

Te Atatu Views

Community News Magazine Winter 2014



Harbourview

Our Conservation

Crown Jewel - *by Michael Coote*



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working for our thriving city

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From the Editor

So much has happened in the last few months that the year is appearing to fly by. Here we are, half way through already. In this edition of the Te Atatu Views I will tell you about some of our work (Page 4) as well as our new brand and website and the efforts of our out-going Chairman Phillip North, are also acknowledged. Still on page 4, new additions to our business community are welcomed and on Page 5 read about the new owners of Peninsula Stationary and Gifts.

Many local people don't realise that the Peninsula is home to some rare and special birds. You can read about them and our unique environment in a feature article on Page 6 by the by passionate local conservationist Michael Coote. Another resident with an interesting story to tell is Clare Robinson, entrepreneur and creator of Te Atatu Toasted, a carefully blended brand of muesli sold in specialty stores and some supermarkets. Her journey features on Page 10.

The community pages 8 and 9 will keep you up to date with what is happening around the Peninsula and well known wine critic and local resident Sam Kim is back on Page 11 to share his knowledge and help us work out the best wines to try and buy.

Winter has come as a bit of a shock and parts of the Peninsula have been knocked around by storms. The

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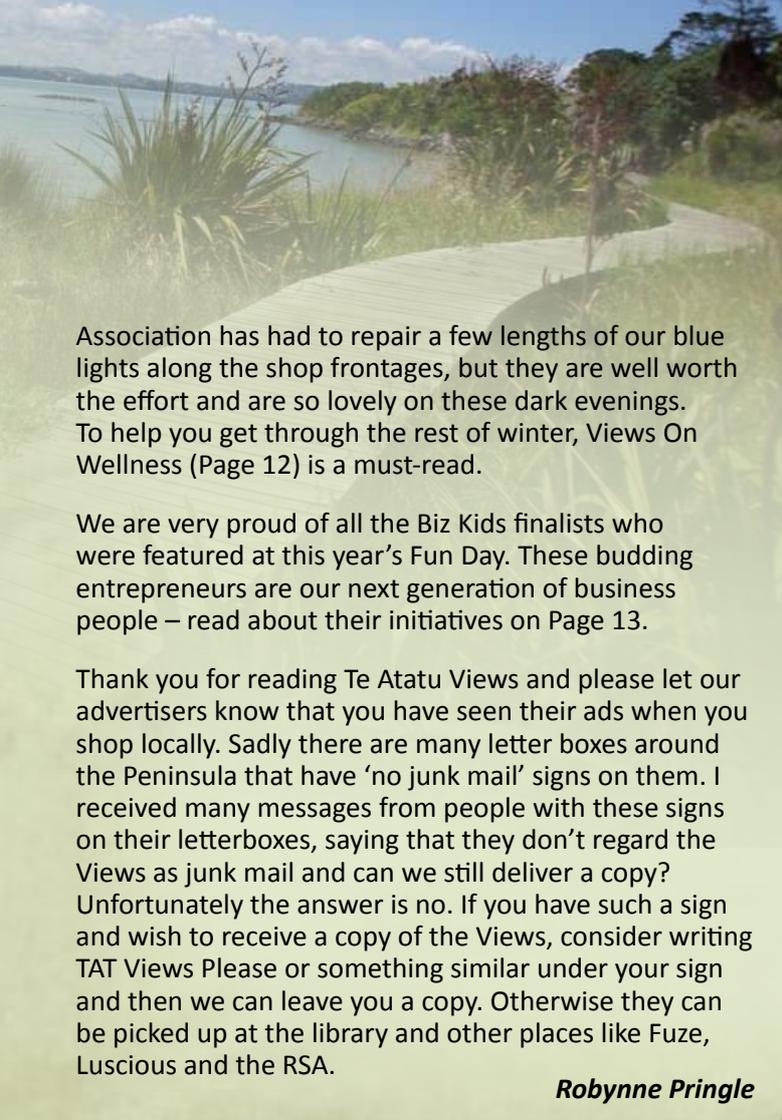
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Association has had to repair a few lengths of our blue lights along the shop frontages, but they are well worth the effort and are so lovely on these dark evenings. To help you get through the rest of winter, Views On Wellness (Page 12) is a must-read.

We are very proud of all the Biz Kids finalists who were featured at this year's Fun Day. These budding entrepreneurs are our next generation of business people – read about their initiatives on Page 13.

