

Te Atatu VIEWS

Te Atatu Peninsula Town Centre Magazine

AUTUMN 2017

IN THIS ISSUE:

Main Street development welcomed

Food, wine and pets

Where to find defibrillators

Photo courtesy of Stefan Marks



Te Atatu Peninsula Business Association

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From the Editor

Christmas was a busy time for most of us and indeed the town centre was humming. Our Marketview data showed sales were up on last year. We certainly had a lot of entries to our Christmas promotion.

The winners were:

1st: Michele Wallis (two nights at the Oyster Inn on Waiheke Island)

2nd: Rachel Voon (a night at the Stamford Plaza) and

3rd: Gay Southey (a night at the Hilton). Thank you to everyone who entered, for supporting your local shops.



Rachel Voon and her partner Hugo Tichbourne (pictured) who is recovering from a skateboarding accident were looking forward to their night of luxury.

On page 6 is a statement from the ASB bank regarding the closure of their Te Atatu branch. The

rise of online banking is changing the way banks operate. Fortunately we still have the Westpac Bank and hopefully as the new developments open up more opportunities for retail, a greater business mix and higher foot traffic, the other banks may be encouraged back into the town centre.

Speaking of changes - shoppers have been intrigued with the demolition work at the site of the old Challenge petrol station and Subway. You can read a little about this project, also on page six.

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Have you ever wondered how you would cope if someone had a heart attack in front of you? Our community is lucky enough to have five defibrillators within the town centre and on page seven you can find out where to find them, in an emergency.

In this issue we welcome three new businesses – takeaway outlet Right Cuisine, gourmet pizza makers Pizza Landing and we are also pleased to welcome new owners into the re-opened Casa Del Gelato, who are offering a range of food and coffee as well as the traditional Italian treat. It's great to have an increasingly high standard of food options in the town centre. Read about them on pages four and five.

Now that summer has finally arrived, it is officially autumn. I had a bumper crop of Roma tomatoes this season and waste not, want not – I have made all sorts of yummy, bottled relish and sauce. Read about how to make spicy Tomato Kasundi on page 10 and educate your palate with local wine expert Sam Kim who shares his knowledge on page 11.

We hope you enjoy this edition and remember, we welcome community news items from all over Te Atatu, so do contact me if you have something to share.

Robynne Pringle
Editor



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WELCOME to the Peninsula

Pizza Landing

Pizza Landing owners Daniel McLean and Tracey-Lee Smith have already received a huge welcome from Peninsula foodies.

They say that from the moment they opened at 578c Te Atatu Road, they have been very busy and are overwhelmed with the community support.

The couple say they underestimated how much the community wanted something different. They had expected they would run the shop together, with Tracy-Lee's son Zandan pitching in and possibly get someone else in to help, but that has turned into them taking on three staff and being busy every night.

They also thought they would have time to take care of finishing touches like signage, but with many people popping in to ask when they would be open, they decided to get underway as soon as they could.



At the time of being interviewed, Tracey-Lee was planning out the completion of the large menu board. She proudly pointed out that like most of the fixtures, the board had been repurposed and was found at a Hospice Op Shop for \$10.00. The unique layered timber counter came from a shoe shop and the tables were repurposed from shelving, also from the shoe shop. The yellow wooden cross on the wall which is their business brand, was made by TAT Upcycle.

The couple live on the Peninsula with Tracey-Lee's son Zandan (7) who attends Matipo Primary and Daniel's son Kayel (4) of whom they have shared care.

Dan learnt to make dough early on in his chefing career, which began 10 years ago.

"I have always loved pizza and I enjoy making it" he says. "I was at a stage where I didn't know if I wanted to continue chefing. We saw a market for it but the demand has exceeded what we initially thought. Everybody loves good pizza."

The couple agree that the traditional Hawaiian and BBQ Meatlovers seem to be the top picks for Peninsula Pizza lovers with the Landing Supreme and Portobello from the business selection proving quite popular also, while their

favourite is Spicy Chicken.

