

Te Atatu VIEWS

Te Atatu Peninsula Town Centre Magazine

SPRING 2016

IN THIS ISSUE:

Painting with Light –

Photographer Stefan Marks

Soup for the Soul –

Te Atatu's Homelessness Initiative

Te Atatu's New Community Constable –

Introducing George Harder

Photo courtesy of Stefan Marks



Te Atatu Peninsula Business Association

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Te Atatu Peninsula

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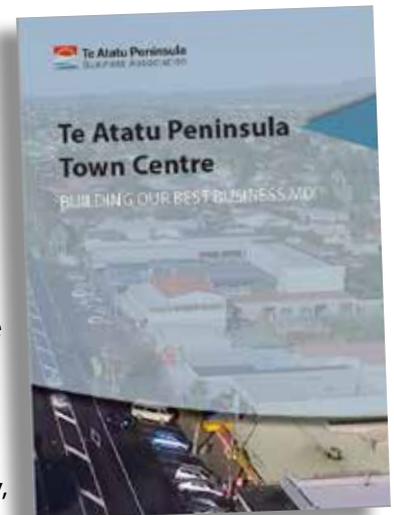
From the Editor

As I write this, the fire is still being lit each night at home, but I'm noticing it's a lot warmer during the day. It has been an intense winter and while we were focused on the Olympics, Spring may have sneaked in the back door.

Back during summer, the Te Atatu Peninsula Business Association ran an on line survey to see what our customers thought about existing businesses in the town centre and also what kinds of shops they wanted to see join our retail community.

We took the results of the survey and put them together into a brochure that we are now using to improve the business mix of the town centre. The brochure will be packaged up with our marketing videos and other key information and given to commercial leasing agents and commercial property owners, so we can actively shape our town.

To have a read of the brochure, go to our website www.teatutupeninsula.co.nz



There are some exciting changes happening already, with new businesses opening in both new and existing premises. As part of our Welcome to the Peninsula section, we introduce new businesses to the town centre by giving them an introduction. In this edition we welcome Restore Wellbeing, Waitakere Foot Podiatry, Discoveries Educare and continued on page 12, Anytime Fitness. But you will have to wait until our summer issue to read about some of the other new ventures, including takeaway pizza place going in up northern end of town. Yes, we have

Contents

Welcome to the Peninsula	Pg 4, 5 & 12
Spring Festival Celebrates Community	Pg 6
Painting with Light	Pg 7
Views on Pets	Pg 8
Introducing George Harder	Pg 9
Community News and Events	Pg 10 & 11
Soup for the Soul	Pg 13
Views On Food	Pg 14
Views on Wine	Pg 15
Causeway Upgrade	Pg 16 & 17
A Bird Sanctuary in Te Atatu	Pg 18
Directory	Pg 20

all seen the sign and I've had a chat to the new owners – they're really excited about launching their new business. I'm a bit of a pizza snob because I make my own dough, and I can't wait to try theirs.

Also new to Te Atatu is Community Constable George Harder. He has big shoes to fill since the departure of Mike Chan Fong, but is up for the challenge. You can meet him on page 9.

There has been a lot in the news lately about homelessness and sadly, this problem is affecting also affecting Te Atatu. On page 13 we interview Reverend Wayne Toleafoa of the Union Church and hear about their Friday soup kitchen, which is warming up the tummies of those having to brave the elements each night.



I get lots of comments about our stunning front covers for the magazine and some of you will recognise photographer Stefan Marks' (left) name, and his work. To find out more about this talented local, go to page 7.

The issue of dogs on beaches has been a hot debate recently. Many of us are dog lovers and at the same time are



sensitive to the plight of the endangered bird populations we are lucky enough to have on the Peninsula. On page 18, Kent Xie, Motu Manawa Restoration Group, has written about their work with these shorebirds.

Thanks to all of you who shopped locally and entered our Winter Warmer promotion.

The winners were 1st - Sheree Graham (*above*) of Harcourts' Henderson branch, who shopped at Flossy Florist.

Sheree lives in West Harbour but says she loves coming to the Peninsula.

2nd - Mrs P Brown who lives on the Peninsula and shopped at Te Atatu Engraving and Gifts.

3rd - Patricia Thompson also of the Peninsula, who shopped at Peninsula Hair.

Editor, Robynne Pringle

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1 Harbour View Rd
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tatsa@xtra.co.nz

WELCOME to the Peninsula

Restore Wellbeing

There have been big changes upstairs at 552 Te Atatu Road. The suite of offices next to West Auckland Counselling has most recently been home to Hayley Maree's Beauty, but has now been renovated for a new venture.

