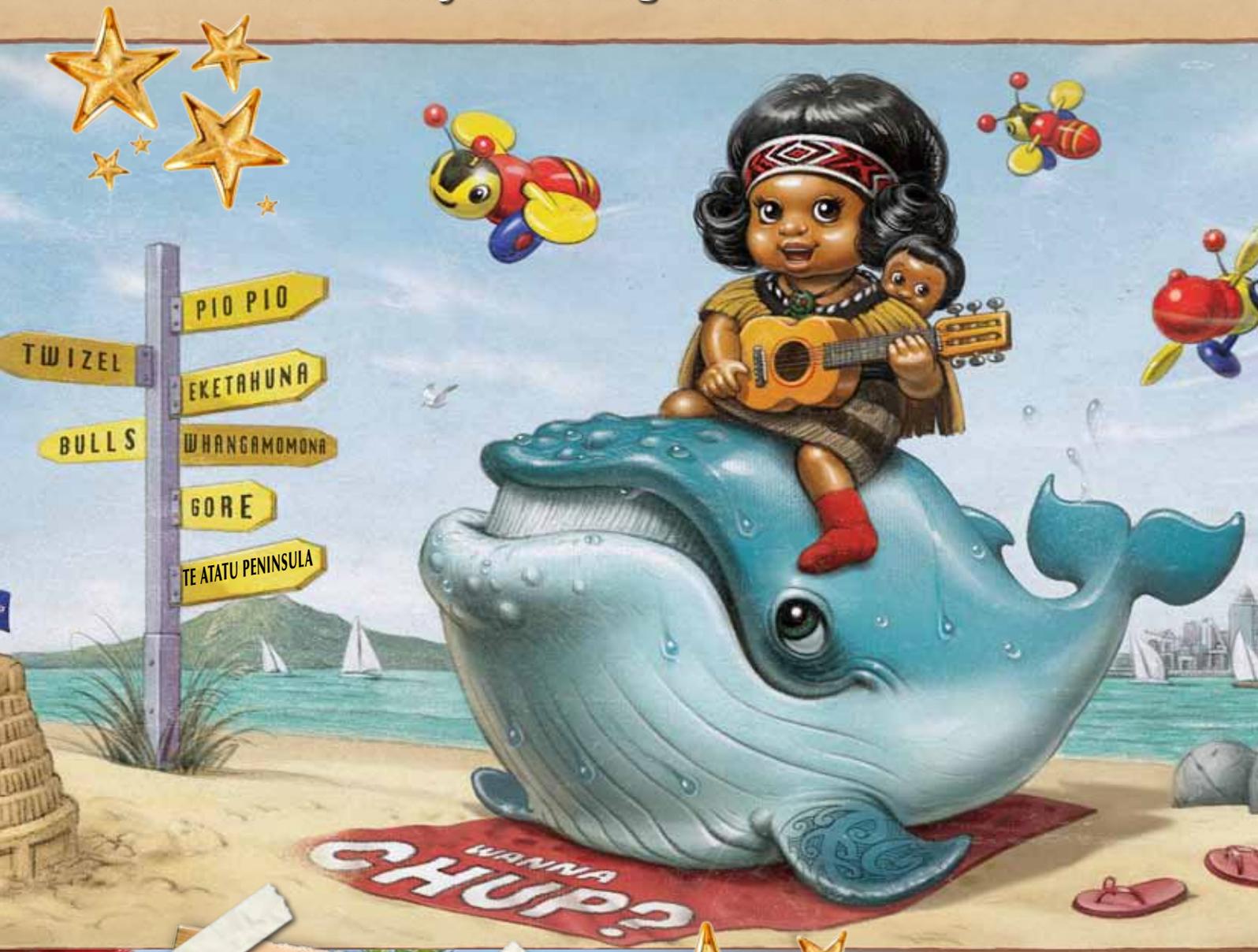


# Te Atatu Views

Community News Magazine Summer 2013



**see inside for:**  
whats on  
expert advice  
updates  
news

**Tasti**

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**...Proudly Peninsula**  
CEO Bryce Howard talks about  
his local staff and what makes  
the company tick.  
**page 6**



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## Te Atatu Views

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Te Atatu Peninsula Business Association

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Town Centre Manager: Robynne Pringle

# From the Editor



I can't believe how fast this year has gone by. I have been in the role at Town Centre Manager in Te Atatu Peninsula since April, but it seems to have gone by in the blink of an eye. Now it's almost Christmas already. At the time of writing this, the Te Atatu Peninsula Business Association is organising Christmas lights for the town centre and with the weather warming up, people are making holiday plans.