Pizza Landing is open Tuesday to Sunday from 4pm until 9pm during the week and a bit later on the weekends.



Daniel McLean, Tracey-Lee Smith, and Tracey's son Zandan.

Right Cuisine

Welcome to Helen and Tan Ji Chang, the owners of brand new takeaway outlet Right Cuisine, which is at 5/543 Te Atatu Road, right next to Tank.

Helen and Tan have been in the food business for over 30 years. Tan was introduced to the hospitality industry when he was employed by his Aunt in the mid-1980's, as head chef in

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the iconic Peking Café. He remembers that there was nowhere else quite like it and on Thursdays and Fridays when people came out of the movie theatres, there would be queues of customers from Wellesley Street stretching toward Queen Street.

The couple have had several successful businesses, including a popular shop called Kumeu Takeaways in Kumeu Village. Their family has lived on the Peninsula for 15 years and for eight of those years, Helen and Tan ran a café in Hamilton. Helen says they decided to go into business in Te Atatu instead, so they could spend more time with their family.

Right Cuisine offers roast meals, southern fried chicken and fish and chips as well as Chow Mein, Chop



Tan and Helen Ji Chang.

Suey and rice and noodle dishes. Helen says feedback from the locals has been very positive, with repeat customers becoming regulars at the store.

Casa del Gelato

Casa Del Gelato, has reopened, completely refurbished and providing freshly-made artisan gelato for customers.

New owner John Parker says he's had great feedback from the local's about the shop reopening and loves being part of a vibrant community.

As well as the gelato John and his family are providing a café service. He says the space at 576A Te Atatu Road really lends itself to offering a good range of café options in a relaxed and friendly atmosphere. This is a new venture for John, having previously worked in the corporate world.

"I'm loving being in such a great community. The welcome has been great and I'm looking forward to providing a great service and of course some fabulous gelato. I'm really enjoying the change and don't miss wearing a suit every day, that's for sure," he says.

The coffee they are using is from Santos, which is roasted in Newmarket and is Rainforest Alliance Certified. John is using their 'City' blend, but would be keen to check the organic blend if enough people were interested.

John is keen for the cafe to be a community space where people meet, chat and relax. The black and white interior with natural wood tones, lends itself to displaying artwork and John is working with local artist Carol Green to show her impressive black and white panels.

Johns' wife Ann-Marie and his four children regularly work at the café and he invites locals to pop in, meet the family and try a gelato 'taster'.



John with daughters Julia (left) and Madeline (right) invite visitors to try a gelato taster.

A large advertisement for the 2017 World Masters Games. The top left corner features the logo for Barfoot & Thompson, which includes the text "Barfoot & Thompson presents 2017 WORLD MASTERS GAMES AUCKLAND NEW ZEALAND". Below the logo, the dates "21-30 APRIL 2017" are displayed. The main image shows a collection of sports equipment, including a tennis racket, a badminton racket, a basketball, a soccer ball, a tennis ball, a badminton shuttlecock, a tennis racket, a badminton racket, a basketball, a soccer ball, a tennis ball, and a badminton shuttlecock, arranged on a dark surface. The background is a light blue gradient. At the bottom of the advertisement, the text "Proud to present the biggest games in town." is written in a bold, white font.

Te Atatu

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Main Street Development Welcomed

The recent demolition of the old Challenge petrol station and Subway store on Te Atatu Road has created a lot of interest from shoppers.

Owners, Te Atatu Investments have advised the Te Atatu Peninsula Business Association that they are looking to redevelop the site, to establish retail stores with one level of offices located above.

Spokesperson Helen Moore says the proposal will be designed to comply with the new Unitary Plan.

"Te Atatu Investments has been working with very well regarded architects and town planners to develop a high quality proposal that will make a positive contribution to the Te Atatu Peninsula town centre", says Ms Moore.

When the development design is finalised, visuals of the design will be shared with the Business Association.

Ms Moore says any party who would like to make expressions of interest for retail or office space can contact their preferred local agent to approach the owners directly.

