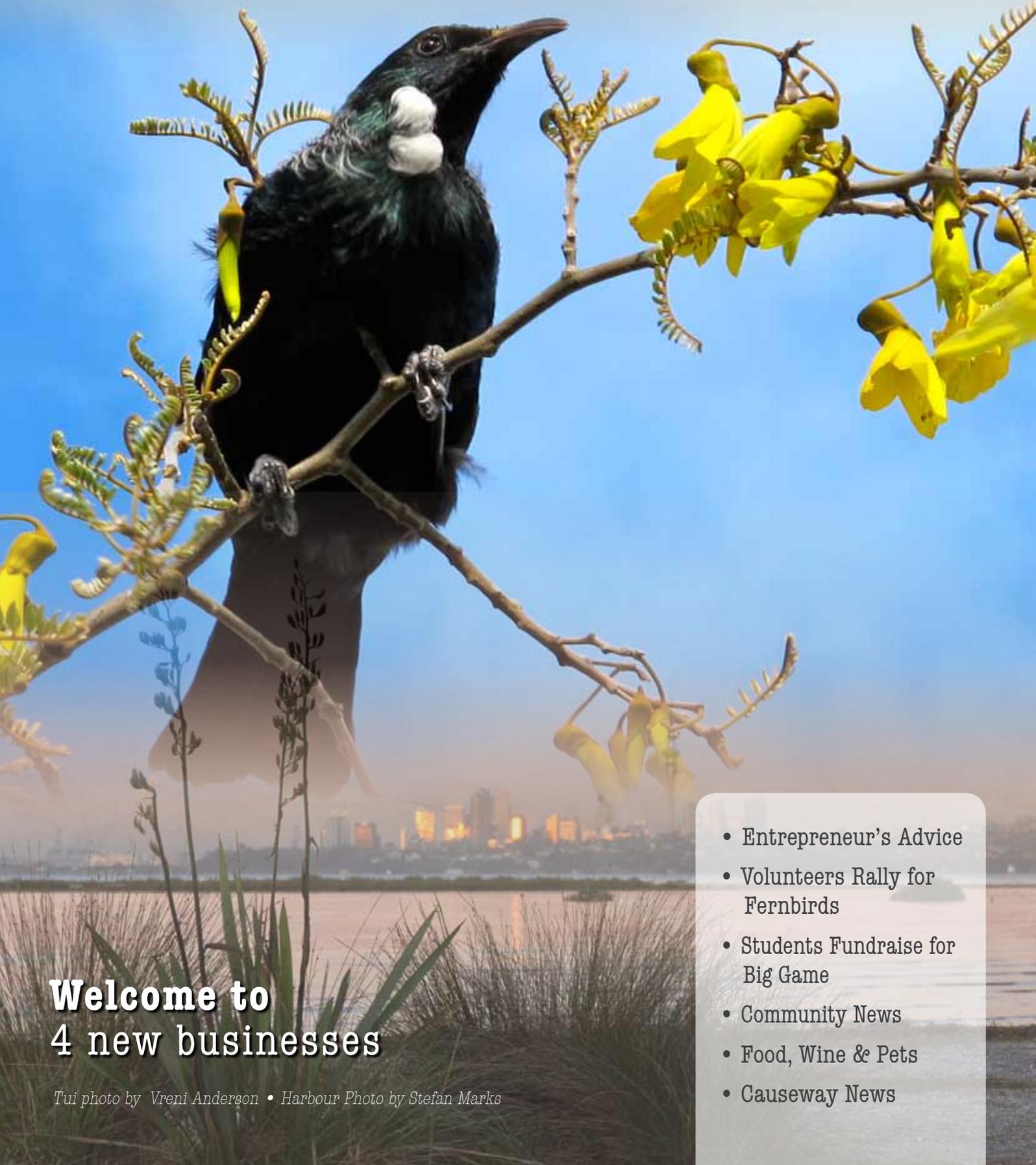


# Te Atatu Views

Te Atatu Peninsula Town Centre Magazine

Spring 2014



**Welcome to  
4 new businesses**

*Tui photo by Vreni Anderson • Harbour Photo by Stefan Marks*

- Entrepreneur's Advice
- Volunteers Rally for Fernbirds
- Students Fundraise for Big Game
- Community News
- Food, Wine & Pets
- Causeway News