I'm looking forward to summer and there will be lots happening on the Peninsula. Murray and Therese Keats' new eatery will be open on Te Atatu Road – you can read about it on Page..., and no doubt you will be eager to check it out and see what's on the menu.

The Biz Kids finalists have been announced (Page ) and they are now completing their business plans, and preparing to come along to the Te Atatu Peninsula Community Fun Day on February 22nd, 2014 at Jack Pringle Park. They will 'run their businesses' with the help of mentors from our business community. Remember to put the Fun Day on your calendar as it's a great family day in the park.

Then from March 8th to 30th the Harbourview Sculpture Trail will be open daily from 10am–6pm, attracting visitors and locals alike – read about this on Page , and make sure you get along and support this signature event.

We are very lucky to have motivated people in our community bringing us special community events of this quality. Speaking of motivated people, we are also fortunate to have the extremely successful Tasti Products on the Peninsula, contributing to our local economy. You have probably seen their fantastic ad currently screening on television and we all grew up with their products gracing the pantry. In this edition of Te Atatu Views (Page ) you can learn a little more about what makes the company tick, and yes you guessed it, apart from their very personable and driven CEO Bryce Howard, our special Peninsula people are part of what makes the company so successful.

On behalf of our Chairman Phillip North and the Te Atatu Peninsula Business Association committee, have a wonderful Christmas and a safe and enjoyable summer.



*Robynne Pringle*  
Editor



  
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# What Do You Want for Christmas?

To make sure you can be in to win these wonderful prizes, we have extended our Christmas Promotion for another week!

The Te Atatu Peninsula Business Association is looking forward to delivering three fantastic Christmas gifts, to the lucky winners of our Best Ever Christmas Promotion. Be in to win the amazing prizes, by spending \$25.00 at participating stores between Nov 12th and Dec 19th. Ask for a signed entry form from the store, answer three questions on the entry form correctly, make sure you add your details and then cross your fingers! The draw will be made by our wonderful Community Constable Mike Chang Fong and the winners will be notified by phone,

**Good luck!**

Winners will be notified the following week!



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# Library Progress



Demolition of the old library and community centre is complete, even with the challenge of removing asbestos from the aging building.

Project Manager Michael Barber of Hawkins Construction says while they were unsure if there was asbestos in the main hall – given the era the centre was constructed in there was always a chance it would be present.

“We found a section that looked like asbestos, had it tested and have followed the normal procedures to have it removed,”

Registered removers were used and given it was in sheet form rather than powder, it was easy to manage.

The project is progressing well and before Christmas the floor slab of the new building will be poured, ready for precast panels to be erected. The footprint of the building is in reverse of the original, with the library now on the park side of the site and the community centre on the Countdown side.

The Hawkins team will stop work for a few days over Christmas and then for the first three months of 2014 they will focus on getting the structural steel up, and the precast walls of the new rooms will be in by March. By October construction will be complete and the finishing side of the work commences, with a period of fit-out. It is hoped the new building will be open by Christmas 2014.



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# Local Staff Key to Company Success

- **Tasti CEO Bryce Howard, and what makes the company special.**

Bryce Howard trained as an engineer because his mum wanted him to build bridges. As the CEO of Tasti products on Te Atatu Peninsula however, he makes among other things, muesli bars – a lot of muesli bars. The company produces 10 million of them every week.

Tasti has a long history in Auckland and is thought of as thoroughly kiwi, having produced the maraschino cherries and dried fruit for Nana's Christmas cake, for more than 80 years. This is illustrated by their incredibly popular ad currently screening on T.V, featuring images of iconic kiwi characters.

Bryce is justifiably proud of the company and particularly of his dedicated staff. With 300 staff members, Tasti puts \$10 million of salaries and wages into the local economy every year and another \$2 million in goods and services. That includes \$28,000 of milk used in the canteen, where staff enjoy an all-day breakfast of as much cereal and as many muesli bars as they can eat.