Business Association Chairperson Stephen Enger says it is exciting to see further high quality development of the town centre.

"As more retail opportunities are provided for business owners, the business mix will continue to improve and that is an important focus for the Association," he says.



A.S.B. Te Atatu Closure

ASB is closing its Te Atatu Peninsula and Glen Eden branches on 10 March 2017, due to the declining numbers of customers using these branches.

General Manager Branch Banking Logan Munro says customers are increasingly using ASB's digital banking options and are tending towards the convenience of branches located in high-traffic malls and high street retail areas.

"Our investment supports our customers' preferences," he says. "Through our ongoing programme of branch improvements, customers can expect to see further refurbishments and relocations this year".

No jobs will be lost as a result of the closures and more information about changes to ASB branches can be found on the website.

Affected customers have received information about the closures with details of their nearest alternative branches.

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Life-saving Defibrillators Easy to Access

It's one of those things you hope never happen – someone, maybe even a family member, has a heart attack. More and more of us these days cover first aid as part of our jobs and often there is someone on hand who can administer C.P.R. However in some cases, we need a defibrillator to get that heart beating normally again.

This is a device that delivers a measured electric shock to a person's heart. We have all seen medical dramas on T.V. where the doctor yells "Clear" and shocks the patient's heart into action. That looks dramatic but in fact, defibrillators can be used anywhere, by anyone. The machine literally tells you what to do.

Adhesive electrodes are placed on the patient's chest to deliver a shock to the heart, but the machine will not shock unless it is necessary. The machine's processor analyses the heart rhythm and if a shock is needed, the current is delivered through the chest wall, via the electrode pads. The shock interrupts the heart's abnormal rhythm, allowing it to return to normal.

If you happen to be in and around Te Atatu Peninsula at the time of such an emergency, you can access five different defibrillators from within the town centre, all accessible during business working hours and one is available until 9.30pm, seven days a week.

1. At the northern end of town you can find a defibrillator at **Patten Brumby Ltd**, chartered accountants at 627 Te Atatu Road, directly opposite the kindergarten. There is someone on site from 8am until 5pm, Monday to Friday.

2. At **Te Atatu Library**, one is stored in the staffroom and can be accessed by asking the library staff, any time between 9am and 5.30pm on weekdays and between 9am and 2.30pm on Saturdays.
3. Further down Te Atatu Road at No.550, you can grab **Unichem Pharmacy's** defibrillator - just ask the staff. The pharmacy is open Monday, Tuesday, Thursday and Friday from 8.30 until 6pm, Wednesday until 6.30pm and Saturday from 9am until 7pm.
4. Across town at the **Te Atatu Memorial R.S.A** is housed a defibrillator that was presented to the Te Atatu Peninsula Business Association by the Western Ambulance Trust. This machine can be accessed at 1 Harbourview Drive, seven days a week from 9am until 9.30 at night.
5. At the southern end of town at 383 Te Atatu Road, **Peninsula Medical Centre** owns the fifth defibrillator, which is available on site from 8am until 6.30pm Monday to Thursday, 8am until 6pm Friday and 9am until 12 noon on Saturdays.



Keeping your business accounting in order can sometimes seem like an impossible task, even with the help of an accounting software package. The messier your accounts are, the more time your accountant spends on sorting it out, and the end result is a bigger bill to pay.

Warren Brumby and his team at Patten Brumby can help you save on expense. By providing on-site training in accounting packages like Xero

and MYOB, they can empower you and your business. Learn the smart way to use your software, by using short cuts and more efficient ways of running the system. You can then present your financial records to the accountant, in a form that's ready to be worked with, saving drama and extra expense. You will also benefit from having meaningful information at your fingertips.

Don't be afraid to ask Patten Brumby for advice - typical queries from small business owners can include how to code income tax, and how to separate personal income from the company's.

Even if you are seriously out of your depth with your accounts, don't worry, once given permission, the staff at Patten Brumby can go into your system remotely to implement fixes.