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# From the Editor

Thank goodness spring is in the air - let's hope the rain stops for some of it. The Te Atatu Peninsula Business Association has been busy. We have a brand new website [www.teatatupeninsula.co.nz](http://www.teatatupeninsula.co.nz) which has some great features. For example we have a page for local employers to post job vacancies attracting local job seekers. This fits in well with one of the goals of our strategic plan that centres on growth and change. As our town centre grows with new developments, it will help reduce congestion to and from the Peninsula and encourage those locally employed residents to shop in our town centre. Other features of the site include an events page for local happenings and a map of our businesses – just click on the icon and read about the business or service. Make sure you check it out.

This edition of the Te Atatu Views introduces you to four of our new businesses (pages 4 and 5), and what great editions to our town centre they are. The business mix is definitely improving. Local muesli maker Clare Robinson tells us about her product Te Atatu Toasted and has advice for budding entrepreneurs (page 10). One of our new business people Sue Shopland delivers a mouth-watering Views On Food (page 12) and renowned wine critic Sam Kim tells us about the 2014 vintage (page 13).

Your Te Atatu Views is delivered by members of the Rutherford College Mixed Touch Team who are fund raising to attend the Auckland Champs in Papakura. That's them on the front cover and you can read about their efforts on page 6. Remember, you won't get a magazine delivered if you have a 'no junk mail' sign on your mail box so get out there with a paint brush and let us know that you want one. It's a great way to support your local town centre.



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**Richard is taking on new patients. He looks forward to meeting you.**



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Carolynn Moore, Justine Mesui  
John Zhang, Marcus Bishop  
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# Te Atatu Views

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Congratulations to the winner of our Winter Warmer promotion  
Ray Timmins who is a Peninsula local. He and his wife Dale  
will share some of their fabulous prize with their children and  
grand-children. Ray says they took friends for lunch at Et Tu as  
part of the prize, and they all thoroughly enjoyed it Thank you to  
everyone who shops locally and enters the promotions draw.

Robynne Pringle



Ray & Dale Timmins

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# Welcome to

## Dream Nail and Spa



After seven years of experience working at a nail spa in New Lynn, Lisa Park has opened her very own business at 538 Te Atatu Road. Lisa and her team offer the full range of manicures and pedicures and also specialise in nail art. The spa is beautifully set up with brand new equipment and is a welcome addition to the town centre.

## Gadgets Direct



Tucked away upstairs at 552 Te Atatu Rd, is Tanya and Densial Edmond's business Gadgets Direct. They provide the latest cell phones and tablets to customers, with interest free finance. Yes, you have read that correctly – you can take home your electronics and pay them off, interest free.

"You pay the price on the box," says Tanya "it's what makes us different from other companies." Originally a door to door business, sales are also now by appointment. Tanya says as the business develops, they will widen the range to include accessories and other electronics. For their contact details, look them up on our website [www.teatutupeninsula.co.nz](http://www.teatutupeninsula.co.nz)

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## Cupboard Love

Cupboard Love is fast becoming a favourite with locals and it's easy to see why. Sue Shopland's Caramel Slice in particular is becoming world famous in Te Atatu but her range of baking is hard to choose from. Sue trained as a chef but became a baker in cafes for 15 years. Then in 2010 she studied Baking and Patisserie at M.I.T. Sue has lived on the Peninsula for six years so it's a quick commute to the shop in Gunner Drive. The recipes Sue used at the bakery have been collected over the years and include stunning creations such as Pear, Caramel and Ginger Towers.

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# our Town Centre

## Evolve Kombucha

### Something New is Brewing on the Peninsula

Mother and daughter team Patrisha O'Sullivan and Megan Lattie have created their own unique blend of an ancient health drink and are brewing it right here in the town centre. Evolve Kombucha is an organic, probiotic, effervescent tea and Patrisha and Megan are bottling it in the old Loaves and Fishes premises.

Originally brewed in China and Russia 2000 years ago, kombucha is a symbiotic culture of bacteria and yeast. It provides beneficial gut flora and is said to detoxify the liver. Although sugar is used in the fermentation process, a lot of it is consumed by the culture. The process is similar to beer brewing but there is no alcoholic content because even though the yeast eats the sugar and produces alcohol, the bacteria then turns it into organic acids. .