Sharlene Ellis' Remedy Natural Health has moved there with Revival Massage, owned by Viv Butler and together they come under the Restore Wellbeing banner. There will be other services joining them in the next few months.

Sharlene holds a Bachelor of Health Science, a Diploma of Herbal Medicine and is a Naturopath and Medical Herbalist and specialises in fertility for couples, women's hormonal

issues, allergies and allergy testing, and digestive health. She is also an Advanced Hemaview Live Blood Analysis practitioner. Viv offers a team of three trained and experienced massage therapists, offering remedial and sports massage, pregnancy and restorative/relaxation massage and aromatherapy. They will be open five late nights and Saturdays until 2pm.

Viv who trained at the New Zealand College of Massage, has been massaging for eight years and operates a Grey Lynn clinic as well. For more information go to www.remedynaturalhealthclinic.co.nz and www.revivalmassage.co.nz

Waitakere Foot Podiatry

Podiatrist Kiseon Hong has already been part of our business community for seven years,



Kiseon Hong with Receptionist Wyllowe Poata

having been located at the Peninsula Medical Centre, and the Te Atatu Chiropractic clinic. Kiseon's podiatry practice is now alongside Anytime fitness and the Discovery Educare, upstairs in the new retail development at 543 Te Atatu Road.

Waitakere Foot Podiatry was established in 2009 and Kiseon has a New Lynn branch and a Henderson satellite clinic as well as the new

Rutherford Preschool



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clinic, and in total has a team of six podiatrists available. Kiseon works alongside podiatrist Amy Wu at the new practice, which is also hosting two AUT students who are on clinical placement, to finish their qualifications.

Kiseon says as a podiatrist he deals with everything foot and ankle related from sports injuries like plantar fasciitis and muscular skeletal conditions, to corns, calluses, fungal issues and diabetic foot care. He also provides biomechanical assessments, ingrown toe nail surgeries and orthotics for shoes. To find the clinic, parking and the entrance is at the back of the building, then just follow the signs. You can visit www.waitakerefoot.co.nz for more information.

Discoveries Educare

Discoveries Educare is now open at 543 Te Atatu Road and is welcoming children onto the roll. They have

three rooms – the Explorers Room for children 3 months to two years, Investigators Room for two years to three and a half and the Adventurers Room for those that are three and a half to five years.

The Adventurers cover a curriculum including music, blocks and manipulation, art and craft, puzzle, science and nature and skills that come under the Montessori philosophy including maths and literacy. Children will eventually be assisted to transition to school and as a team, staff will get each child ready for primary school and are also available to take them for a first school visit as part of that transition.

The facilities include a large outdoor area with sandpits and ride-on toys and are capable of taking up to 115 children. There will be 15 to 16 staff, giving a ratio of 1-4 for the infants and 1 – 8 for the older children. Nutritious vegetarian meals are offered, cooked on site daily with an experienced cook for each centre, standing on their belief in

providing young learners with life-long healthy eating habits. This is also in respect to the different religions and different dietary requirements of families. The cultural identity of the children is also celebrated by observing cultural days and events.

Discoveries Educare accepts childcare subsidies from Work and Income, for families that qualify and offer 20 free ECE hours for children over three with an extra 10 hours free to support transition to school.

For more information go to www.discoverieseducare.co.nz or call 0800 Educare (3382273).

Contd. on pg 12



Some of the staff at Discoveries Educare

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Te Atatu

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Te Atatu Spring Festival Celebrates Community

Last year, the incredibly successful, inaugural Pop the Top festival was held to celebrate our fantastic new Community Centre. With over 50 events from dance classes to paper plane making, cooking classes to a Halloween ball, it was a celebration of our community and everyone who is a part of it. Organisers say it proved to be an incredible avenue for connecting different cultures and demographics, with many unexpected alliances being formed. It also sparked activities that are now permanent fixtures in our community calendar.

As a result, this year the event is back, with a new name but the same great community spirit and a plan to do it bigger and better.

Te Atatu Spring Festival Coordinators Leeanne Boyle, Alexia Santamaria and Amanda Lowe invite everyone to explore the Festival, located in the heart of our community centre, from the 15th till the 29th October 2016. Leeanne says she already has over 60 events including dance classes, children's mindfulness



Leeanne Boyle and Amanda Lowe

workshops and cooking classes and is receiving more bookings each day.

"We are very grateful for the help and support offered by the Henderson Massey Local Board," she says "and many of the Te Atatu based businesses, who have kindly donated services and funding." Like last year, they plan to bring together a wide variety of people from within the community and the wider Auckland area, and showcase their diverse talent, by hosting a range of different events, either free or for a koha/donation to cover costs.