The original firm was founded in 1959 under the name Andrews Patten and Cartwright, based in Henderson and Warren started as a partner there in

1993. Two years later the name changed to Patten Brumby Ltd and in 2005 the office was relocated to **627 Te Atatu Road, opposite the Te Atatu Village Kindergarten**, with another office in Waimauku.

All Patten Brumby's work is done from their offices, by the team of nine staff, with no outsourcing offshore. Their aim is to take the confusion and frustration out of your precious working day, accommodating all your accounting needs in a confidential, professional manner.



For further information contact Warren Brumby on 834 5555.

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The Rotary Club of Henderson is proud to present

The Douglas Charity Golf Tournament 2017 Thursday 23rd March 2017
Shotgun Start 12:30pm

Entries close 16 March 2017

Win a Mystery Prize for TWO!
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Ready, set, swing

Hospice West Auckland is honoured to be one of the recipient charities for this year's Henderson Rotary Club's Charity Golf Tournament.

With a long history of more than 40 years, this tournament is a fantastic day at the wonderful Huapai Golf Club. Entries are now open. Get your team together and get ready to make a difference to the people of West Auckland.

Entry forms are available on our website <http://hwa.org.nz/news/ready-set-swing>

Details:
Date: Thursday 23 March, Huapai Golf Club
Time: 12:30pm shotgun start
Cost: \$100 per person or \$500 for the team

Entries close 16 March 2017.

The entry fee includes your evening meal, on-course food and all refreshments. Great prizes available on the day as well.



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The 2017 programme at Rutherford College starts in February and offers both night classes and weekend workshops. This year there are over 100 different course to choose from all year round.

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Te Atatu Community Centre has a new youth sport and recreation programme which is being run by Kelly Sports. This is held every Wednesday & Thursday from 3.30pm - 5.30pm (school term only) in the main hall. Focusing on a different sport every two weeks.

They will have 2 coaches available, so they are able to split age groups and ability to ensure that everyone is in an environment that is comfortable and challenging.

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So make sure you head along!!!

Te Atatu Peninsula Library March



Pasifika: 8th Wednesday Rhyme time with a Pasifika twist

Tuesday 28th Pacific Mama's from the Corbans Estate Art Centre, coming to do a Pacific story-telling.

April

School holiday programme Construction Wizards April 14th - 30th. Keep an eye out in the library for our activities list.

May

Music Month - local schools performing music live at the library. Keep an eye out in the library for our events list.



Bike Te Atatu bicycle rides coming up!

As part of EcoWest Festival, Bike Te Atatu is again running some local, gentle and family-friendly rides. Suitable for all ages and bicycle-riding experience.

Ride 1:
Twin Streams - Te Atatu to Henderson
Saturday 18th March, 10am - noon
This is a slow ride to along the Project Twin Streams shared path - no mixing with traffic involved. Stop at either the renowned Tui Glen Reserve Playground or continue to Corban Estate Arts Centre (for coffee!) and the heart of Henderson.

Ride 2:
Slow Roll Te Atatu Peninsula
Sunday 2nd April, 2pm - 3:30pm
This is a local ride to show you how easy it is to get around our beautiful suburb on a bike. We will take you around some of the quiet back streets and show you some short cuts. The ride includes a stop for ice-cream, so bring cash!

For both rides, meet at Harbourview-Orangihina Reserve (aka Harbourview Peoples' Park) Te Atatu Peninsula, at the carpark opposite the Gloria Ave roundabout.

For more details see our website at:
www.biketeatatu.org.nz

Bike Te Atatu is a local group trying to make our community a better place to ride a bicycle through events, rides and advocacy.



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Views on Food with Robynne Pringle

Tomato Kasundi

Just before Labour weekend I bought three Roma tomato plants from Peninsula Blooms. They grew huge, and each had to have multiple stakes, with branches weighed down by literally hundreds of beautiful low acid tomatoes. I gave heaps away, however at the time of writing this I am still picking about 20 every day or two and literally have bags and bags sitting in the spare fridge. Fortunately I'm in the habit of making my own sauces, relishes and pickles and one of my favourite recipes is this one given to me by my Mum.