Thank you for reading Te Atatu Views and please let our advertisers know that you have seen their ads when you shop locally. Sadly there are many letter boxes around the Peninsula that have 'no junk mail' signs on them. I received many messages from people with these signs on their letterboxes, saying that they don't regard the Views as junk mail and can we still deliver a copy? Unfortunately the answer is no. If you have such a sign and wish to receive a copy of the Views, consider writing TAT Views Please or something similar under your sign and then we can leave you a copy. Otherwise they can be picked up at the library and other places like Fuze, Luscious and the RSA.

Robynne Pringle

Te Atatu Views

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Te Atatu Peninsula Business Association

Business News

New Look for Business Association – As you can see we have updated our image and now have a great new logo (above) It retains the concept of the dawn, which is the meaning of Te Atatu and has a contemporary feel. You will also see it on our new website which is currently under construction. The new website will include a page to post local events and one to link local employers up with job seekers. It will be constantly updated and remain current with photos, articles and information for locals and visitors to the Peninsula. The website will be launched by the end of July, along with a new facebook page for the Business Association.

Chair Steps Down Te Atatu Peninsula Business Association would like to express our heartfelt gratitude to Countdown Manager Phillip North who has been our Chairman for almost two years but has had to resign due to a transfer to another area. Phil helped steer the Association to a position where we are able to attempt some new initiatives that hopefully will invigorate our town centre and make the Peninsula an even better place to live. Our Deputy Fiona Grove has stepped up into the Chairman's seat until our AGM in September.

Shop Signage – The Association would love to see the town centre looking its best. One of the ways we are encouraging this is by offering our shop owners a 20 percent discount off repainting their shop fascia signage. To kick things off we held a draw for a completely free new sign. It was won by two businesses - Gadgets Direct (new to the town centre) and West Auckland Counselling, who will share a sign. It will be where the old Tau Henare sign

currently is in the main street, so keep your eye out for that fresh change.

New Businesses –

We welcome into the business community Gadgets Direct, who are upstairs in The Arcade, Te Atatu Road. They supply smart phones, ipads and other gadgets and provide a payment plan for customers who can't buy what they need outright. We welcome also, Cupboard Love where the cupcake shop was. Judging by the positive reports on facebook, this new bakery is well worth a visit. Also new to the town centre are the owners of Peninsula Stationary and Gifts, Rashmita and Minesh Patel – read about them on Page 5, and be sure to welcome them to the community, when you meet them.

Promotions – We really enjoyed giving out the ten prize hampers for our Long Kiwi Weekend Easter Promotion. The hampers were filled with everything the winners needed for the long Easter weekend, except for sunshine! Thank you to everyone who entered. During July, our Winter Warmer Promotion will give you another opportunity to win. Remember, when you shop locally we all win, so make sure you enter the draw. Winning entries are always drawn by our wonderful Community Constable Mike Chan Fong, and we really appreciate his input.

Winter has come as a bit of a shock and due to storm damage we've had to repair a few lengths of our blue lights along the shop frontages, but they are well worth the effort. Let's hope we don't lose any more to storms. I hope rest of the winter treats you well and that you enjoy this edition of Te Atatu Views.



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New Era for Local Store

There is a new atmosphere in Peninsula Stationery and Gifts. It seems lighter, brighter and more upbeat and it's thanks to new owners, Rashmita and Minesh Patel.

Paint and spring cleaning have made a world of difference, and Minesh says dropping prices and offering new services have also helped and now the familiar little business is picking up trade. During the six months the Patels have been part of the Peninsula business community, they have been warmly welcomed – so much so that Rashmita and Minesh want to move here with their three year old daughter as soon as they can, from Mount Wellington.

"We have had good support from the locals" he says "We feel welcome and we want to move here at the end of this year or early next year."

Minesh learnt watchmaking in India, and after seven years in the trade moved to Auckland where he has been employed at Ellerslie Jewellers for the last 12 years as a senior engraver and jewellery repairman. He is still there part-time and works in the stationary store during the rest of the week.

Some of the services he provides are surprising – waterproofing of watches, and servicing of hearing aids and car alarms, for example. Minesh says he would love to provide jewellery repair and engraving to his Peninsula customers but there is just not enough room in the little shop for the work space required, as the shelves are full of a great range of stationary, gifts, magazines and cards. If you haven't been in and seen the changes since the Patels arrived, be sure to drop by and say hello, and welcome.

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Volunteers James and Kyla Thomson



HARBOURVIEW: Te Atatu Peninsula's Conservation Crown Jewel

Te Atatu Peninsula residents are fortunate to have the conservation crown jewel of Harbourview, situated along the eastern coastline of their suburb. Harbourview is officially recognised as being regionally and nationally significant for environmental reasons and is worthy of consideration for Auckland regional park status.

