00 - 6.30 Mon to Thur
8.00 - 6.00 Frid, 9.00 - 12.00 Sat

Plenty of parking
200m from the Te Atatu motorway interchange
382 Te Atatu Rd, Te Atatu Peninsula
PH 834 6300

protecting your pup

Over the summer months we've been seeing lots of puppies and kittens for health checks and vaccinations, which is great - we love puppies and kittens! Sadly we've also seen several puppies with parvovirus diarrhoea, which has prompted me to write about infectious diseases and the importance of vaccinations.

Starting with dogs, the core vaccination which all puppies must have is a '3 in 1' which protects them against three serious diseases - distemper, infectious canine hepatitis and canine parvovirus.

During the first half of the 20th century, distemper was the commonest fatal disease seen in dogs worldwide. Symptoms include high fever, running nose, vomiting and diarrhoea, sometimes seizures and there is a high death rate. When vaccination became available distemper became much less common and has now virtually disappeared from New Zealand, but it is still important that dogs are vaccinated to prevent outbreaks.

Infectious canine hepatitis is a liver infection also caused by a virus. Like distemper, following the introduction of effective vaccination it has become rare.



However we still see parvovirus enteritis commonly. This disease first appeared in the 1980's. The virus is closely related to the virus that causes feline enteritis, and may have evolved from it. Affected puppies go off their food and develop severe vomiting and diarrhoea, which is usually bloody. They may recover with treatment, but often need to be hospitalized and kept on a drip for a few days. The virus causing the disease can survive in the environment, including in houses, garages, cars etc, for months and even years in suitable conditions, which is why it is still common, and why puppies mustn't be walked out on the street or in public places until they have completed their vaccinations.

The other infectious diseases of dogs for which vaccines are available are leptospirosis and canine cough.

Leptospirosis is a bacterial disease which can be carried by rats and spread via their urine, so dogs may be at risk anywhere rats are found, e.g. in mangroves or around compost. We don't see this illness commonly but it is difficult to treat and most affected dogs will die, so vaccination is usually recommended.

Canine cough, also called kennel cough, is the most common of these infectious diseases, but fortunately is not usually a serious illness. It is a nuisance though as affected dogs can cough constantly for several days or even weeks which is tiring for all concerned. There are several viruses and bacteria than can cause canine cough so vaccination doesn't always completely prevent it, but vaccinated dogs get it less often and much less badly.

Generally puppies should have a course of vaccinations starting at 6 - 8 weeks of age, and adult dogs should have regular boosters. The vaccine schedule may be a little different in different vet clinics depending on what vaccines are used and what diseases are seen commonly in the area. The message I really want to give is that vaccination is effective in preventing disease, is safe and is inexpensive compared to treating preventable illnesses.

Next time I will discuss infectious diseases and vaccination of kittens.

LAWYER
KIERAN NALLY
LLB

INCORPORATING ELDER LAW (AUCKLAND) LTD

*'Talk to a senior
about senior legal matters'*

- Elder Law • Wills/Powers of Attorney/Estates
- Residential Conveyancing • Retirement Villages

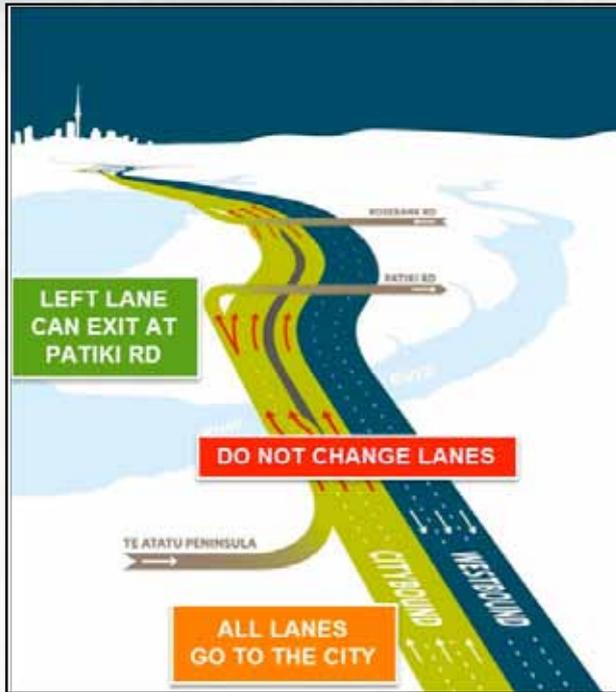
Phone 834 9995
Fax: 834 9996 • Cell: 0274 8000 53