Bryce says he changed the milk from blue top to light blue, with the aim of saving the staff from an estimated 180 kilograms of fat per year. But the staff members really love their blue top and presented a petition against the change.

"We stuck to it though," says Bryce, "it's a good thing we didn't go to green top or we'd have had a revolt!"

Bryce who was born in Avondale, started his career with U.S multi

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- national Proctor and Gamble making shampoo, progressed to making sanitary pads in Japan and moved back to New Zealand in 1994 when he started his family and joined Bluebird Foods. In 2001 he joined Tasti Products the day before September 11 and still remembers Paul Holmes talking that morning on the radio, about the twin towers coming down.

When the company's new 20,000 square metre manufacturing and office space was officially opened recently by the Prime Minister – also on September 11th - all the staff received invitations. About 250 of them attended and after the P.M left, they all got together for a massive staff photo.

Bryce gets a lot of satisfaction watching staff member's progress through the company, reaching a potential they had only dreamed of. He mentions Troy, a local who he employed as a hopper boy five years ago.

"His mum said keep my boy out of trouble," says Bryce. "Troy started out putting fruit and nuts into hoppers to be packed. This month he is graduating as a fully qualified engineer. His mum is very happy."

Then there is Tasti's Purchasing Manager, Matt. He started out driving a forklift and moved from there into processing. He then spent some time in the laboratory and now is responsible for buying millions of dollars' worth of goods for the company.

Bryce also talks about a local woman who joined the staff seven years ago packing muesli bars into boxes and is now a highly paid robot operator.

"She has become one of the best robot operators in the business," he says proudly. "Our overseas suppliers say our robots are the best looking and best operated machines because of the love and attention she gives them."

The dozen robots at Tasti have replaced manual packing operations, but no one has been made redundant in the process.

"We just retrain people in bigger skills," says Bryce.

Tasti is currently achieving \$100 million in annual sales, with half of that total coming from exports. Bryce's' aim is for Tasti Products to be a \$200 million dollar a year company by 2020, doubling production rather than size. With 92 percent of the staff coming from West Auckland and 35 of those people Peninsula residents, that has to be good news for our whole community.





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# New Bite to Local Dining

Peninsula diners who have been eagerly awaiting the opening of Murray and Therese Keats's new eatery Et tu, now have another great place to eat without driving to the city.

Murray is well known to locals as the creator of the much loved Fuze Café, which is now in new hands. He says they chose the name Et tu for the new venture because it has multi-cultural appeal - meaning 'and you' in Latin, and also 'stand up' in Maori.

The Et tu menu features wood fired pizza, pasta, tapas style dishes and more, and will no doubt be popular for a leisurely bite and a glass of wine during the festive season. The interior has a rustic European feel, with warm timber floors and Murray has plans to add an outdoor dining area in the New Year.

Et tu has taken a lot of energy to create. The consent process took nearly a year while construction took just months, and Murray says he now looks forward to providing Peninsula diners with casual, relaxed dining over the summer months.

## views on wine with Sam Kim

[www.wineorbit.co.nz](http://www.wineorbit.co.nz)

One of the most pleasurable things, especially in today's busy lives, is to sit at a table with food on the table and sharing it with family and friends at a leisurely pace. There's something comforting and loving about this casual way of eating. We do that at home with Sunday roasts and summer barbecues and the good old fish & chips and Asian takeaways. And there are many places we can eat out doing this communal eating. Lately we've been favouring tapas and pizza places.

Of course pizzas have been around for a long time in New Zealand. From the budget cheapies to the gourmet kind, choices are endless. Tapas are fairly new but have become pretty popular among trendy eateries. Tapas too can vary hugely - from salt & pepper squid to meatballs in tomato sauce, and all sorts of other nibbly tasty things. A bit of this, a bite of that, and a sip of wine, what could be better?

Which wine to drink then? You sure can drink whatever you like but I tend to go for medium-bodied whites and reds that are not too fruity and not too sweet, as pizzas and tapas tend to be quite savoury and richly flavoured. Here are some of the tasty wines I find suitable with these foods.