"This really is a celebration of our community and everyone who is a part of it and is an incredible avenue for connecting different groups and individuals and creating great alliances for years to come," says Leeanne. If you are interested in showcasing your business, talent or group or attend one of the many events please contact Leeanne Boyle on 027 801 5700 or at leeanneb1980@outlook.com or Amanda Lowe at jandasail@gmail.com. Leeanne says everyone is welcome and there is no limit to what participants can come up with or do. The organisers want as many different types of events as possible and rooms in the community centre will be provided at no charge for anything under the Te Atatu Spring Festival banner.

For more info about what's on go to www.teatatuspringfestival.co.nz

If you wish to volunteer your time and be the face of our festival go to <https://www.facebook.com/groups/119376865081814/#> or contact Jude at jude.brunelmorvan@gmail.com

Te Atatu Spring Festival, Te Atatu Community Centre - October 15 to 29th

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Painting with Light

Photographer Stefan Marks

Looking at the stunning landscape photography of Te Atatu's Stefan Marks, it's hard to believe that his day job is being Senior Lecturer of Creative Technologies at AUT, and not actually a professional photographer.

We are very fortunate to be allowed to feature free of charge, his stunning local vistas on the Te Atatu Views covers and when featured on social media, his work receives rave reviews.

Stefan, who has been capturing images since he was a teenager, modestly says photography, the art of 'painting with light', is just his hobby. "I enjoy being in the landscape, taking pictures of what I see and want to preserve as a memory," he says. "The main thing with photography is that it is easy to take amazing pictures of what nature puts in front of you. It is far more difficult to take an amazing picture of something that is normal."

However modestly Stefan views his work, it has come to the attention of a wider audience than just appreciative Te Atatu residents. For the last two events, he was the official photographer for the Te Atatu Harbourview Sculpture Trail, and if you happen to visit AUT, you might also see his photos of student works and official AUT events running on the big screens.

Stefan sometimes also receives requests to purchase his images. Last year, renowned publishing house Pottan & Burton purchased an image for Page 115 of their book "Great Walks of New Zealand" and the 2016 Great Walks calendar. It is a particularly stunning shot taken at Panekire Bluff, Lake Waikaremoana. Stefan and his wife Kathrin, who are keen trampers, were in the right place at the right time – evening sunlight casting its rays through fog which was drifting through the trees – capturing an ethereal scene of New Zealand's native bush. Other purchasers include Auckland Council, which bought a photo taken at Matariki Festival kite event at Bastion Point in 2011.

The Department of Conservation has requested scenes for their brochures, and Stefan supplies these free of charge. All of his photos are published using the Creative Commons license, which means that he is happy for people to use photos for blogs or community ventures, but if it is for a money making venture, they need to arrange to purchase the work.

Stefan says a lot of his photography features Te Atatu because he lives here and tends to take photos of what he sees around him. He has nearly 50,000 photos stored on his computer and says each time he comes back from a week of holiday, he has roughly another 1,000 new shots, although only about 200 to 300 of those will usually survive the post-holiday cull.

To view Stefan's work, you can go to his website www.stefanmarks.info



Views on Pets

with Sue Kirkby B.V.Sc

Seizures in Dogs and Cats

Recently we've seen a few animals that have had seizures (often called 'fits'). Seizures are a fairly common reason for a vet visit for a dog, and are seen in cats too but much less commonly.

When an animal is brought in because it has had a 'fit', our first task is to decide whether this was truly a seizure or something else altogether, e.g. dogs with heart disease sometimes collapse briefly because they feel faint. In a typical seizure, the animal will fall on its side, its legs may twitch or paddle, it may urinate or defecate, and it will be unaware of its owner or surroundings. This can go on for a few seconds, several minutes, or longer.

If the seizure lasts 10 minutes or more it is termed status epilepticus which is a true emergency and a vet should be contacted immediately. Animals may have a single seizure then not have another for months, they may have a cluster of seizures over a day or two, or they may have them more and more often over a few days or weeks.

There are many causes of seizures, including poisoning, disease of a body organ such as the liver, head injuries, brain tumours and true epilepsy. Poisoned animals and those with other illness will usually have other symptoms such as vomiting, diarrhoea, weight loss etc. In practice, in animals under three years old epilepsy is the most common diagnosis, while in mature animals brain tumours are most likely.

Brain tumours can be primary meaning they began in the brain, or they can result from spread from a cancer elsewhere in the body. Here I would like to point out that the term "epilepsy" refers to the seizures that don't have a physical cause and typically start in a young animal.