Tomato Kasundi is of Indian origin and its warm spiciness is a perfect reminder of summer, right through the winter months. You will end up putting it on everything – it's great on eggs, in sandwiches, with rice dishes, meat and fish. So like me, you might want to triple

the recipe. Kasundi recipes vary and this has more spices than some, so you could reduce the amount if you prefer, but to me the spice blend is perfect. To make six jars:

Ingredients

1kg tomatoes
4 apples peeled and chopped
125g brown sugar
250mls apple cider vinegar
¼ cup olive oil
1 large onion, chopped
4 large cloves chopped garlic
125g chopped fresh ginger root
(I blitz it in food processor)
1Tbsp salt
1 Tbsp. cumin seed
1 Tbsp. coriander seed
1.5 Tbsp. yellow or black mustard seed
(black are spicier)
1 Tsp. chilli flakes
1 Tbsp. turmeric

Method

Chop tomatoes, put into a bowl and sprinkle salt over. Cover and leave overnight. Next day pour off the liquid, keeping a small amount aside. Roast the cumin, coriander and mustard seeds in a medium heat pan, then simmer in the vinegar for a few minutes. Stir fry the onion, garlic, ginger, chilli and turmeric in the olive oil until soft. Add tomatoes, apple, vinegar, sugar and the vinegar mixture and bring to boil. Simmer for one hour, or until kasundi is thick and golden. If it is too dry at any stage, add some of the reserved tomato liquid. Spoon into sterilised jars, seal and leave for a week or two to mature, before using.



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Views on Wine

with Sam Kim

www.wineorbit.co.nz

This is the season I get excited about the change in the air as it goes from sticky humid days to cool evening breezes, and shorter days and comforting nights. Eating late summer fruits and autumn vegetables is a real treat, and for some reason it is not as noisy as bustling summer days. I think about spicing up foods, making them rich and savoury. I dream about drinking more flavoursome, more substantial wines with roasted vegetables and savoury meat dishes. In the food column by Robynne Pringle you will find an excellent recipe for tomato Kasundi pickle, which is a gorgeous seasonal accompaniment that can elevate so many dishes to new heights and delights.

With the spice and tang of the pickle adding extra dimension and savouriness to the food, you'd want to try spicy reds such as syrah or shiraz. New Zealand syrah has come a long way in a short time. It is still not as popular as pinot noir or cabernet/merlot, but

the quality is world class, and there are increasing number of well-priced examples on offer. I try to go for 2013 or 2014 vintages if I can find them, as they show bottle developed complexity and harmony, making them fabulous food partners with their smooth and rounded mouthfeel and subtle gamey undertones. Syrah is richer and more generous than pinot noir but not as firm and dry as cabernet. Just the right amount of fruit intensity combined with elegant spicy/peppery notes. It is a wonderful alternative to pinot noir, and it partners brilliantly with lamb and beef, and goes very well with roast or baked chicken dishes.

Love Australian shiraz? You are blessed then. It is one of the best value wine styles around and there seem to be an endless supply of meltingly delicious reds. The warm climates provide berries with sweet-tasting juicy flavours and plush mouthfeel, combined with oak infusion which offers vanilla and chocolate notes, making them seductive

and irresistible. Shiraz is also excellent in a blend, especially with cabernet sauvignon. The combination can offer lush fruit flavours of shiraz with firmer profile of cabernet, making the wine plump and mouthfilling with an array of delicious flavours. Sumptuous nature of these wines is ideal with flavoursome dishes such as barbeque and slow-cooked meats, and even exotic Middle Eastern and Mediterranean cuisines as well as thick curries from the Indian subcontinent.

For something different and adventurous, try malbec or blends with malbec. The grape has a French origin but it is famously popular in meat-loving Argentina. It is a fringe grape in New Zealand but a handful of excellent examples are made if you look around. The wine is usually dark and moody with plump fruit flavours with hints of black olive and mixed spice notes. And not surprisingly the wine goes brilliantly with charred meats including sticky ribs and grilled lamb chops.