534 Te Atatu Road
Te Atatu Peninsula Auckland 0610

©0805LPRINT

Causeway News cont.

- 22,000V cable to supply power from the Te Atatu substation to the northern portal of the Waterview Tunnel.
- 11,000V cable to supply the four transformers throughout the project with power.
- 400V cables to provide power for lighting and the 23 intelligent transportation systems control cabinets.
- Over 5km of fibre optic cable running along the length of the project to support broadband and telecommunications connectivity to West Auckland.



reducing any lanes, just moving them around to create safe working space so the motorway can continue to be raised and widened.

The important things to note for a safe journey through are;

- Choose your correct lane well in advance
- Avoid sudden lane changes
- Stay in your lane

Gull rescue

This wee guy was rescued from the mud flats of Te Atatu Boat Club by three of our crew working nearby. The team noticed that the juvenile black backed gull could barely keep his head up and upon closer inspection he looked quite unwell.

The gull let the rescuers approach and put him in a large cardboard box. He was then delivered to a bird rehabilitation centre and is said to be making a full recovery.



Scruffy domes

Underground treatment device being installed

Stay in your lane

As you will have noticed there have been some lane layout changes along the Northwestern motorway between Te Atatu and Rosebank Roads. Thank you for your patience, particularly on Monday 2

March when traffic was heavy as drivers familiarised themselves with the new lane layout.

There are several more lane changes which will happen along the Causeway over the next two years which will be similar to the recent layout change. It is important to know that we are not



Ray White Know How to maximise the value of your property



Our agents have the knowledge, skills and experience to help maximise the value of your property

Sales & Rentals

(09) 834 6789

(09) 834 2850

Our office is proud to be business partners with Super Gold card holders

With discounts when you list and sell with us!

We also sponsor Ronald McDonald House

Buy West Realty Ltd Licensed (REAA 2008)

1-3 Rhone Avenue, Te Atatu Peninsula 0610

www.buywest.co.nz



Ray White TM Super Gold



Just before writing this I finished cooking and eating the most delicious nectarines, roasted in honey with some ice cream.

But although summer is still lingering a little, the mornings are a little colder already and it's not long now until a whole bunch of autumn ingredients start turning up in the shops.

Pears, pumpkins, walnuts, parsnips, watercress – there's a lot to get excited about.

I always look forward to making the first of the cool season's soups and stews. It always feels like an age since I last ate them or served them at Luscious.