Patrisha says she first tried the drink while living in California and after getting a culture from an established brewer, started making it herself, for family and friends. On returning to New Zealand after ten years, she heard of a Swedish lady who was making the drink. "I managed to get hold of the culture and then I started playing with the recipe," says Patrisha.

Megan says the business concept came about when she tasted her mothers' brew and told Patrisha that it tasted so good, she should sell it. Patrisha had just lost a few hours of work, and Megan was

so confident that the drink was a winner, that they went into production. After finding a commercial kitchen to brew in, Patrisha and Megan started selling the product at markets. Megan says everyone was asking "what's kombucha?" and it was initially a case of educating people.

Now, despite doing no marketing apart from talking to customers, their product has taken off to such an extent that retailers are approaching them, to stock the product. Evolve is now at 11 retail outlets including Luscious, Little Bird Unbakery and East West Organics. Megan says they were delighted to get a mention in Spy Magazine as a 'Hot Listing' during fashion week.

Although there are growing numbers of kombucha brands on the market," she says "retailers and customers are telling us that ours is the best kombucha they have ever tasted."



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# Students Work Hard to



**Rutherford College's Mixed Touch Team think they've got a competitive chance in the National Touch Tournament in December, but only if they can get there.**

The team is fundraising flat out to cover the weekend's expenses for the group of 17 and because they have no sponsors, every cent is raised by the team and their families. To cover the \$900.00 entry fee, the team delivers the Te Atatu Views magazine, rain or shine, dividing up the streets between them. But they still need to find enough funding to cover accommodation, food and transport for the weekend – for 17 players.

Manager Maxine Tipa says the annual tournament is organised by Touch NZ and attracts more than 60 teams from all over the country.



But the Rutherford College team has high hopes. Maxine says Coach Hugh Reu does a great job of shaping the team and he does it all voluntarily.

"They're an awesome little team, and there are some great talents including three rep players. We've got no sponsor at this stage, but we'd love one," she says.



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# Play Hard

Right now the team is also trying to raise enough funds for training shirts, although the College will provide uniform shirts for the tournament. They've held a BBQ at Mitre 10 and another BBQ with a touch tournament, and they will keep fundraising to reach their target.

Any business interested in sponsoring the team is invited to contact Maxine by e mail at tipam@rutherford.school.nz

## RUTHERFORD COLLEGE MIXED TOUCH TEAM:

**Back Row:** Iutoi Va'ai; Nathan Rollinson (Captain); Jayden Nicholas-Wright; Travis Hansen; Jeff Maepu

**Middle Row:** (Hugh Reu (Coach); Paxton Malingi; Malissa Tagaloa; Lydia Turua-Quedly; Alysse Abraham; Tyler Tamati.

**Front Row:** Mela Vili; Keanu Hansen; Jennifer-Rose Reu; Maxine Tipa (Manager)

**Absent:** Roman Blackman, Zaylin Inu, Nichola Quedley

# Safe and Friendly Club Invites New Members

Single women on the Peninsula have a safe place to go, where they will find a great social atmosphere, says Te Atatu Memorial RSA Manager Stephen Enger.

Stephen says women and the elderly can feel vulnerable going out alone at night but these members of the club say they always feel safe at the RSA and with a choice of activities going on several nights a week, they can end being very socially active. He says many people are under the misapprehension that you have to be a member of the armed forces to belong to an RSA but that is not true.

"The purpose of the RSA remains the same, to support our veterans and their families, but anyone else can become an Associate Member and enjoy full benefits of the club. Our purpose now includes bringing together people from the greater community, to form caring relationships with others."

Membership benefits include darts, snooker, bowls and events like quiz nights, comedy nights and live music. Stephen says many of their more than 1000 members are young families who find the club's restaurant a great place to bring children.

"It's relaxed and parents don't feel like they have to continually worry about controlling the kids."

Stephen says the club has come a long way since its' first meeting in 1960 and changes include 14 gaming machines that help provide grants to the local community.