Cats and dogs that have had seizures usually look relatively normal by the time they arrive at the vet clinic. Once we have decided that the symptoms are truly a seizure, we examine the animal then make a plan for diagnostic tests and treatment. Initially we recommend blood and urine tests to rule out diseases of the body organs and make sure there isn't any reason why the animal should not have medication. Most of the time the test results will be normal.

If it is an older animal we may recommend a chest X-ray and an ultrasound scan, which is checking for a

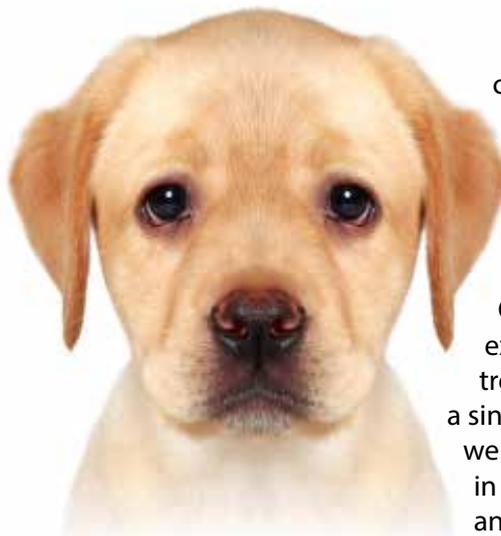
cancerous growth. Other tests that can be performed by specialists include examination of spinal fluid, or CT or MRI scans of the brain, which are the only ways that brain tumours can be confirmed.

Once we have completed our examination and tests, we decide on treatment. If the patient has had only a single mild seizure and is otherwise well we might opt to monitor it for a while, but in most cases we recommend starting antiseizure medication. We usually start a single drug at a low dose and increase the dose or add other medications later as needed. With some medications, monitoring blood tests are needed.

Dogs with true epilepsy do usually go on to lead normal lives. The dosages have to be balanced to reduce the seizures without ending up with excessive side effects, so the goal of treatment is to reduce the frequency and severity of seizures rather than completely preventing them. Treatment is almost always life-long.

If you see an animal having a seizure, don't touch or handle it more than absolutely necessary as the stimulation may prolong the seizure or you might get bitten. Try to reduce stimulation by turning down radios, lights etc., and make sure it isn't in danger of being injured by knocking over furniture or heaters. If the seizure continues and you have to take it to a vet while seizing, call the vet first then throw a towel or blanket over it to pick it up and put it in a large container or on another blanket to transport.

And as always if you have any questions or concerns, call your local vet.



Introducing George Harder

A thorough knowledge of West Auckland has helped our new Community Constable step into some big boots, with the departure of Mike Chan Foug.

Constable George Harder is of Samoan heritage but was born and raised in Henderson and now lives on the North Shore with his wife and two young sons. He came to the Te Atatu role in May, straight from neighbourhood policing in Henderson.

George became a police officer five years ago after a successful career playing professional rugby for Auckland and Samoa, followed by eight years in Europe playing in England and France. Playing for the All Blacks might even have been a consideration at one stage but George says that became impossible, once he had pledged allegiance to Samoa in the 90's. He had also considered teaching as a career but chose the police force because he wanted a real challenge, he also felt he had a lot of life and people skills that would assist him to give back to the community within the role.

George feels the Peninsula is generally a safe place with good honest hard working people. "When I'm walking around I see a lot of people smile and say hello. I've worked in other areas where people won't even look you in the eye or say hello," he says.

In Henderson George says the area he dealt with was a business area rather than residential and the focus was to be



visible in the town centre to prevent crime and build relationships with the public and business owners. There were issues with youth in the C.B.D and a lot of situations to deal with and George says can't really compare the zone to Te Atatu as there are different issues here and less petty crime.

However he says the issue of homelessness is similar, with slightly more numbers in Henderson. He has had to trespass homeless people from Te Atatu Peninsula town centre for misdemeanours like harassment, but recognises that he can't always change where they are in life.

"I have compassion for them because they are obviously in a difficult position," he says.

Also part of George's recent Te Atatu experience, are a number of neighbourly disputes. He says in these situations neighbours very rarely have the same view. "They will both think the other is in the wrong. Usually I try to deal with it by speaking to them one to one and the next step is more mediation with the two parties and myself."

George says settling into the role has been aided by already having had a friendship with Mike Chan Foug, who left to become a Youth Aid Officer for the Waitakere Police. "I knew Mike before I had taken his place and he's such a good person to take over from."