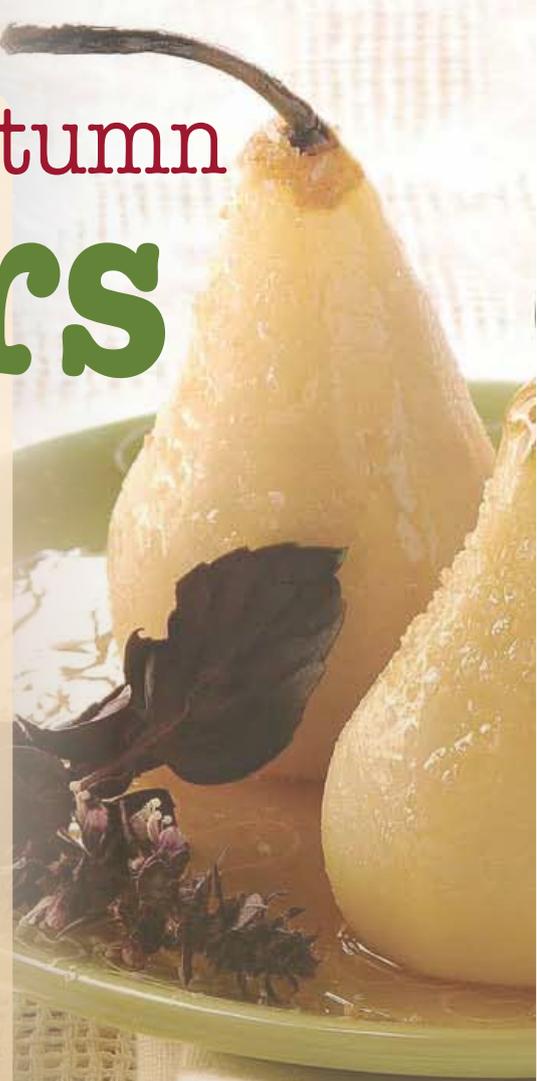
My favourite fruit for this time of year is certainly a pear. I love the soft, juicy and slightly perfumed ones. Taylors Gold and Doyenne du Comice are two of my favourites to eat raw. But if you have the

Perfect Autumn Pears

time, warm poached pears in autumn is a fantastic way to enjoy them.

I like to take a bottle of cheap red wine, 300g of caster sugar, 1 star anise, 1 cinnamon quill, a few peppercorns and the zest of an orange, bring it all to the boil, then pop 6 peeled and cored pears in there and gently simmer until they are just cooked.

Once the pears are cooked take them out of the liquor and reduce it down until it becomes a light syrup, it takes on the pear flavour and the spices. This syrup drizzled over the warm pears with a bit of ice cream is perfection. And if you can't be bothered doing it yourself, don't worry, we will have them on the menu at Luscious throughout the colder months.



PENINSULA MONTESSORI PRE-SCHOOL



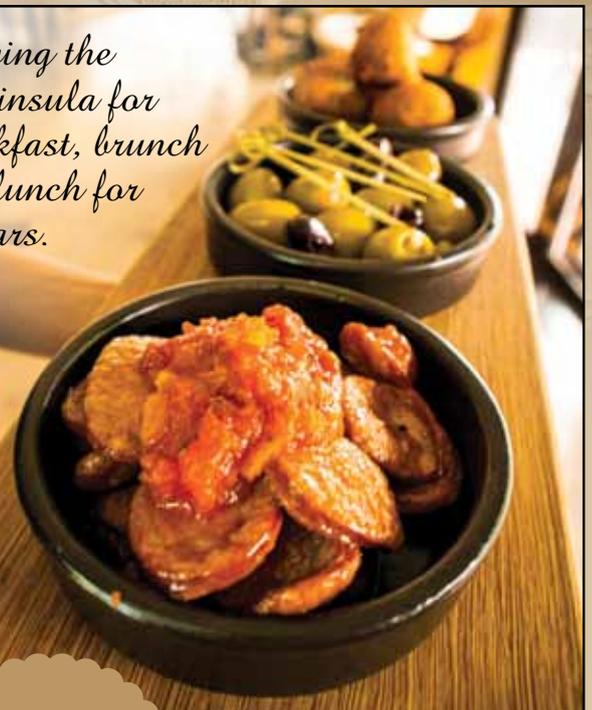
Peninsula Montessori provides a boutique pre-school programme.

We are a small family orientated centre catering for a maximum of 22 children at any one time. Peninsula Montessori provides a warm and welcoming atmosphere for both children and parents. Your child will receive a Montessori education from experienced teachers who are dynamic, caring and focused on making your child's day special. Our teachers will guide your child through their learning and development as they explore the environment around them. Our specialized equipment gives children the opportunity to develop a love of learning and most importantly self confidence. The staff at Peninsula Montessori Pre-School look forward to meeting you and your child.