"The attitudes of our members are warm and caring, and giving on the whole," he says. "They are willing to give their time, and everyone in the club cares about their community."

If you are interested in becoming a member, contact Stephen and he will guide you through the joining procedure, he says. "It's not difficult and you will wonder why you didn't join sooner."

# EXPERIENCE YOUR LOCAL RSA

## JOIN NOW Everyone is welcome!

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

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

### RESTAURANT HOURS

Fri Lunch	12.00 - 2.00pm
Thurs - Sat Evenings	5.30 - 8.30pm
Wed & Sun	5.30 - 7.00pm



# What's on in

## Te Atatu Community House

580 Te Atatu Rd  
Ph: 834 5827  
tatcomh@xtra.co.nz  
www.teatatucommunityhouse.co.nz

### ACTIVITIES AND CLASSES:

#### Poppies for Anzac

want to knit poppies for a display?  
Ph: 834 5827

#### Craft and knitting groups

Tuesdays and Wednesday 10am.

#### Playgroup

every Thursday 9.30-11.30am.

#### Market

every Saturday 7.30am at the Community House. Craft, general and food stalls welcome.

#### Justice of the Peace

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

#### Growing Micro greens

Ezi Greenz – presented by Age Concern for seniors. FREE workshop with FREE starter kit. Wednesday 12th November 12am-12noon. Enroll 820 2712, maureen@ageconak.org.nz or 834 5827

#### Free Community info sessions by Waitakere Community Law 10am-11am/12noon

#### Law of School

22nd September: Expulsions, Exclusions, Suspensions and School.

#### Clever Hands

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#### Raranga

flax weaving – date tba PH: 022 0366 985 or weaverweb@xtra.co.nz

#### Rooms

Community House has rooms to hire for meetings, tutoring, workshops, support groups, children's parties etc.

#### Classes available Term 4

- **Learner Licence** – 6 week course starts 20th October
- **Restricted Licence assistance** starts 22nd October
- **First Aid 1 day Home & Workplace** 21st November
- **Te Reo Maori** – if you are interested in learning Te Reo – contact 834 5827
- **Sign Language** – evening class coming soon.

## Santa Parade

Saturday December 6th 2014

Parade starts 11am from Hereford Street

Fun Day activities from 9am – 2pm at Jack Pringle Village Green and Community Centre.

The annual Christmas Parade and Fun Day is on again this year at the Village Green and Community Centre area, Saturday 6th December. Please contact us now to have a stall or to sell crafts and products. Spaces are filling up fast and we need your product details now.

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

Our raffle will also be held to help cover costs and we need donations for this, so if you have vouchers or goods to donate or anything that we can give away on the day, we would really appreciate this.

**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



Te Atatu Peninsula Parade Society Inc

## Official opening of the Te Atatu Library and Community Centre

Saturday 15 November at 1.00pm The Library and Community Centre will be opened following official proceedings and the unveiling of a plaque. There will be a range of activities and a free sausage sizzle as part of the celebrations.

## SPRING CLEAN

## FOR HOSPICE

Spring has sprung and it's time to de-clutter. Hospice West Auckland is here to help!

Revitalise your home by clearing out excess homewares, working electrical goods, furniture, ornaments and quality clothing, and donate them to your local Hospice Shop (Te Atatu Peninsula, New Lynn, Swanson or Helensville). Hospice will sell your unwanted goods for money, which means they can continue to provide free palliative care to the people of West Auckland with terminal or life-limiting illnesses. It's Westies helping Westies at its best, so get stuck in and spring clean for a great cause!

Fill boxes or bags with items and simply drop into your nearest West Auckland store during opening hours. Alternately, if you've got lots to donate or large items, phone 0508 4 HOSPICE and they'll come and collect at a time that suits you.

Visit [www.hwa.org.nz](http://www.hwa.org.nz) for store details and check out HospiceWestAuck on Facebook for some great spring cleaning tips.



# our Community

**The Biz Kids Presentation Day is on the 18th October at 2pm at the Chapel, Cnr Beach and Waipaini Roads.**

The Biz Kids come along and present their ideas and everyone who comes along gets the opportunity to vote for their favourite in each age category. It is a great event -prepare to be blown away by the talent of our creative kids!