I am indeed looking forward to different sounds, smells and tastes of the new season, as new grapes are harvested and crushed to make another vintage year.



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Views on Pets with Sue Kirkby B.V.Sc

Toxic Poisoning and Your Pet

Recently there has been publicity about the toxicity of karaka berries to dogs, which set me thinking about not only karaka but other edible sources of poisoning in dogs and cats. Domestic dogs as a species have evolved living around humans and scavenging anything that comes their way, and although these days most of our pets are well fed they still have a drive to eat anything that even remotely looks like food, which often leads to at least upset stomachs and sometimes much more serious consequences. Cats occasionally come to grief too but much less commonly as most cats are much more particular about what they eat. I could never list all the items that dogs might consume with harmful results but will start with a few of the more common ones.

Karaka is a native tree often found in gardens and parks, which produces large yellow berries in summer and autumn. Dogs sometimes eat the berries. The kernels contain a chemical called karakin which is toxic to the nervous system, causing incoordination, paralysis of the hind legs, convulsions, and sometimes death. The symptoms may take 24 - 48 hours to appear, and surviving animals can take weeks to fully recover.

Many species of lily are extremely toxic to cats, causing

kidney failure. All parts of the lily are toxic, so cats, especially kittens, can be poisoned by chewing on leaves or petals, or even by brushing against the flowers and then licking pollen off their coats. Although we can try treating the cat for kidney failure, lily poisoning is often fatal.

Moulds growing on rotten food in the compost heap can produce a variety of toxins. I see dogs affected by 'tremorgenic' (tremor inducing) fungal toxins from time to time. As the name suggests, the main symptom is tremors of the whole body, but they usually have other symptoms such as salivation, vomiting and diarrhoea, and a high temperature. These dogs usually recover quickly with treatment, and I'm sure there are commonly cases with mild symptoms that are not presented to us at all.

On a different note, mentioning compost reminds me that we often get phone calls concerning dogs that have eaten blood and bone or other fertilisers. These dogs will often have an upset stomach with vomiting and diarrhoea but they aren't likely to become seriously ill unless they've eaten a huge quantity. Of course if worried, the best thing is to call your local vet for advice.

Treatment for the toxins I have written about, and for many other common poisonings, is mainly supportive. We try to eliminate the toxin, by inducing vomiting if it has been eaten within the last few hours and by dosing them with charcoal solution to absorb remaining toxin. Activated charcoal solution looks like wet soot so that is no-one's favourite job! Animals might then be put on a drip, given sedatives if they are severely trembling or seizing, anti-nausea drugs if they are vomiting and closely monitored until the symptoms wear off.

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Help Needed at Bird Rescue

- Robynne Pringle

If you have ever sought help for a sick or injured bird, chances are that you have taken it to the Green Bay Bird Rescue on Avonleigh Road. Well now it's Bird Rescue that needs the help.

Hospital Operations Manager, Lyn Macdonald says after a busy breeding season, saving hundreds of baby birds of all varieties, the centre is now dealing with 20-30 birds a day, stricken with botulism. This toxic poisoning is threatening the lives of ducks, herons and gulls and the centre needs more volunteers to help get them through. Fosterers will also be needed to take the hundreds of ducklings that need to be looked after until they can be released into the wild. Lyn says also needed, are people with blocks of land and aviaries. This is because all the hand reared birds like blackbirds, tuis and kingfishers need to be soft-released into an aviary and from there, released onto rural land where they can fly back to the aviary for food, until they can find food for themselves.