Its swampy lowlands form part of the last original, undeveloped Upper Waitemata Harbour intertidal wilderness of mangroves, salt marshes and freshwater wetlands. Across the Whau River channel from Harbourview, the rest of this unique area is protected by the Motu Manawa (Pollen Island) Marine Reserve and the Pollen Island Scientific Reserve (both managed by the Department of Conservation). The adjacent Traherne Island, bisected by State Highway 16, is managed by NZTA and not presently part of the conservation estate. Although Harbourview is managed by Auckland Council, it contains a small reclaimed area at the northern end owned by the Department of Conservation.

Upper Waitemata Harbour haven for rare native birds

Between them, Harbourview, Pollen Island and Traherne Island share the same native species of plants and birds characteristic of the large estuary formed at the mouths of the Whau River and Oakley Creek. The extensive lowland and saltmarsh complex of which Harbourview is part was deposited during the Pleistocene Ice Ages, when average sea levels fluctuated hundreds of metres up and down in the Auckland region. Ideally, the Motu Manawa (Pollen Island) Marine Reserve should be extended westward so that it includes the entire tidal flats and foreshore of Harbourview. That way, wading and migratory shorebirds, of which many species are to be found, would enjoy an absolutely protected sanctuary to feed and rest in, right up to the tide mark of eastern Te Atatu Peninsula.

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Harbourview and its extensive foreshore and seabed are remarkable for the extraordinary range of bird species they support, including Northern hemisphere bar-tailed godwits that migrate annually back to the arctic zone to breed, and endemic wrybill, of which there are only a few thousand left, that fly up from their nesting sites in the braided rivers of the South Island. In the past few years flocks of royal spoonbills have arrived in the area, as did briefly some stray pelicans blown in from Australia in 2013. Migratory shorebirds can be seen feeding and roosting in their hundreds just offshore from Harbourview on the tidal flats or upland in the fenced grounds of Te Atatu Pony Club. It is no

accident that Harbourview is one of the favoured sites for the Ornithological Society of New Zealand to conduct its annual national shorebird survey count. Harbourview deserves to be better known as a bird-watching tourism destination like internationally-recognised Miranda in the Firth of Thames. One day Te Atatu Pony Club may move on, but its dog-proof fenced perimeter and short grass pastureland could be preserved in perpetuity as a high tide shorebird roosting sanctuary, with facilities provided for wildlife observation.

Harbourview has two signature terrestrial birds – the fernbird (northern form) and banded rail and as Harbourview is a bleak and exposed place during the cold months, they will be hunkering down for winter. However, last summer was a good one for breeding, with the fernbirds believed to have raised two rounds of chicks in their nests carefully hidden among wetland reeds. Harbourview's resident native birds somehow manage to keep calm and carry on, maintaining their ancient populations despite the encroachment of predator pests and uncontrolled dogs.

Current conservation issues

There are many present dangers to the area's birdlife and natural

environment to contend with. Harbourview is infested with mice, rats, stoats, hedgehogs and feral cats, all of which are predators of ground nesting birds, their eggs and chicks. Victims include fernbirds and banded rails, not to mention other avian rarities such as New Zealand dotterels, which nest in Te Atatu Pony Club's paddocks. For the past few years, a Forest and Bird volunteer chapter, Motu Manawa Restoration Group, with assistance from Te Atatu Peninsula residents, has been maintaining Auckland Council-supplied DoC 200 stoat traps in Harbourview to kill at least some of the predator pests and give native birds a better chance to increase their survival rates. The group has also started systematic replanting in Harbourview of native vegetation that fernbirds like to feed and breed in. With persistence and determination, the natural environment of Harbourview can be made safer for its distinctive native bird species. Additional menaces are posed by uncontrolled dogs. Dogs are not permitted off leash anywhere at any time on Harbourview's main walking path, its low ground, wetlands, coastal land, or foreshore. A penalty fine of \$300 applies for non-compliance. Sadly, many dog owners flout this rule.

A new Te Atatu Peninsula community group has been formed called Friends of Harbourview. The aim is to promote Harbourview's conservation and public amenity values, encourage community volunteer involvement, explore potential for the area to become a regional park, and guard against future development. This group also keeps watchful eye on the money collected from the special rates levy that Waitakere City Council charged its ratepayers to fund the preparation of the Harbourview-Orangihina Open Space Management Plan and design details and development of the Park. The group believes this levy money should be held in trust and not used to finance anything except improvements in Harbourview that all members of the public are equally entitled to enjoy.