18 Stokes Ave, Te Atatu Peninsula
Phone: (09) 834 8827

Serving the Peninsula for breakfast, brunch and lunch for 5 years.



The
LUSCIOUS
FOOD STORE

Also open for dinner on Friday and Saturdays with our new head chef Tony, Delicious meals, amazing platters, great kids meals and a great selection of craft beers and wines.

Bookings 8348499

The Luscious Food Store • 547 Te Atatu Rd, Te Atatu Peninsula

views on wine with Sam Kim



www.wineorbit.co.nz

Last of the summer wines, first of the autumn leaves; the mornings are cooler, and darkness comes earlier. But I don't feel gloomy.

We did have a gorgeous summer, and I'm ready to enjoy the change a new season brings, although there are still time and place for zesty whites and vibrant rosés. After all, sauvignon blanc is an amazing partner to Bluff oysters, and a refreshing rosé is still perfect at lunch on a sunny day. Nonetheless, I am ready to move on and welcome the arrival of autumn fruits and vegetables, and of course the release of two-year-old red wines. At last, the exceptional 2013 reds are hitting the wine shelves. More on this later.

Pumpkin. The quintessential autumn fare with its sweet flavours and mouthfilling velvetiness, can be turned into many delightful dishes. For example, soup with a dusting of spice can make it even more fragrant and comforting. My go-to wine varieties are pinot gris and gewürztraminer. Both are low acid grapes with smooth textural feel, making them ideal. Roasted pumpkin, either in hearty salads or as part of roast veges, bolsters the whole dish and adds extra weight and dimension. Again the two aromatic varieties of pinot gris and gewürztraminer work well, but if you are serving it with a red meat, try pinot noir.

New Zealand pinot noirs are filled with sweet berry flavours and silky texture, and there are increasing number of moderately priced wines available. The new 2013 vintage wines are excellent, although if you see your favourite labels from 2012, nab them.

Delicious reds of Autumn

They are so good drinking right now with an extra year in the bottle, making them more rounded and smooth. These 2012s, or even older, are better suited to partner foods with rich savoury flavours, as the wines have developed more complex notes. Younger pinots work better with dishes that are vibrant and fresh tasting.

Now, the magnificent 2013 vintage reds. I'm referring to the fuller-bodied reds – cabernet, merlot and syrah. The majority comes from the Hawke's Bay but you can find excellent Auckland reds from local wineries. These 2013s do need time in the cellar to show their best, and I much prefer to drink these reds with four to five years of age, or more. If you must, you can enjoy these youthful reds now, when matched with rich protein dishes. Beef, venison or slow-cooked lamb with all the trimmings would do the trick. However, I highly recommend you buy a few extra bottles of cabernet, merlot (or blend of these plus cabernet franc or malbec) or syrah from 2013 to put away. It was one of the best vintages ever in the history of New Zealand winemaking. So that in a few years, when you are starting to feel the chill in the air and longing for comfort food, you can delve into already mature reds from this exceptional year that will enrich your senses and warm your heart.



EXPERIENCE YOUR LOCAL RSA

JOIN NOW Everyone is welcome!

You don't need to belong to the armed services to join the RSA. Enjoy darts, pool, snooker - free of charge for members and in great company.