Distant Land is a pioneering West Auckland winery which was established some seventy

## Wines for Tapas and Pizzas

years ago by Peter Fredatovich. Today the fourth generation carries this proud tradition, making modern friendly wines. One of their charming examples is Distant Land **Pinot Gris 2012 (\$20)**. This is refreshing and smooth on the palate with ripe stone fruit and citrus flavours, beautifully supported by silky mouthfeel. The easy-going nature of the wine makes it great with so many dishes.

**Established in 1916, Babich Wines is another West Auckland frontier. Babich Gimblett Gravels Syrah 2012 (\$22)** is a gently fruited red with suppleness and subtle spiciness, which works brilliantly with rich and flavoursome dishes: most meat and cheese based dishes as well as spicy chicken. Syrah has a huge potential in New Zealand. It's not as heavy as the Austrian version (shiraz), and shows elegant fragrance and silky texture.

**Thornbury Pinot Noir 2011 (\$29)** is a smooth tasty pinot made by the New Zealand's most awarded winery, Villa Maria. This mid-priced pinot is filled with ripe berry fruit notes, beautifully supported by velvety texture and a pleasing dry finish. A little softer than syrah but not short on delicious flavours. Great with meat and poultry, and surprisingly good with baked salmon and seafood pizza.

Here's something different and daring - **Rojo Garnacha 2012 (\$17)**. This Spanish beauty combines wonderful fruit intensity with subtle savoury complexity, making it an ideal partner to a wide range of dishes. A modern version of Spanish red, it's well priced and so smooth on the palate. And sure enough, it's brilliant with tapas and pizzas.

*Happy sipping.*



# Looking Deeper for Better health



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I have lots of experience with iridology, that is where I examine your eyes through a magnifying glass and can determine weaknesses in your body by comparing inconsistencies seen in your iris. This is a great way to get an overall sense of your health, but we can also go deeper looking for solutions to better health.

I am also an accredited Hemaview practitioner. From a simple skin-prick sample, using Live Blood Analysis, we can assess your health and recommend supplements and strategies tailor made for you. Follow up appointments can track the progress you are making with your health by comparing older screen captures with new.

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The silly season can take its toll on your body, with seemingly endless opportunities to over indulge with rich foods, alcohol and late nights aplenty. Why not use the new year as a fresh start with an easy, detoxifying, gentle cleanse pack... Clip the coupon on this page and save! It is highly recommended to get the support of a friend to help you through the ten day course to better health - including cleaner skin, improved digestion, less headaches and clearer thinking.

With Christmas looming just around the corner, how about giving the gift of health? Use the December coupon on this page to get ten percent off the face value of Remedy Natural Health Clinic Gift Vouchers, which are available in \$20, \$50 and \$100 denominations. Great for friends and family with ongoing medical concerns and conditions and those who want to work on their overall health and wellbeing.

With my help you can learn to look after yourself.

Yours in good health, Sharlene.

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# What's on in

## Community Centre Bricks

The Te Atatu Community Network is working with Auckland Council and Hawkings to keep a piece of the old Community Centre in Te Atatu. We are collecting some bricks that haven't been damaged and will give Our community the opportunity to have their very own piece of Te Atatu history...

Email [marilyn@lovetolive.co.nz](mailto:marilyn@lovetolive.co.nz) to find out more.

Te Atatu Community Network is a group focused supporting a thriving and vibrant community through connected, cohesive and coordinated approach to the provision of community support, services and events.



## Public meeting for local friends of Harbourview-Orangihina

Harbourview is a regionally significant natural place right here in our community. The native vegetation of its extensive wetlands is home to local rarities like fernbirds and banded rails, and many species of shorebirds roost in its pony club grounds at high tide. Our community collectively makes much use of Harbourview for many different purposes and we need to ensure we get the best outcomes for this unique amenity.

The purpose of the meeting is to form a lobby group comprised of friends of Harbourview to campaign effectively for better protection and improvement of this wonderful resource.

Topics will include potential regional park status, opposition to any development including a marae, ferry terminal or bus interchange, identifying works, maintenance and community volunteer input required, and better dog regulation enforcement by the public and Auckland Council to counter dogs being allowed to run off leash where they are required to be on leash at all times.