For further information: Contact Friends of Harbourview (harbourviewpark@gmail.com).

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Activities and classes:

Classes available at Te Atatu Community House (enrolments necessary)

- Learner Licence – 6 week course starts 4th August
- Restricted Licence assistance – 3 session course starts 13th August
- First Aid 1 day comprehensive Saturday 30th Aug.
- First Aid Refresher – register your interest for this course
- Sign Language- depending on interest.
- First aid for Infant CPR & choking, plus Baby & Child First Aid - coming.

WINZ Entitlements - Free presentation by AGE Concern for people over 50years of age. Up to date entitlement information-find out what you are entitled to. This is a regular presentation, please contact for more information

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

- **23rd June** Legal Entities – choosing the right legal structure for your group
- **30th June** - Welfare changes and Benefit fraud.

Justice of the Peace – every Saturday 9am-12noon at the Community House or we can arrange a weekday appointment if needed.

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

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

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

Henderson Massey Local Board – Shane Henderson will be on site to talk to about matters in the ward- 1st Saturday each month 9am-12noon.

Joggers & Walkers – every Sunday 8am

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

Our Amazing Place

TREASURE HUNT 2014

This year, Our Amazing Place Treasure Hunt is planned for Saturday November the 1st, from 1-3pm. The date is chosen to coincide with other 'costume opportunities' as dressing up is highly recommended for participants. This years' event will take a different route from last years', to take in some of our coastal treasures, with a sporty twist. A local school is helping out with an end event, where food, entertainment and a well deserved rest in the shade will await the treasure hunters.

Last years' was organised by three local Mums, with help from local volunteers on the day. They received a \$500 grant from the Henderson Massey Local Board and assistance from Violence Free Waitakere who supplied a student volunteer, gazebos and signage and all printing was done by Auckland Council. Local businesses also responded to requests for prizes.

With 399 registered participants, the streets came alive along the route with people walking and cycling to explore some of our community groups and venues, with the day culminating in prize giving, food and music.

This free Zero Waste event provides a fantastic opportunity to explore parts of the Peninsula and find new things to do, meet new neighbours and continue to connect this amazing community of ours.

Santa Parade



Te Atatu Peninsula Parade Society Inc

Planning has started for this year's event which will be held on the Village Green and the Community Centre area Saturday 6th December. It's always a great family day for all to enjoy with entertainment, food and craft stalls and this year we aim to make it even better.

We are putting out an early call for local people to contact us now to have a stall to sell their crafts etc. Community groups and food vendors are welcome to contact us now with details of their products, so we can have a wide selection to offer.

Bands to participate in the parade are being sought as well. We'd love to see more floats from the community and business sector as well, so please put your planning hats on to get your floats together and make this another brilliant event for our wonderful and supportive

community. Also appreciated are donations for our raffle as this helps us provide for future Parade and Fun Days.

Floats & bands: Kylie Sapwell,

Ph: 834 7168, 021 123 9926, 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

Food: Jacqui Hanson 834 5827 tatcomh@xtra.co.nz

All application forms can be obtained at the Te Atatu Community House, 580 Te Atatu Rd, Jacqui 834 5827, tatcomh@xtra.co.nz

our Community

Local Kids

Bring it to the stage

Eight local students, who competed in the Auckland Hip Hop Regional competition for the first time, have won the "Most Promising Junior Crew" award. The students, who were tutored and choreographed by Michael Te Whata of Dancebeat School of Dance, formed a crew called the Small Stars and their first performance as a crew was at Te Atatu Peninsula Fun Day, in February.

Dancebeat Director Melissa Berla says their training was intense, with eight hours of rehearsals a week. As well as learning and perfecting their competition routine, the crew had to stretch and strengthen their bodies to improve stamina for their performance. Mellissa says the students who are all 12 and under, took their training seriously and showed great commitment and dedication for such young students.

All their hard work paid off however and their trophy is now on display at the new Dancebeat Studios in Wharf Road. Since the Hip Hop regionals the crew continue to compete and have also just placed 2nd in The Papakura Performing Arts Hip Hop Troupe competition.



Junior Beathop crew "The Small Stars"

From L-R: Xavian Gungan, Baileigh Greaves, Alyssa Slade, Kyle Te Whata(tutor), Briana Puckett-Williams, Alex(tutor), Mikey Te Whata(head tutor), Desney Fritz, Missy Aramoana, Louis Lowman, Tyrese Gungan

What do you want Te Atatu?