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Peninsula Community Church



COMMUNITY HOUSE

In the May edition of Te Atatu Views we wrote that the Te Atatu Community House will cease operating on the 30th June 2016. Our 20+ House users are looking for other accomodation for their groups. Our Saturday Market stopped in July.

The Community House has occupied the current building at 580 Te Atatu Rd since 1st January 1977 and has provided the venue for many valuable support groups, various health support services, Inland Revenue clinics, Community law information sessions, many educational classes, playgroups, walking groups, craft and other social groups.

We will physically be in the current Community House building over September and October to wrap things up.

The Society that managed the Community House is working on other options to support and contribute to the community of Te Atatu in the future.

IMPORTANT

If you have any ideas or visions you would like to see in your local area we would love to chat with you. Big or small.

Please contact on tatcomh@xtra.co.nz, 834 5827 or June on 8343534.

News and Events

Te Atatu Peninsula Library

September School Holidays 23 September – 10th October

Theme: Steampunk : Steam & Steel

Activities include:

- Make Your Own Steampunk Goggles
- Make a Vintage Bottlecap Brooch
- Rocket Balloon Racing – decorate a balloon and race your friends.
- Photobooth and Steampunk Photo Frames
- Come in and grab a flyer from the library for dates and times.



13 July 2016: 'Grandmaster' Benny giving the boys some chess strategy



19 July 2016: Black Stacks in Te Atatu Peninsula Library (Game on themed School holiday event)

Diwali:

Tue 18 Oct Diwali story time – Veena & Irena

Sat 15 Oct Traditional colourful Clay Diyas (lamps) Veena and Neena Buksh

Sat 22 Oct Massive Rangoli painting outside in the foyer with colourful chalks

Storytime for Dad's began Saturday 6th August and will be a regular feature in our Make-Build-Do sessions 11am every Saturday during term time.

Pick up a flyer in the library for a full programme of events.

Chess Club at the library every Wednesday 3.30pm to 4.30pm from 31st August.

Bridge the Brain Game!!

Bridge is a great card game that keeps your mind active no matter what your age. For young and old, bridge is a great way to spend time with others and enjoy a good game of cards.

In 2016 the Waitemata Bridge Club installed electronic Bridge pads to keep our club up to date with Bridge Scoring technology. Results are transmitted directly from the playing table to a computer and are available at the end of play. The results are then posted on our website.

We are a nice social friendly Bridge Club and would love to see you.

Play is Monday & Wednesday evenings from 7-30 to 10-30pm, and Tuesday & Friday morning from 11 to 2-30pm. **If you need a refresher first, come to Easy Going Bridge** on Thursday (10am to midday).

The Club is situated in Covil Park at the end of 56 Covil Avenue Te Atatu just off SH16. Next Lessons start at the Waitemata Bridge Club in September.

Ring Denise 027-286-4396 or email us at waitematabc@xtra.co.nz. Visit our web site. www.bridgewaitemata.co.nz



Waitemata Bridge Club members being presented NZBRIDGE certificates - Vanshita Singh with a Local Master Certificate (second step), and Richard Cross with National Master Certificate (seventh step).



Te Atatu Peninsula Business Association A.G.M

Please come along to our Annual General Meeting and help us celebrate what we have achieved over the last year.

What: Te Atatu Peninsula Business Association, 2016 A.G.M

When: 6 pm, Tuesday, Sept 27th

Where: Te Atatu R.S.A, 1 Harbourview Rd

R.S.V.P to manager@teatutupeninsula.co.nz

Tel: 09 483-3790

or 021909415

Anytime Fitness

Anytime Fitness has come to the Peninsula and is already a popular addition to the community. Situated in the new development at 543 Te Atatu Road, you can find it by going to the rear of the building and up the stairs.

Manager Shelley Haines says the gym is developing a community feel, with a lot of young mums in the community joining up. About 70% of new members are women, but Shelley says she expects more men to join and the membership will even out. A top priority for Shelley is to make sure everyone gets to know each other and that is already starting to happen. "It's becoming a meeting spot," she says. "Everyone seems to know everyone else." Shelley says that's probably because 95 percent of those signed up are from the surrounding community.

Shelley was a manager for Jetts 24/7 gym before moving to Anytime Fitness, to help them open the new facility and get established in the Te Atatu community. She encourages members to check out the gym facebook page AnytimeFitnessTeAtatu, where they can interact and see what's going on. Shelley will regularly share news about the club and eventually, recipes and lifestyle information.