Date: Thursday, December 5

Time: Starting 7.30 pm

Venue: St Paul's church hall, 32 Taikata Road, Te Atatu Peninsula

For further information contact Michael at 021 622 122 or [36noall@gmail.com](mailto:36noall@gmail.com)

## Activities Update from Rutherford Primary

Rutherford Primary School has just had Education Outside The Classroom Week. The year five and six children went to Camp Kokako Lodge and the rest of the school had an exciting week of outside activities. Here is some of our Student Voice feedback from Camp:

My favourite part of camp was abseiling because it was so hard and I was so scared, but at last it was fun and easy. By Mallo

My favourite part of camp was the hike because you can explore the native forest. By Rhys

The best experience on camp was doing the new activities! Because some of them were just BREATH TAKING literally. It was amazing!!! By Larry

My favourite activity was the archery because it was my first time using a bow and I got a bullseye. By Nico

My best experience was orienteering and the flying kiwi because the orienteering was challenging and fun at the same time and the flying kiwi, well that was the best thing I have ever done it was so scary at the start but then it got harder. By Kasea

My best experience at camp was the flying kiwi because I have never seen anything like it and it was all about relying on your team. By Mitchell

My best part of camp was abseiling because it felt like my feet were stuck on the wall like Spiderman. By Gerry



*Caption: Rutherford Primary School students enjoying a camp activity.*

Some of the activities for the junior school back at Rutherford included visits from the Police dog handlers and local fire brigade, Constable Paul teaching Scooter Skills & Road Safety, a PJ storytelling evening and hut building and orienteering.



*Caption: Constable Paul teaches scooter skills to Junior School students.*

# our Community

## Harbourview Sculpture Trail



Tickets are now on sale for the Harbourview Sculpture Trail 2014 - a great gift idea!

The Harbourview Sculpture Trail is a unique exhibition and sale of contemporary art. Over fifty established and emerging New Zealand artists have created pieces specifically for this beautiful site at Harbourview Peoples Park, Te Atatu Peninsula. With a backdrop of spectacular city and harbour views, the Trail is an easy one hour stroll suitable for all the family.

The 3 week exhibition includes onsite kids activities including a 'Creation Station' hosted by Lopdell House Gallery - Art in a Box, a 'Peninsula Beats' evening presented by The Luscious Food Store, an open Photographic Competition and a People's Choice Award for the most popular sculpture, as voted by you! Curated Tours will run over various days each week for the duration of the Trail with no extra charge or booking required (dates and times tbc).

Buy tickets now and be in to win a weekend escape at the luxurious Bethells Beach Cottages!\*

8 - 30 March 2014, open daily 10am-6pm

For tickets and further info visit [www.harbourviewsculpture.com](http://www.harbourviewsculpture.com)

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Swimsation - Te Atatu, Peninsula Primary School, Waipani Road, Te Atatu Peninsula

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## Te Atatu Peninsula Christmas Parade and Fun Day

**Saturday 7th December 2013**

Parade starts 11am from Hereford Street

Fun Day activities from 9am -2pm at Jack Pringle Sports Park behind RSA and Pringle Park Bowling Club.

(note location for 2013 due to Community Centre rebuild)

For late entries for floats, bands and craft stalls:

Floats & bands: Kylie Sapwell,  
Ph: 834 6974, 021 123 9926, [kylie.sapwell77@gmail.com](mailto:kylie.sapwell77@gmail.com)

Craft and interest stalls, park entertainment and to donate for prizes for raffle and giveaways:  
Lynda van Hoeve 834 8683 [hunt1950@hotmail.co.nz](mailto:hunt1950@hotmail.co.nz)

All forms can be obtained at the Te Atatu Community House  
Jacqui 834 5827, [tatcomh@xtra.co.nz](mailto:tatcomh@xtra.co.nz)



## Success in Performing Arts

Rutherford College has had 3 students nominated to receive awards at the prestigious AMI Showdown Awards for School Productions Auckland wide.

**The aim of Showdown is:**

- § To encourage young performers and foster excellence in the performing arts.
- § To promote the performing arts as an option for tertiary study and as a career path.
- § To raise the profile of performing arts in school.
- § To build links between school performing arts programmes and Auckland community theatres.
- § Showdown is a focal point for secondary school performing arts in Auckland.