1 Harbour View Rd
Te Atatu Peninsula
09 834 3698
tatrsa@xtra.co.nz

Planning a function? Talk to us today

RESTAURANT HOURS

Friday Lunch	12.00 - 2.00pm
Thursday - Saturday Evenings	5.30 - 8.30pm
Wednesday - Sunday	5.30 - 8.00pm





Te Atatu Peninsula Business Association

1 & 2 Dollar Plus	576 Te Atatu Rd	834-8493
A Plus Beauty Spa	49 Matipo Road	834-7018
About Face	84 Gunner Drive	834-4018
Abundance Art Gallery	617 Te Atatu Rd	5511850
Allworkz Electrical Ltd.	PO BOX 45-149	021 519225
Anthony Wong Dental Surgery	518 Te Atatu Rd	834-6359
ASB Bank	544b Te Atatu Rd	448-4130
Auckland Home Loans	547 Te Atatu Rd	8348682
B Scene	5/460 Gloria Ave	834 3273
Barfoot and Thompson	534 Te Atatu Rd	834-3570
Barfoot and Thompson Body Corporate	547 Te Atatu Rd	8892324
Beverly Groves Design	PO Box 45 246	834-5386
BigSave Superette	568 Te Atatu Rd	834 6464
Caltex Peninsula Service Station	571 Te Atatu Rd	834-7546
CareVets	520 Te Atatu Rd	834-4430
Casa del Gelato	576a Te Atatu Road	8344219
Cassidy Eyecare	84 Gunner Drive	834-5280
Chan Takeaways	578b Te Atatu Rd	834-5246
Chil Body and Hair	84 Gunner Drive	834-4206
Clearstone Legal	1/547 Te Atatu Road	973 5102
Columbia Bakery	572 Te Atatu Rd	834-3278
Countdown Supermarket	571 Te Atatu Rd	834-8580
Cupboard Love	6/80 Gunner Drive	8377374
Deluxe Superette	568a Te Atatu Rd	834-6356
Demolition Deli		21649240
Design & Alterations	80 Gunner Drive	834-0090
Discount Outlet	568 Te Atatu Rd	2102396438
Dream Nail and Spa	538 Te Atatu Rd	834-4924
Dwell Healthy Homes	PO Box 45 246	834-5206
Emporer Motors	4a Harbourview Rd	834-8649
Et tu	532 Te Atatu Rd	834-5327
Evolve Live Kombucha		274050100
Food and Coffee House	578a Te Atatu Rd	834-8883
Fuze Café	566 Te Atatu Rd	834-8536
Gadgets Direct		272665401
Gold Star Takeaway	564 Te Atatu Rd	834-8838
Golden Key Takeaways	546a Te Atatu Road	834-6690
Greens	572 Te Atatu Rd	834-6176
Haddad Group Takeaways	538 Te Atatu Rd	834-6429
Hammer Hardware	568a Te Atatu Rd	834-6210
Harcourts Real Estate	84b Gunner Rd	834-7052
Harveys Real Estate	530 Te Atatu Rd	834-6155
High Wire Electrical Ltd	2 Waikura Drive	27 244 9473
Hohepa Chartered Accountants	42 Spinnaker Drive	834-3712
Hooked on Fish	568 Te Atatu Rd	834-3638
Hospice Op Shop	568 Te Atatu Rd	834-1291
House of Patchwork	574 Te Atatu Rd	8349641
Imagination Hair	5/460 Gloria Ave	8343273
Jenny Craig	84 Gunner Drive	834-8924
K&A Bargains	542a Te Atatu Rd	834-8986
Kiwibank	550 Te Atatu Rd	834-9646
KJ Nally Barristers and Solicitors	534 Te Atatu Rd	834-9995
Loan Market	7/1 Rhone Avenue	8349325
West Liquor	3 Pringle Road	834-7825
Lotto at Unichem Pharmacy	556 Te Atatu Road	834-6303
Luscious Food Store	547 Te Atatu Rd	834-8499
Mortgage Supply	3/1 Rhone Avenue	834-8682