Tell us what **YOU** want to see happening in Te Atatu Peninsula.

The Te Atatu Peninsula Library is looking for ideas of programmes that can run in the Library; monthly speakers, book clubs, book chat, computer classes, games nights, Saturday morning storytime.

What would you like to see happening in the NEW Community Centre?

What would you like to see happening in the Community House?

What events would you like to see happening in Te Atatu Peninsula?

Email your ideas to:

christine.chambers@aucklandcouncil.govt.nz



views on Food with Jono Clarke



Seasonal Kitchen

Winter Food !!!! A comforting, delicious way to keep yourself warm in these nippy winter days and nights.

I always think that the options and variety of ingredients slims down a little at this

stage of the year, but I kick my brain over with a coffee and it doesn't take very much to think of a dozen favorite dishes to nourish myself and my family with.

Rich, full flavoured dishes offer us this feeling and seem just right to fuel ourselves at this time of year.

Soups usually are the number one dish that gets requested here at The Luscious Food Store when the temperature drops and it's the classics that hit the spot for most of us. This is where those seasonal winter vege come into its own.

Parsnip, celeriac and cauliflower, all make beautiful, creamy, tasty soups with flavours that you forget can be so delicious.

One head of cauli, a knob of butter, 750mls of chicken or vege stock, 300mls of cream and a 1/4 cup of grated parmesan cheese make a soup to remember.

You can use those ratios with any of the above veges or some Jerusalem artichokes, or even potatoes will have your guests singing your praises.

Soup seems to lose its luster very quickly though and even though the weather remains cold, we can want for some variety in the winter diet. My favorite here is slow cooked cuts of meat. Oxtail, lamb shanks, beef blade, chuck steak, hambones, lamb neck and goat or venison.

The options are plenty and they are generally cheap and easy to prepare - all you need here is time. And I can't stress how amazing the results can be, with enough time to properly cook these dishes.

Onion, carrot, leek, and celery form the start of every luscious stew, casserole or whatever you want to call it, then some red wine, white wine - whatever you prefer!

Brown off your meat and veges, add some garlic and herbs like rosemary and thyme, put it in the slow cooker or in a heavy bottomed pot or casserole dish and add your wine, stock, and give yourself a minimum of 2-5 hours cooking time but, three is better.

When you check after a few hours the meat should fall from the bone or almost melt in your mouth. Remember to check your seasoning. And to finish it off poached pears or winter pud are wonderful warm ways to satisfy your sweet tooth.

Enjoy some winter treats, because when spring rolls around, we will all be fed up with shanks and soups and instead, craving some asparagus. I have recipes for all these dishes on our website so go check them out and give a few a try!!
www.thelusciousfoodstore.co.nz

Stay warm!

- Jono

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Winter Delights

We have arrived at winter.

Frosty mornings and stormy nights, and short days soaked in icy rain are just perfect for comfort food nights. Time to try some heartwarming, mind-soothing wines then.

First up, winter soups. Pumpkin and corn soups with their velvety texture and sweet taste call for a fruity wine with subtle sweetness. Pinot gris is excellent. It is sometimes difficult to tell the style of pinot gris, but most of the popular ones tend to be off-dry with easy smooth mouth-feel. A Pinot gris is also good with various nibbles including sushi, spicy prawn and sausage rolls dipped in tomato sauce.

The savoury soups, such as rich tomato, ham and pea, or chicken and vegetable, are better with dry whites. Chardonnay and sauvignon blanc are pretty good, but the versatile pinot gris can work well too. If you fancy something unusual, try viognier. It's a richly textured wine, integrating seamlessly with these kinds of soups.

Now for the main event. How about gloriously golden roast chicken with all the trimmings? If you prefer a white, go for a full-bodied, richly flavoured chardonnay - one that offers loads of fruit flavours and fragrant oak characters. You need a wine that's equally powerful and flavoursome, but without the sweetness

you'd find in pinot gris or most rieslings. However, I tend to go for a red, even though chicken is a white meat. Pinot noir is brilliant as it offers gentle flavours with supple texture, and doesn't have the drying finish some of the heavier reds tend to have. Equally satisfying is New Zealand syrah. This is the same grape as shiraz made in Australia but our version is less dense and more elegant. Ideal with poultry and lighter, red meat dishes.

For some of us, slow-cooked meat on the bone in thick gravy with medley of softened vegetables is the ultimate winter fare. Surprisingly the lighter pinot noir can step up to the mark, as long as it's a good one. After all, beef bourguignon is traditionally cooked with pinot noir, and eaten with pinot noir. But you can go all out with full-throttled red for these types of dishes. Try cabernet/merlot blend or shiraz laden with rich fruit intensity and nutty/cedary complexity. These plush, velvety, opulent reds will match that of the dish's weight and power. Each mouthful a decadent gratification.