**Nominations are as follows:**

Petmal Lam – BEST MALE SOLOIST IN A MINOR ROLE 2013

Danielle Hanwright - BEST FEMALE IN A SUPPORTING ROLE – PLAY 2013

Ravi Gurunathan - BEST MALE IN A LEADING ROLE – PLAY 2013

## Tis the season To Be Scratching

By the time you read this, the weather will be warming up and you and your pets may well be getting annoyed by fleas. In the summer months we see pets with skin irritation caused by fleas every day, and we are also asked for advice about getting rid of fleas several times a day. Apart from bites, many animals and some humans also react severely to the saliva in the flea's mouthparts, a condition called flea allergy dermatitis. This often needs treatment with antibiotics and cortisone tablets or ointments as well as conscientious flea treatment. Allergic individuals can have very severe dermatitis with only 1 or 2 fleas. It usually affects their lower back and inside their hind legs.

Fleas are members of the insect family, and more than 2000 different species of fleas have been described worldwide, but in our part of the world most fleas are cat fleas - *Ctenocephalides felis*. Despite their name, cat fleas can live and reproduce on animals other than cats, such as dogs and rabbits, and of course they also bite humans. 'Dirt fleas', 'sand fleas', 'carpet fleas' etc are not separate species, they are actually small, newly hatched cat fleas eagerly hopping onto a host.

Like other insects such as moths and butterflies, fleas have a four-stage life cycle. The adult fleas live on animals and don't spontaneously leave the animal. They need to have a meal of blood before they can reproduce. Within two days following their first meal the females start to lay tiny pearly white eggs, which fall out of the animal's coat into its environment. A single female can lay up to 50 eggs a day for 50 to 100 days. Little black specks in the animal's coat are flea faeces, not eggs.

In 3 - 7 days a tiny wormlike caterpillar hatches out, and begins to feed on debris, particularly the faeces of adult fleas. These larvae are attracted to dark places and are extremely hard to see. Each larva moults twice as it grows, then spins a cocoon in which it



metamorphoses to an adult flea. Unlike other insects, the adult flea doesn't always hatch out of its pupa as soon as it is mature; instead it is stimulated to hatch by the vibrations and warmth from animals or people moving past. If a house is empty the fleas can remain dormant in their pupae for months, then hatch out all at once as soon as the door is opened! This is why a house which has been unoccupied for some weeks or months can seem to be alive with fleas.

The rate at which the fleas develop is also affected by the weather. Optimal temperature is around 25° C and humidity 85%, just like Auckland in summer! In these conditions the life cycle can be completed in 2 - 3 weeks. In cold weather the life cycle is much slower and in dry hot weather survival time of all stages is reduced. So in winter few or no fleas might be seen, but the eggs and larvae will be slowly developing, and they will appear again in spring and early summer. Flea numbers increase very rapidly in summer, and we see the worst problems in February-March.

The life cycle I have described explains why it is nearly impossible to permanently eradicate fleas. Flea control treatments kill fleas that are on the animal, and some products also stop flea eggs from hatching, but when animals are outside, or visiting, newly hatched fleas will be in the ground, carpets etc, waiting for them. So for us pet owners, monthly flea treatment needs to be part of our animal care year round.

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# MERRY CHRISTMAS

From

# LOVETOLIVE

## CONGRATULATIONS TO THE BIZ KIDS FINALISTS FOR 2013

- Piper Black, aged 7 years; her business is: **Piper Anne's Bestie Bands.**
- Sophie Brouwer, aged 7 years; her business is: **Sophie's Tin Cans.**
- Sierra Fleming, aged 6 years; her business is: **Fairy's Glitter Gloss.**
- Emily Musto is 10 years; her business is: **Delicious Dried Fruit.**
- Isabella Baird and Alice O'Brien aged 8 and 9 years old with their business: **Jewel-tastic.**
- Zoe Anderson-Jones is 8 years old and her business is: **Cool Deco.**
- Mahinarangi Kino and Brandee Williams-Adams are 11 years; their business is: **Ngahere Rongo**
- Hannah Pether is 12 years; her business is **Sweet Tooth.**
- Tupea Angoika and Serena Keeley are 12 years; their business is: **Animal Cupcakes.**
- Kirstin Paulse and Tatum Warren-Ngata are 15 years; their business is **TK Fairy Parties.**

The Finalists are now completing their business plans, and preparing to come along to the Te Atatu Peninsula Community Fun Day in February to run their businesses with the help of some fantastic mentors in from the local business community.