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**cnr Beach & Waipaini Road**

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## Volunteers Rally for Harbourview Fernbirds

Around fifty community volunteers helped Forest and Bird plant hundreds of 'fernbird friendly' native plants at their August planting bee in Harbourview. They came from organisations including Friends of Harbourview and the Chinese Environmental Protection Society, along with members of the local community and other suburbs. A sausage sizzle was held at the pavilion after the work was completed to thank the volunteers.

Over the past two years, the Forest and Bird Motu Manawa Restoration Group, in partnership with Auckland Council's Parks West division and community volunteers, has been conducting restoration planting bees in selected parts of Harbourview.

Harbourview contains a large natural wetland on the eastern coast of Te Atatu Peninsula - home to breeding populations of North Island fernbirds and New Zealand banded rails. These native bird species were once very common all around the Upper Waitemata Harbour, but these days are much more range-restricted due to loss of habitat and seldom seen. The aim of 'Project Fernbird' is to replant Harbourview with native vegetation suitable for fernbird recolonization in areas presently overgrown with exotic gorse, blackberry and kikuyu.

Harbourview's fernbirds like to feed, breed and nest in tangled clumps of the native plant species pohuehue or wiry mattress plant, coastal tree daisy and saltmarsh ribbonwood. So far, three volunteer



working bees have put in hundreds of these plants so that future generations of locally-bred fernbirds can move into them one day. The more fernbird-friendly vegetation that can be restored, the more of these threatened birds will be able to live at Harbourview.

There will be other planting bees to come, but the next event will be the Forest and Bird Motu Manawa Restoration Group's inaugural annual coastal clean-up at Harbourview during October, 2014. If you're interested in some community volunteering to help with environmental work in Harbourview, you can email [motumanawa@gmail.com](mailto:motumanawa@gmail.com) for further details.

by Michael Coote

Photographs by Kent Xie



# Step By Step for Local Entrepreneur

Local entrepreneur Clare Robinson has taken her premium muesli brand Te Atatu Toasted, from farmers markets to supermarket shelves. With patience and the help of a business mentor she has grown her business step by step over 20 months and now her range of three mueslis are sought after at seven New World supermarkets and other outlet including Farro, Boric Foodmarket and Titirangi Supervalu.

The Te Atatu Peninsula resident says that to make a go of a new enterprise you have to love what you do and you not only need a point of difference, but need to push it home to customers as well.

"You also have to be motivated to work for yourself and work step by step to see what works and what doesn't," says Clare.

The point of difference for her muesli range she says is top quality ingredients and ensuring every ingredient is in there for a reason. Clare started by making her own muesli because she couldn't find one available that didn't have too much sugar or low quality ingredients designed to bulk out the cereal. Her Original muesli is sweetened with honey and apple puree only and her Healthy Blend is 97% sugar free. After stocking these first two products, Farro management asked if Clare



could provide a gluten free muesli, and the result is a product that is high in protein and has no fillers like rice bubbles or corn flakes in it.

Clare says after years of working in manufacturing she has observed that for businesses to produce affordable products, they are forced to look for ways to cut costs. Because it is very hard for most of them to cut staff costs and other overheads like power, it often ends up being ingredients or components that are compromised. However she says that these days, customers are becoming more aware of nutrition and there are outlets like Farro which attract customers who are prepared to pay a little more for top quality ingredients.

Clare now has a commercial kitchen with a food safety plan, making her mueslis to order. This makes it easier for her to grow the business and supply supermarkets. Her goal now is to go Auckland wide with her range



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by this time next year. She firstly wants to concentrate on supplying Auckland outlets because after offering a deal on Grab One, she found 80% of customers came from Auckland. At this stage in the business development it is easier and cheaper to get product to Auckland outlets, Clare says.

“And it’s also easier to go and look to see if it has been stacked on the shelves properly,” she says. However Clare will also actively encourage customers from outside Auckland, to purchase on-line.

“If you are starting a new business you need to be passionate and confident because you will get knocked back,” she says. “Occasionally something goes pear shaped and you need to think about how that fits into the scheme of things and not worry about it. Listen to people around you but be wary that they will be looking at things through their eyes, not yours.”