Nappies For Less	570b Te Atatu Rd	834-0030
New Zealand Home Loans Te Atatu	547 Te Atatu Rd	834 4468
Noodle Canteen	552 Te Atatu Rd	834-1328
Odessa's Mini Mart	615 Te Atatu Road	834-2544
Orient Bakery	560 Te Atatu Rd	834-8382
Park in the Bar	3 Pringle Road	834-7396
Patten Brumby Ltd	627 Te Atatu Rd	834-5555
Peninsula Bakehouse	548 Te Atatu Rd	8348704
Peninsula Barber Shop	2 Harbourview Rd	8348704
Peninsula Blooms	540 Te Atatu Rd	8347778
Peninsula Counselling and Psychotherapy		(By appoint- ment only)
	9484299	
Peninsula Hair Ltd	574 Te Atatu Rd	8345120
Peninsula Laundromat	3/570 Te Atatu Rd	2102292894
Peninsula Law	631 Te Atatu Rd	834-5389
Peninsula Medical Centre	382 Te Atatu Rd	834-6300
Peninsula Physiotherapy	382-386 Te Atatu Rd	8349329
Peninsula Roast	572b Te Atatu Rd	834-0525
Peninsula Stationery and Gifts	562 Te Atatu Rd	834-6143
Peppermint Twist Icecream	609 Te Atatu Rd	834-9941
Perfect Productions	607 Te Atatu Rd	834-4688
Ray White-Buy West Realty Ltd	1 Rhone Ave	834 6789
Rebekah Spiers at Imagination Hair	5/460 Gloria Ave	212602096
Remedy Natural Health(Unichem Pharmacy)	556 Te Atatu Road	0272 REMEDY
Rodgers Reidy (NZ LTD) Insolvency	Lvl 1 547 Te Atatu Rd	834-2631
Sam's roast	1/570 Te Atatu Rd	834-6638
Shahi Dawat Restaurant	547 Te Atatu Rd	834-1239
SBA (Small Business Accounting)	609 Te Atatu Road	8340584
Songsum Emporium	552 Te Atatu Rd	834-8620
Speed Queen Cash Laundry	574 Te Atatu Rd	272338908
Spinnaker Views Bed & Breakfast	Spinnaker Drive	834-5386
Subway	571 Te Atatu Rd	834-3786
Supa Fruit Mart	3/1 Rhone Ave	834-2473
Sushi Ami	5/80 Gunner Drive	834-0010
Sushi and Bento	546b Te Atatu Rd	834-1060
Suzanne Clark Family Law	4/554 Te Atatu Rd	834-8139
Tass Print	534 Te Atatu Rd	834-6338
Te Atatu Butchers		8345158
Te Atatu Chiropractic	550a Te Atatu Rd	834-0440
Te Atatu Discount Superette	542 Te Atatu Rd	834-2089
Te Atatu Fisheries	613 Te Atatu Rd	834-6998
Te atatu Laundromat	574a te atatu Road	272338908
Te Atatu Lawn Mower Centre	538 Te Atatu Rd	8347441
Te Atatu Menswear	548 Te Atatu Rd	834-6470
Te Atatu RSA	1 Harbourview Rd	834-3698
Te Atatu Union Curch and Op Shop	2 Taikata Road	834-3228
Thai Flavour	572a Te Atatu Rd	834-0646
Thai Peninsula Restaurant	9/80 Gunner Drive	834-9998
The Big Event Co	111 Taikata Rd	834-0029
Three Monkeys Tattoo	84 Gunner Drive	834-4206
Tony Vege	578c Te Atatu Rd	834-8883
Top Well Bakery	3/82 Gunner Drive	834-2328
Uneek Cutz	7/80 Gunner Drive	834-0100
Unichem Peninsula Pharmacy	556 Te Atatu Rd	834-6303
Vege Storm	546 Te Atatu Rd	834-4988
West Auckland Counselling	552 Te Atatu Rd	834-7322
Westpac Bank	568a Te Atatu Rd	834-1505
Wine Villa	544a Te Atatu Rd	834-4992
YO! Fitness & Training	9 Kawai Rise	021 182 5507

Proudly Designed
and printed by
0800SILPRINT