The gym has the usual cardio equipment like treadmills, bikes and cross trainers, as well as good quality resistance



Personal Trainer Jordan Hall, one of the stronger clients Zac Boston and Manager Shelley Haines

equipment. But uniquely, the changing area has large ensuite showers, designed so that the dressing area is separate from the shower and you can dress with dry feet. Another special drawcard at the gym is the Virtual Classes room. Users can type into a touch screen computer, select a class and the computer then plays it for you on a large screen.

Members can choose a spin class for example, and virtually cycle through the stunning scenery of Croatia. The room takes up to six exercisers at one time or just one, on a first in, first served basis.

And if you get tired of going to the gym in your own neighbourhood, after 30 days, members are eligible to go to any of the more than 3000 Anytime Fitness branches throughout the world.

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Soup for the Soul

The issue of homelessness, often seen in wider West Auckland is now touching even our town centre, but the Te Atatu Union Church has found a way to connect with the homeless, while warming their bellies at the same time.

Reverend Wayne Toleafoa says Soup and Bun Friday is a new initiative operating from the church foyer from 10 to noon on Fridays, attracting a small group of up to seven who come to enjoy soup and buns in the warmth of the church. Volunteers from the congregation make two types of soup – a meat based one and a vegetarian option, and other volunteers help serve up. The group is also offered blankets and clothes from the church op shop.

There are five people sleeping rough in and around the town centre, with another man sleeping in his car. They are regular visitors along with another man who has somewhere to live, but needs assistance.

Wayne says the church is only interested in reaching the people in the Te Atatu community, rather than those in wider West Auckland. "But we don't just want to feed them," he says "we want to build up a relationship with these people. We invite them to come for soup and buns on a Friday but if we need to, we can put them in touch with a social worker who can help them with housing, budgeting or any other issue they need help with."

Wayne says in this way, the church is working with the support of Care Waitakere, so they can make that connection with

services. He says sometimes homeless people have already gone to agencies before and for whatever reason they have ended up back on the street.

"Some homeless have addictions that have taken them down that road," he says "and they are no longer wanted at home. Everyone has tried their best but they can't give up their addiction. It can really tear the guts out of a family."

Wayne says they have to reach out for that treatment themselves, but that often only happens when the court orders treatment.

He says the Union Church is in a good position to help with this community issue as they are central to the village and willing to work in with other churches in the area, to tackle the problem.



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Views on Food

with Robynne Pringle

Spinach and Ricotta Cannelloni



This recipe has been a family favourite for many years, and although a vegetarian dish, is often requested by our meat eating friends. It really has an amazing flavour that makes you want more and more. As with most good recipes, you can substitute some ingredients – I often use silverbeet instead of spinach and cottage cheese instead of ricotta. You can use low fat cream cheese with Edam cheese for the top, if you are watching calories or heart health. Or you can leap in with both feet and use full fat tasty cheese. With the pasta, you can use the dried cannelloni tubes available in all supermarkets, or you can use sheets of fresh pasta, rolled around the filling, which is what I do for a special occasion.

Please don't be intimidated by the idea of stuffing the dried cannelloni tubes. I remember being nervous the first time I used them, and yes they are fragile, but just tuck small amounts of filling into each end until the tube is full, but not too full. Leave a centimetre at each end so the filling doesn't ooze out in the oven. The other thing to remember is chop up your spinach or silverbeet finely so that the filling is easy to handle.

For 6 servings you will need one box of cannelloni tubes (12 – 16) or a pack of fresh pasta sheets, cut into rectangles approx. 9cm x12cm

Sauce: Finely chop two onions and four cloves of garlic and sauté in a good glug of olive oil.

Add a chopped green pepper and cook for about five minutes or until the onion is translucent.

Add ½ tsp salt and ½ tsp of sugar or a bit of honey or maple syrup and fresh or dried, thyme and basil (I am heavy handed with the herbs but if you are unsure go

for ½ tsp of dried thyme and a tsp of basil).

Add a 300gm can of tomato puree or passata, a Tbsp of wine or balsamic vinegar and a small amount of water to make a soupy consistency. Bring the sauce to a boil then reduce the heat and leave it to reduce slightly, intensifying the flavours.

Filling: Cook approx. 1 kg of spinach or silverbeet (remove white stalks) in a large pot until wilted, then drain

and squeeze out the excess water. Chop.

In a bowl mix the spinach, a cup of cottage cheese, ¼ tsp ground nutmeg, oregano (1 tsp dried), pepper, a ½ tsp salt, and a ½ tsp of sugar (or maple syrup/honey). Mix.

Oil a shallow casserole dish, stuff the pasta tubes taking care not to stuff them too full (If using fresh pasta, place a heaped Tbsp of filling along the short end of the rectangle and roll) then line up in two rows in the dish. Pour over your sauce, making sure the sauce sinks down between the tubes.