Clare says it helps for entrepreneurs to be in a stable financial position to start with. For those would-be entrepreneurs that have a great idea but hesitate to start off, she says there are two ways to overcome procrastination. What drives her like nothing else is that Te Atatu Toasted is her job and only source of income, so there is no safety net. Clare also sees a mentor every two weeks who helps her prioritise achievable goals. But while she recommends a mentor for motivation Clare warns that it can’t be a family member or friends because they are more likely to accept your excuses for not sticking to set goals. Clare’s mentor runs her own successful business.

“If I am meeting her on Tuesday morning, sometimes I am still ticking them (the goals) off on Monday afternoon,” she says. “Ninety five percent of the time things are not as scary as you think they are.”

# Box Fit Fun

## for Local Youth

Local mum and gym owner Andria Vagana knows bored teenagers are more likely to get into trouble than busy ones and that’s why the mother of four is starting up a Box Fit class for local youth this month.

“My husband works with youth and there’s a lot of negative stuff and crime going on,” she says. “It’ll be nice to have something positive to offer. While the kids are trying to find themselves they’ll be able to relieve stress and tension.”

The YO! Fitness and Training owner holds her fitness boot camps in different parks around the Peninsula during summer and moves indoors over winter with classes including high intensity training circuits, Box Fit and kettle bell training. Until now it’s been mostly adults benefitting from her focus on strength, fitness and nutrition and Andria says that holistic approach has helped some come off medications, lose excess weight & regain strength from cancer treatments. But when she was approached at a local sports club about providing something for the younger generation, she was keen to help.

Andria will be holding an open day at the gym in mid November for people wanting to find out more and they can keep an eye on the ‘YoBootcamps’ Facebook page and website for details.

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## views on Food with Sue Shopland



**For me, going through the pages of my recipe books is like looking through a cherished photo album.**

Each recipe has a history, a story behind its creation and memories attached of special occasions.

Recipes take many forms. They can be passed down the generations, quickly scribbled on a serviette or smeared with butter and sugar from repeated use.

No recipe is ever brand new - there is always a swapping of ingredients, an addition, or a tweaking to work with what is seasonally available in the cupboard, or to your personal taste.

Some of my favourites started off as basic recipes from Junior Cookbooks (my first childhood source of recipes) or even came about as a result mistakes and failures.

The chewy chocolate almond cakes I make began life as a House and Garden recipe called Zebra cake. It had two different layers and I messed up the second mix one day and decided to just put the dark, dense, chewy batter into small tins and just bake it as it was (I hate waste). As I was doing this I realised it was now a gluten free recipe as there was only flour in the second layer. These individual cakes, coated in a rich layer of chocolate ganache, are now a firm favourite with my customers.

Another time, a few of my friends decided to surprise another friend for his birthday with cake and wine. Unfortunately, after I had finished work I didn't have the time or inclination to start baking a cake.

As I wandered aimlessly around the supermarket aisles searching for inspiration I grabbed a jar of lemon curd, a pouch of mascarpone (Italian cream cheese) and some ready baked sweet tart cases. Two simple ingredients combined and they became the most delicious filling! From that day on, we always had them on the menu at the café where I was working. My friend still makes them every New Year's for her family celebration.

My maternal grandmother was French and I remember going to her house and having coq au vin followed by a dessert of sweetened chestnut puree folded through whipped cream. I wish I remembered more of her desserts. It might be time for me to go through my Mum's recipe books to search for some more memories.

### **CHEWY CHOCOLATE ALMOND CAKES** (GLUTEN FREE)

Makes 8

- 6 egg whites
- ¾ cup caster sugar
- 1 ½ cups icing sugar
- ¾ cup cocoa powder
- 300g ground almonds

Whisk the egg whites in an electric mixer until frothy and gradually add the caster sugar. Beat to stiff peaks. Gently fold in the sifted icing sugar, cocoa powder and the ground almonds.

It will become a very thick mixture. Spoon into well-greased Texan muffin tins and bake at 160C for 30-40 minutes or until the crust on the top is really firm.

Flip out onto a tray and cool before coating in chocolate ganache and drizzling with white chocolate.