Let's not forget sweet treats. Sweet wine should be sweeter than the dessert and any other sweet things you are eating, otherwise the wine will taste sour. The trouble is sweet wines are often quite expensive. They are great for dinner parties though. Another option is port or sweet sherry. Again, good ones are pricy but one bottle can stretch quite a bit. Moderation is

the key of course. It's not only that you don't want to consume too much alcohol. Sweet wines also contain loads of calories, on top of the sweet food. But it is a fabulous way to finish a satisfying winter meal.

Hope you enjoy the best of winter.

Sam Kim - www.wineorbit.co.nz



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GOOD BUGS... BAD BUGS

Not all bacteria is disease-causing. In fact humans rely on a group of bacteria called Probiotics that naturally occur in our gut to keep us healthy and maintain immunity. What is a probiotic?



Probiotics are friendly bacteria that live in your gut. Bacteria are normally associated with infectious diseases, yet these bacteria do the opposite. They actually help remove infectious bacteria and also prevent yeasts and fungi from taking hold. Probiotics are incredible tiny one-celled organisms and because the surface of your gut is so huge (about the size of a tennis court) they have plenty of space to roam.

What is their connection to immunity?

It has been suggested that 60% to 80% of our immune system resides in our gut. This is because of a vast network of lymphatic vessels known as G.A.L.T, which line the surface of our gut. When an infectious bacteria, fungus or virus enters our intestine, the G.A.L.T passes it to the lymphatic tissue to test for pathogens (bugs that make you sick) and then it can determine whether it will create an immune response and wipe out the bad bugs before they make you sick. Probiotics gather around the G.A.L.T and act as an early warning system to the immune system, to be wary of the pathogen entering the body.

Ensuring you have enough Probiotics

Probiotics prefer to feed on plant fibre – cellulose to be more correct. Eat the following foods to keep your gut bacteria strong: Raw unpeeled fruits and vegetables, plain nuts, seeds, dried fruits,

pure unadulterated dark berry juices like grape and blueberry, and legumes, due to their fibre content.

In winter we often crave warm, stodgy, cooked foods – roasts, soups, pies, chips, pastas, pastries and food that puts the friendly bacteria under strain and can reduce their immune function.

Probiotic Supplements

Probiotic supplements are a fast and easy way to ensure that the immune portion of your gut remains fully functional during winter and are a great way to restore your gut while on antibiotics.

How do you know when you need extra?

Below is a list of the signs and symptoms and times you may need to consider increasing your probiotics.

- It's winter and you refuse to eat raw foods of any sort
- You have lots of nuisance colds
- Every time you eat you notice your nose gets congested or itchy
- Stress of any sort can negatively affect probiotics
- Your bowel habits change for the worse
- You have chronic persistent clear mucous running from your nose
- You cannot seem to clear your throat, and it gets worse when laying down
- You suffer from bloating and gas
- You have food intolerances
- Your appetite can change without rhyme and reason on a daily, weekly basis

Your probiotics are a vital link in the chain of events that not only keeps you living but also keeps your immune system strong and responsive. Following the recommendations above can only have a positive impact on your health.

We recommend Ethical Nutrients Inner Health Plus – 25 billion good bacteria per capsule.



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Causeway alliance update

Whau River Bridge widening takes shape

Good progress is being made on the widening of the city-bound side of the Whau River Bridge on State Highway 16 near Te Atatu. There will be eight spans in total when the bridge widening is complete and four spans are in place, so the team is half way. Each span is made up of three x 40 tonne precast concrete beams.

Under the Boardwalk

Work has begun on the concrete foundation piles for the permanent boardwalk that will be constructed

alongside Oakley Creek, west of the Great North Road interchange. A 70 tonne piling rig was brought to site in the chilly pre-dawn of 28 May, ensuring the oversized vehicle was off the motorway well before the morning traffic peak.

80km/h and detours

Reduced speed limits of 80km/h are in place for extended distances along State Highway 16. That is the safest maximum speed with the narrowed lanes of the motorway while the works are taking place and it is being enforced by police, for everyone's safety. Work is progressing on the motorway at night while traffic is lightest and there are signposted detours along local roads during the night works.

The Causeway Alliance and NZ Transport Agency appreciates your patience while work to upgrade the northwestern motorway is completed between now and 2017.