Topping: Spread over the top, one cup of cream cheese and then one cup of grated cheese (you can even finish with a grating of parmesan cheese if you have it.)

Bake at 180 C for about 40 minutes or until golden. Serve with a side of vegetables. I like carrots cooked in citrus and honey and my kids used to love this dish with mashed potato (double carbs!) But a salad is also great. *Bon appetite.*

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Views on Wine with Sam Kim

www.wineorbit.co.nz



Two thousand and 16 is a year of abundance. From kiwifruit to avocado; even the rare truffle had bumper crops.

And so it was for the grape industry. While we have seen a significant price drop for avocados, we won't see that happening to our wine. Firstly, there is an increasing demand for New Zealand wines in overseas markets. Wine brings \$1.5 billion in export earnings, our 6th largest, and it is growing. The increase in production this year has been taken up by foreign markets thirsty for our wines. Secondly, there are fixed costs to a bottle of wine.

Close to \$5 (for a wine selling for \$15) goes to the government in excise tax and GST and there are processing, packaging and distribution costs and retail margins, so the price of the grape accounts for little in the eventual price of a wine. Like petrol, a drop of 50% in the crude oil price doesn't equate to 50% drop at the

pump due to the fixed charges of taxes, levies and refining costs.

However, good news is that there will be plenty of tasty wines from the new vintage at reasonable prices. I recently judged at the New World Wine Awards so I had a good look at wines from the 2016 vintage. They are not as concentrated and intense as the outstanding 2015s but the flavours are excellent and likable. Sauvignon blancs showed classic daisy-fresh vibrancy and zesty flavours, and pinot gris offered typical fruity, easy mouthfeel and a silky finish. Not mind-blowingly awesome but fine nevertheless for everyday drinking.

Rosés look great from the 2016 vintage. It has become a real darling in recent years as many people's favourite summer tippie. Pinot noir is the main grape used, as this is our most commonly planted red grape, and most of them hail from Marlborough and Central Otago. Pinot noir delivers lightness with juicy fruit flavours and a

refreshing finish. And these vibrant wines go so well with salads and nibbles on a sunny day. North Island rosés, often made with merlot and malbec, offer slightly richer, mouth-filling examples; great with antipastos and even pizzas.

Chardonnay fans are also blessed with a huge selection of excellent wines on offer, although they are not best young and fresh, needing at least a year in the bottle or even more for the high quality ones. And it is always tricky finding the right wine, as the style ranges from the light and delicate to the rich and opulent. It is one of the best food-friendly wines though. Recently I served pan-fried fish and lemon risotto with a 3-year-old rich chardonnay; the match was absolutely gorgeous. Chardonnay is great with most seafood and white meat dishes, and even schnitzel or a pulled-pork tortilla, as long as you match the weight of the dish with the weight of the wine. For example, a light-bodied chardonnay suits salads and fresh seafood, while a rich and oaky chardonnay goes wonderfully with roast chicken and smoked fish pie.

Wishing you a warm and sunny spring, sipping your favourite tippie with delectable food.



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Causeway Upgrade

The Causeway Upgrade Project is planned to complete mid to late September. At this point the Causeway Alliance team will have all lanes in their final alignment.

All that will remain will be the final layer of paving which will be completed in January 2017 ending a significant 4.8km component of the Western Ring Route that runs through a sensitive marine environment at a cost of \$220m and achieved over 3.5 years.

The laying of the final surface will occur later in the year as it requires the good weather and higher temperatures



that will come as we move into the summer months.

- Key features of the Causeway Upgrade Project include:
- Improved travel time reliability with the addition of more lanes
 - Less flooding on the causeway as the road and cycleway are raised
 - Dedicated bus shoulder lanes for more direct bus trips
 - Improved pedestrian and cyclist access
 - Stormwater treatment installation.

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Authorized by Michael Coote, 36 Pook Street, Te Atatu Peninsula, 0610

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for Henderson-Massey



MY PRIORITIES FOR A FAIRER, GREENER AND SAFER HENDERSON-MASSEY

Fairer: Support living wage • Free breakfast in schools • Prioritise affordable housing

Greener: Better public transport, safer cycleways • Support food rescue/community gardens • Protect our natural heritage

Safer: Lobby for more police resources • Support community-led patrols • Anti-domestic violence initiatives

Authorized by Owen Shaw, 17 Garrett Street, Wellington.