Over the course of the summer I took three birds to Lyn, all rescued from Te Atatu South. The first was a baby thrush who had fledged too early and was rescued from the neighbours' cat. The second was a baby pigeon found

sitting on the footpath in Royal Road and the third was a baby kingfisher or Kotare (pictured), who had a small head injury from his inaugural flight and was hiding under a deck. I thought I was doing well with the kingfisher, filling his crop with 'worms' of mince. However when I took him to Lyn after a couple of days, she explained that the little bird would have started to go down-hill in another day or two, because like owls and hawks, kingfishers need to regurgitate pellets of the indigestible parts of their prey such as fish bones and hair. If they can't

do this, they die. Now that he's fully grown this little kingfisher will need somewhere to go, where he can be 'soft-released' away from cats and other dangers, and where he will find plenty of the right kind of food. If you think you can help in any way, please call:
 Bird Rescue Green Bay
 Tel. 09 816 9219
 Em. admin@birdrescue.org.nz



Lyn Macdonald, QSM.

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Pollen Island Kayaking

Experiencing Marine Reserves ran a hugely successful free event at Pollen Island this summer.

EMR provided a free guided kayak at Pollen Island Marine Reserve for 48 people, leaving from Te Atatu Boat Club on the 7th of January.



Getting ready for a kayak! Image by Lorna Doogan.

Participants arrived at Te Atatu Boat Club where they were briefed by event organiser Lorna Doogan and learnt the basics with Auckland Sea Kayaks. Lifejackets were donned and the kayaks were launched.



View of the Auckland CBD skyline over Motu Manawa - by Lorna Doogan

“Motu Manawa - Pollen island Marine reserve has been protected since 1995,” she says “and it has the dubious recognition of New Zealand’s most visited marine reserve, as the motorway runs through it”. Lorna says of the 48 participants, 10 had never kayaked before and most had not visited Pollen Island before”

To learn more about upcoming events see www.emr.org.nz or email Lorna on auckland@emr.org.nz.

Event organiser Lorna Doogan says the day wouldn’t have been possible without the support from The Bobby Stafford-Bush Foundation, Auckland Sea Kayaks, Te Atatu Boat Club and her fantastic volunteers.