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Young Entrepreneurs competition

The competition for 2013-14 was fantastic, with another batch of talent young people. If you missed the Te Atatu Peninsula Community Fun Day in February you missed out on some really fantastic products on offer with the 9 finalists running their businesses.

Biz Kids is a young entrepreneurs competition that offers children who live or go to school in Te Atatu Peninsula the opportunity to showcase their talents and get a real life taste of the business world. The kids put in a massive amount of work, completing a business plan and doing everything needed to run their businesses at the Fun Day. With a very successful second year over we are busy preparing to launch Biz Kids 2014-15 in a revamped format.

Thank you to our wonderful sponsors, Harveys Te Atatu Peninsula and Westpac and the team of mentors, judges, volunteers and schools who helped us run this competition, but we also need to say a big thank you to the families who have been the important support crews to our finalists and a big thank you, congratulations and we are so proud of you! August 2014 is the beginning of Biz Kids for another year - so watch this space.

5 - 7 years winner
Sophie's Tin Can
Sophie Brower

8 - 10 years winner
Cool Deco
Zoe Anderson-Jones

11 - 12 years winner
Sweet Tooth
Hannah Pether

13 - 15 years winner
TK Parties
Kirstin Paulse
& Tatum Warren-Ngata

Joint Overall winners
Sophie's Tin Cans
& Cool Deco





The new Te Atatu Peninsula markets are proving popular with locals who are taking advantage of the fantastic array of food and craft stalls on offer. Organiser Danielle Clevedon says the market has been busy even when it has been raining. Over the winter the market operates fortnightly, on a Sunday morning, from 9-12pm. July's dates are the 6th and the 20th. Located in the car-park of the Te Atatu Tavern, the market space is provided by publican Steve Darcy and the Waitakere Licensing Trust. Danielle says visitors will

find fresh meat and Salmon, sweet treats and breads, and local creations like candles and soaps, which make great gifts. She says there is something for every budget and shoppers can stay a while in the picnic area, complete with bean bags and mats or enjoy one of the outdoor games while they have lunch.

Danielle says the market has been created to not only showcase local business and talents but to also bring new business into the local community. "At the moment it's mostly stall holders from out of the area," she says "and we'd like to see more local artists and people who work from home but don't have business premises."

As locals continue to support the businesses within the market they hope to create enough of a need that the businesses are encouraged into the Peninsula on a permanent basis.

"What we've got happening now is working really well," says Danielle. "We have between 25 and 37 stalls with 15 permanent stalls like the butcher, the coffee and the salmon stalls and the rest of them vary each time, giving a variety of crafts and products."



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Te Atatu Peninsula Business Association

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A Plus Beauty Spa	735 Te Atatu Rd	834-7018
About Face	84 Gunner Drive	834-4018
Abundance Art Gallery	617 Te Atatu Rd	5511850
Anthony Wong Dental Surgery	518 Te Atatu Rd	834-6359
ASB Bank	544b Te Atatu Rd	448-4130
Auckland Home Loans	547 Te Atatu Rd	8348682
Barfoot and Thompson	534 Te Atatu Rd	834-3570
Barfoot and Thompson Body Corporate	547 Te Atatu Rd	8892324
Beverley Groves Design	PO Box 45 246	834-5386
BigSave Superette	568 Te Atatu Rd	834 6464
Cakes and Cookies	6/80 Gunner Drive	837 3700
Caltex Peninsula Service Station	571 Te Atatu Rd	834-7546
CareVets	520 Te Atatu Rd	834-4430
Casa del Gelato	576a Te Atatu Road	8344219
Cassidy Eyecare	84 Gunner Drive	834-5280
Chan Takeaways	578b Te Atatu Rd	834-5246
Chil Body and Hair	84 Gunner Drive	834-3228
Clinical Update NZ Ltd	550 Te Atatu Rd	834-4825
Columbia Bakery	572 Te Atatu Rd	834-3278
Countdown Supermarket	571 Te Atatu Rd	834-8580
Cupboard Love	6/80 Gunner Drive	8377374
Debtworks NZ Ltd	1-3 Rhone Ave	834-0153
Deluxe Superette	568a Te Atatu Rd	834-6356
Design & Alterations	80 Gunner Drive	834-0090
Discount Outlet	568 Te Atatu Rd	2102396438
Dwell Healthy Homes	PO Box 45 246	834-5206
Emporer Motors	4a Harbourview Rd	834-8649
Et tu	532 Te Atatu Rd	834-5327
Food and Coffee House	578a Te Atatu Rd	834-8883
Fuze Café	566 Te Atatu Rd	834-8536
Gold Star Takeaway	564 Te Atatu Rd	834-8838
Golden Key Takeaways	546a Te Atatu Road	834-6690
Greens	572 Te Atatu Rd	834-6176
Haddad Group Takeaways	538 Te Atatu Rd	834-6429
Hammer Hardware	568a Te Atatu Rd	834-6210
Harcourts Real Estate	84b Gunner Rd	834-7052
Harveys Real Estate	530 Te Atatu Rd	834-6155
High Wire Electrical Ltd	2 Waikura Drive	27 244 9473
Hohepa Chartered Accountants	42 Spinnaker Drive	834-3712
Hooked on Fish	568 Te Atatu Rd	834-3638
Hooper and Landon Ltd	3 Waimuri Close	834-8164
Hospice Op Shop	568 Te Atatu Rd	834-1291
House of Patchwork	574 Te Atatu Rd	8349641
Jenny Craig	84 Gunner Drive	834-8924
K&A Bargains	542a Te Atatu Rd	834-8986
Kiwibank	550 Te Atatu Rd	834-9646
KJ Nally Barristers and Solicitors	534 Te Atatu Rd	834-9995
Loan Market	7/1 Rhone Avenue	8349325
Loaves & Fishes Catering	4/570 Te Atatu Rd	817-2285
Local Liquor Wholesale	3 Pringle Road	834-7825
Lotto at Unichem Pharmacy	556 Te Atatu Road	834-6303
Luscious Food Store	547 Te Atatu Rd	834-8499
Michael Coote	P.O Box 55 AK 1140	3377374