We have had a busy year at Love to Live, and for us it isn't over yet! We had a successful Presentation Day, with a fantastic turn out. Our judges; Paul Vujnovich from Harvey's Te Atatu, Vanessa Neeson, Chairperson, Henderson-Massey Local Board, and David Windler, Mortgage Supply Co had their work out of for them in choosing fi nalists to go into the mentoring program, but we have 10 fi nalist businesses.

## TE ATATU PENINSULA COMMUNITY FUN DAY

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382

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# Causeway news

You may have noticed work progressing at several different locations on the project. Here's a round-up of what's happening. Photos: Greg Kempthorne.

**Great North Road Interchange** - Just before the eastbound off-ramp sediment controls and an access track are being installed in preparation for widening the existing causeway.

Beside the westbound on-ramp a coastal revetment is being built to protect the widened embankment by Oakley Creek, and work is preparing for the shared path to be relocated to that area.

**Causeway** - The reclamation process is continuing east towards the Causeway Bridge. Soil improvements continue too, with wick drains being installed. From next week preload fill will be brought to site and placed on top of the wick drains to load the ground and start the nine to 12-month accelerated settlement.

## **Traherne Island (south) and Rosebank Park Domain**

The shared path is being relocated around the site access area and a working platform is being established.

**Whau River Bridge** - On the western side ground improvement work is progressing and a rock lining is being placed under the existing bridge. On the eastern side we are preparing to begin the installation of temporary steel staging, which will allow our team access to construct the widened bridge structure



## **Alwyn Ave**

Work has begun to establish a metal access track down to the western side of the Whau River Bridge.

**Noise monitoring** - As part of our consent conditions to build the Causeway Upgrade Project, the Causeway Alliance is required to monitor noise in the vicinity of our works. Our monitoring has shown that to date the noise levels recorded have not exceeded our project consent limit. We are focused on ensuring that compliance continues.

**80km/h maximum speed** - Reduced speed limits of 80km/h are in place for extended distances along the Causeway Upgrade Project, between Rosebank Road and the Great North Road Interchange. That is the safest maximum speed for the temporarily altered design of the motorway while the works are taking place and it is being enforced by police, for everyone's safety. The Waterview Connection project team are working in the Great

North Road area too, building the structures that will support the new ramps between State Highway 16 and the Waterview tunnels. That means there are many men and women from both alliances working close to the motorway traffic and getting their jobs done as quickly as possible.

Please stay within the 80km/h speed limit.

**Traffic flow** - At peak traffic times on State Highway 16 it would be great to be able to even reach 80km/h. We're aware of the significant congestion issues and we are working with the NZ Transport Agency, Auckland Transport, the Bus and Coach Association and Auckland Motorways to ensure all possible measures to enhance traffic flow are implemented.



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Fuze Café	566 Te Atatu Rd	834-8536
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Thai Peninsula Restaurant	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	82 Gunner Drive	834-2328
Uneek Cutz	80 Gunner Drive	834-0100
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Vege Storm	546 Te Atatu Rd	834-4988
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**CHRISTMAS NEW YEAR HOURS:**

Christmas Eve	8.00 am to 5.00 pm.
Public Holidays	Closed
December Open	Frid 27, Mon 30, Tue 31
January Open	Frid 03 8.30 am to 5.30 pm
January hours	8.30 am to 5.30 pm.
Saturdays Open	11 and 18 January 9.00 am to 12.00 pm
Closed	04 and 25 January (Auckland Anniversary weekend)

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**NEW DOCTOR**

We are delighted to announce the arrival of Dr Jess Joung to join our team. A mother of 2, Jess is NZ trained and has recently completed specialist GP training. Some of you will remember Jess who worked here in the first half of this year. Jess will start work with us late in December. She will be available for consultations every day of the week. Jess looks forward to meeting you and is happy to take on new patients.



***We take this opportunity to thank you for trusting us with your care this year. We sincerely wish you all a safe and happy festive season.***

**Doctors:** David Going,Carolynn Moore, Justine Mesui  
John Zhang, Edward Watson, Marcus Bishop  
Jess Joung

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