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Business Directory

1 & 2 Dollar Plus	576 Te Atatu Rd	834 8493
Aaran Church Accupuncturist	Suite 3, 552 Te Atatu Road	021229 7489
About Face	84 Gunner Drive	834 4018
Allworkz Electrical Ltd.	PO BOX 45-149	021 519 225
Amayz Cuts N Fades Barber Shop	2 Harbourview Rd	834 8704
Anthony Wong Dental Surgery	518 Te Atatu Rd	834 6359
Anytime Fitness	543 Te Atatu Rd	950 8540
ASB Bank	544b Te Atatu Rd	448 4130
Barfoot and Thompson	534 Te Atatu Rd	834 3570
Brandmechanic	Suite 3, 552 Te Atatu Rd	022 121 5622
Broad Solutions Limited	PO Box 45144 Te Atatu	021 452 900
CareVets	520 Te Atatu Rd	834 4430
Casa del Gelato	576a Te Atatu Rd	834 4219
Cassidy Eyecare	84 Gunner Drive	834 9070
Chil Body and Hair	84 Gunner Drive	834 4206
Clearstone Legal	1/547 Te Atatu Rd	973 5102
Columbia Bakery	572 Te Atatu Rd	834 3278
Countdown Te Atatu	571 Te Atatu Rd	255 2420
Cupboard Love	6/80 Gunner Drive	837 7374
Dayspring	2a Harbourview Road	834 4893
Delicious Foodstore	547 Te Atatu Rd	834 6635
Deluxe Superette	568a Te Atatu Rd	834 6356
Demolition Deli	570b Te Atatu Rd	834 4698
Discoveries Educare	534 Te Atatu Rd	0800 Educare
Dream Nail and Spa	538 Te Atatu Rd	834 4924
Emporer Motors	4a Harbourview Rd	834 8649
Et Tu Bistro	532 Te Atatu Rd	834 5327
Flossy Designer Florist	Shop 3, 1 Gloria Avenue	834 0005
Fuze Café	566 Te Atatu Rd	834 8536
G4U Dollar Store	556 Te Atatu Rd	880 4321
GM Legal	3/1-3 Rhone Ave	839 4000
Gold Star Takeaway	564 Te Atatu Rd	834 8838
Golden Key Takeaways	546a Te Atatu Rd	834 6690
Graffiti Protection	P.O. Box 45009 Te Atatu	021 443 044
Greens	572 Te Atatu Rd	834 6176
Haddad Group Takeaways	538 Te Atatu Rd	834 6429
Hammer Hardware	568a Te Atatu Rd	834 6210
Harveys Real Estate	530 Te Atatu Rd	834 6155
High Wire Electrical Ltd	2 Waikura Drive	027 244 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	834 9641
Jenny Craig	84 Gunner Drive	834 8924
John Chan Takeaways	578b Te Atatu Rd	834 5246
K&A Bargains	542a Te Atatu Rd	834 8986
KJ Nally Barristers and Solicitors	534 Te Atatu Rd	834 9995
Lawns Plus	137 Tirimoana Rd	021 294 7737
Loaves and Fishes Catering	570 Te atatu Rd	817 2285
Meyers Plumbing Ltd	8 Kawai Rise	834 7896
Mortgage Supply	3/1 Rhone Avenue	834 8682
My Laundry	3/570 Te Atatu Rd	021 0229 2894
New Zealand Home Loans Te Atatu	Level 1, 547 Te Atatu Rd.	834 4468
Newdays Espresso.	578a Te Atatu Rd	834 8883
Noodle Canteen	552 Te Atatu Rd	834 1328
Odessa's Mini Mart	607 Te Atatu Rd	834 2544
Orient Bakery	560 Te Atatu Rd	834 8382
Park in the Bar	3 Pringle Road	834 7396
Patten Brumby Accountants Ltd	627 Te Atatu Rd	834 5555
Peninsula Bakehouse	548 Te Atatu Rd	834 8050
Peninsula Blooms	540 Te Atatu Rd	834 7778
Peninsula Counselling & Psychotherapy (By appointment only)		022 6588 799
Peninsula Gardens	13 Edgerton Road	021 298 1928
Peninsula Hair Ltd	574 Te Atatu Rd	834 5120
Peninsula Kitchen	2/460 Old Te Atatu Rd	834 7111
Peninsula Law	631 Te Atatu Rd	834 5389
Peninsula Medical Centre	382 Te Atatu Rd	834 6300
Peninsula Physiotherapy	382-386 Te Atatu Rd	834 9329
Peninsula Roast	572b Te Atatu Rd	834 0525
Peppermint Twist Icecream	607 Te Atatu Rd	834 9941
Perfect Productions	607 Te Atatu Rd	834 4688
Pizza Landing	578c Te Atatu Rd	834 7492
Ray White-Buy West Realty Ltd	1 Rhone Ave	834 6789
Remedy Natural Helath	Suite 3, 552 Te Atatu Rd	0272 REMEDY
Restore Wellbeing	Suite 3, 552 Te Atatu Rd	600 1166
Revival Massage	Suite 3, 552 Te Atatu Rd	021 81 6338
Right Cuisine	543 Te Atatu Rd	838 3387
Rodgers Reidy (NZ LTD) Insolvency	Lvl 1 547 Te Atatu Rd	834 2631
Sam's Roast	1/570 Te Atatu Rd	834 6638
SBA (Small Business Accounting)	611 Te Atatu Road	834 0584
Shahi Dawat Restaurant	547 Te Atatu Rd	834 1239
Songsom Emporium	552 Te Atatu Rd	834 8620
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Te Atatu Lawn Mower Centre	538 Te Atatu Rd	834 7441
Te Atatu Menswear	548 Te Atatu Rd	834 6470
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Te Atatu Union Church & Op Shop	2 Taikata Rd	834 3228
Thai Flavour	572a Te Atatu Rd	834 0646
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Vivo Hair and Beauty	546A Te Atatu Rd	834 6020
Waitakere Foot Podiatry	534 Te Atatu Rd	834 0198
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