Before: Early 2013



After: 2016

Overall this year marks a significant year in Auckland's transport history. A series of motorway upgrades of which the Causeway Upgrade Project is one, will open as part of the \$2.4b Western Ring Route which includes the Waterview Tunnel. This makes it the biggest infrastructure project in New Zealand and a project which has been sixty years in the making.

Each project is a crucial building block in the Western Ring Route which provides people and freight with an alternative route around Auckland creating more

connections in the transport network, supporting growth and ensuring greater reliability and resilience.

The Western Ring Route creates a new regional and metropolitan route including linking Auckland Airport, Ports of Auckland and inland freight hubs and which reduces the cost of doing business in Auckland and throughout the country. It also provides more transport options including bus lanes and walking and cycling connections.

Photo's courtesy Greg Kempthorne

Are you concerned about recent crimes and no action being taken?

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1. Reducing excessive spending
2. Solid transport solutions for Te Atatu Peninsula
3. Transparency
4. Progress – it's time to get on with it
5. Getting Te Atatu Peninsula back to being a safe community

Rochelle Gormly – Local Government

Authorised by: R Gormly, 32 Noall Street, Te Atatu Peninsula 021 499 424

A bird sanctuary in Te Atatu Peninsula

By Kent Xie, Volunteer Coordinator, Forest & Bird Motu Manawa Restoration Group

Photographs by Kent Xie (wrybill flock) and Jeremy Painting (New Zealand dotterel nest)

Te Atatu Peninsula residents are fortunate to play host to some of New Zealand's rarest endemic birds, which use the grounds of the Te Atatu Pony Club to find safety and shelter. The wrybill and New Zealand dotterel take advantage of the pony club's wire fences for protection from wandering people and dogs, which makes the site nationally significant. Without those fences, the birds would not settle in Harbourview.

Wrybill winter visitors

Wrybills are classified as nationally vulnerable. The total population of these small plovers is estimated to be around 5,000 birds. As their name hints, their bills are kinked, with a twist to the right, a feature unique in birds and evolved for probing for insects underneath



river stones. They breed in the braided gravel rivers of the South Island and migrate north in winter to places like the Waitamata Harbour, Manukau Harbour, and Miranda in the Forth of Thames. The Causeway Alliance, which has had a works depot in Harbourview, commissioned Bioreserches to count the native birds in the area of the pony club. Bioreserches reported that, "The total number of wrybill in May and June 2013 is significant considering the total population is in the order of 4,000 to 5,000 individuals." Wrybills use the pony club's fenced area to rest in at high tide when they cannot feed on the mud and sand flats of Harbourview and the Whau River estuary. The photograph, taken of wrybills in the Te Atatu Pony Club grounds, shows 110 birds.

Dotterel families in our neighbourhood

New Zealand dotterels, also nationally vulnerable, are rarer still. They roost, nest and breed within the Te Atatu Pony Club's fenced perimeter. The Department of Conservation reports, "The New



Zealand dotterel is an endangered shorebird found only in this country. It was once widespread and common, but there are now only about 1,700 birds left. This serious decline in numbers is due to a combination of habitat loss, predation by introduced mammals and disturbance during breeding. The NZ dotterel is as threatened as the better-known kokako and North Island brown kiwi." As with the wrybills, the New Zealand dotterel only stays with us in our community because of the pony club's fences that keep human and

dog intrusion out. The photograph shows a New Zealand dotterel nest in one of the pony club's paddocks.

What lies in the future?

The Te Atatu Pony Club is likely to depart within the next two to three years, according to public statements

made by its president at the Community Liaison Group meeting held on May 11 at the Causeway Alliance's offices in Harbourview. At least some of the fenced area of the pony club should be retained so that rare birds like wrybills and New Zealand dotterels have somewhere to call home on Te Atatu Peninsula. The area could be a publicly accessible, dog-free bird sanctuary, featuring predator-proof fencing, with formed tracks, interpretational signage, and bird hides for observing and photographing the bird species present. Pupils of local schools could use the sanctuary for science and conservation projects.

Conservation Week nature event in Harbourview

Volunteers are invited for the **Forest & Bird weeding bee** at "Fernbird Flats" in Harbourview, Te Atatu Peninsula, on Saturday 10 September. Meet next to the brick villa at 19 Longbush Road at 10 am, finish time 12 pm. We will be weeding around a native plant restoration site in a wetland. Gumboots and gardening gloves recommended, weeding tools supplied but you can bring your own. Children welcome but must be supervised at all times by parents or guardians.

Also don't miss the **annual Forest & Bird Harbourview beach spring clean** in October, date to be announced. Email to RSVP or for further information: motumanawa@gmail.com.

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Discount Outlet	568 Te Atatu Rd	2102396438
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