Mortgage Supply	3/1 Rhone Avenue	834-8682
MPR Group	1-3 Rhone Ave	8348859
Nappies For Less	570b Te Atatu Rd	834-0030
Noodle Canteen	552 Te Atatu Rd	834-1328
Odessa's Mini Mart	615 Te Atatu Road	834-2544
Orient Bakery	560 Te Atatu Rd	834-8382
Park in the Bar	3 Pringle Road	834-7396
Patten Brumby Ltd	627 Te Atatu Rd	834-5555
Peninsula Bakehouse	548 Te Atatu Rd	8348704
Peninsula Barber Shop	2 Harbourview Rd	8348704
Peninsula Blooms	540 Te Atatu Rd	8347778
Peninsula Counselling & Psychotherapy (By appointment only)		9484299
Peninsula Gardens	18 Neil Ave	8340585
Peninsula Hair Ltd	574 Te Atatu Rd	8345120
Peninsula Laundromat	3/570 Te Atatu Rd	2102292894
Peninsula Law	631 Te Atatu Rd	834-5389
Peninsula Medical Centre	382 Te Atatu Rd	834-6300
Peninsula Physiotherapy	382-386 Te Atatu Rd	8349329
Peninsula Roast	572b Te Atatu Rd	834-0525
Peninsula Stationery and Gifts	562 Te Atatu Rd	834-6143
Peppermint Twist Icecream	609 Te Atatu Rd	834-9941
Perfect Productions	607 Te Atatu Rd	834-4688
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Sam's roast	1/570 Te Atatu Rd	834-6638
Shahi Dawat Restaurant	547 Te Atatu Rd	834-1239
Songsum Emporium	552 Te Atatu Rd	834-8620
Speed Queen Cash Laundry	574 Te Atatu Rd	272338908
Subway	571 Te Atatu Rd	834-3786
Supa Fruit Mart	3/1 Rhone Ave	834-2473
Sushi Ami	5/80 Gunner Drive	834-0010
Sushi and Bento	546b Te Atatu Rd	834-1060
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Te atatu Laundromat	574a te atatu Road	272338908
Te Atatu Lawn Mower Centre	538 Te Atatu Rd	8347441
Te Atatu Menswear	548 Te Atatu Rd	834-6470
Te Atatu RSA	1 Harbourview Rd	834-3698
Thai Flavour	572a Te Atatu Rd	834-0646
Thai Peninsula Restaurant	9/80 Gunner Drive	834-9998
The Big Event Co	111 Taikata Rd	834-0029
Three Monkeys Tattoo	84 Gunner Drive	834-4206
Tony Vege	578c Te Atatu Rd	834-8883
Top Well Bakery	3/82 Gunner Drive	834-2328
Uneek Cutz	7/80 Gunner Drive	834-0100
Unichem Peninsula Pharmacy	556 Te Atatu Rd	834-6303
Vege Storm	546 Te Atatu Rd	834-4988
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