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## Fabulous Spring Releases

Wine lovers, get ready for some awesome wines to be released in coming months. The 2014 harvest was a goodie. A relatively large cropping vintage with plenty of warmth and sunshine in most wine regions. Abundance of wines, yes, but since most of our wines are exported, we may not see huge discounting on retail shelves, as we did a few years ago. Still, the price should remain steady, possibly slightly lower over the summer period.

The good news is that this is a consumer-friendly vintage. Our two most popular early-drinking wines, sauvignon blanc and pinot gris, show lots of ripe flavours and they are more approachable and smoother than the wines from the 2013, and will be fabulous with light meals or nibbles on a sunny afternoon. Try wines by Coopers Creek, Lincoln, Matua Valley, Soljans and Tohu.

Chardonnays are generally released later than sauvignon blanc and pinot gris, and we are seeing some very good 2013s from this outstanding vintage, but the wines seem to be a little shy, needing more time in the bottle to develop those gorgeous flavours. They will come right though. Just need some patience. One thing you won't see these days is the big, buttery chardonnays we used to drink in the '90s, as the style is no longer trendy. Perhaps those retro chardonnays may come back in vogue sometime in the future. Excellent chardonnay makers in the West include Babich, Kumeu River and West Brook.

For red wine fans, you are in for a treat too. The fashionable pinot noir enjoyed excellent growing season in both 2012 and 2013. The wines are supple, silky and seductive. Just how they should be. And there are number of well-priced pinots under \$30. For good value pinot labels, look for Aronui, Julicher 99 Rows, Kumeu River Village, Mud House, Roaring Meg and Squealing Pig (by Matua Valley).

The fuller-bodied reds, such as merlot, cabernet and syrah, from the exceptional 2013 vintage are starting to be released. These reds from Northland, Auckland and Hawke's Bay display excellent fruit intensity and charm. There will be plenty of easy-drinking reds, as well as ones you can put away for ten years or more. West Auckland is no longer a major source of these grapes, but small amounts produced in the region are delectable. It's worth taking a short drive to many cellar doors which are so close to us. It's a great daytrip on a warm spring weekend. Some excellent locally grown red producers: Artisan, Coopers Creek, Kerr Farm and Twin Totara.

Across the ditch, the lucky country has come right with great 2012 and 2013 vintages, after a dismal harvest in 2011, especially in South Australia. Their famous shiraz are packed with dark fruit flavours and richness, and they can be enjoyed now if you love the youthful intensity of powerful reds. Good reliable brands: Brown Brothers, Jonny Q, Kirri Hill, Penfolds, Peter Lehmann, Taylors, Wolf Blass, Wyndham, Wynns and Yalumba. You do need to watch out for sub-brands under these names, as the prices can range from \$10 to several hundred dollars.

Happy sipping.

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



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**AMP 360**

# Causeway News

**Constructing the foundations for our project is a little more challenging than our specialist piling teams make it look.**

Along the 4.8km stretch on SH16 there is both deep, very soft soil and hard basalt rock with each type requiring a different approach and piling equipment.

Some of the softer soil around the Patiki Road on-ramp dates back 25 million years while the basalt rock near the Oakley Boardwalk originates from the Mt Albert volcano which erupted around 30,000 years ago.

The piling process involves vibrating pile casings (or metal tubes) through the soil or rock until they hit hard ground.

The casings come in lengths of around 12m and are welded together on site to create the length of the pile. The depth of the piles varies greatly, for example at the Oakley Boardwalk they are about 13.5m deep while the Patiki on-ramp they are over 40m deep.

Debris or soft sediment at the bottom of the pile must be removed because it can impact on the strength of the finished pile. Once

## 16 MAJOR CLOSURES ON SH16 CITYBOUND

- Northwestern citybound motorway closed between Te Atatu and Rosebank **5pm Sat 27 to 9am Sun 28 Sept** including Lincoln Road citybound on-ramp
- Great North Road citybound off-ramp closed **5am Sat 27 to 5am Mon 29 Sept**
- Expect severe delays, avoid SH16 citybound Sat afternoon – Sun morning
- Plan your journey and take alternative routes
- [www.nzta.govt.nz/projects/sh16causeway](http://www.nzta.govt.nz/projects/sh16causeway) or call 0800 444 449



our Engineering Geologist has confirmed the ground at the base of the pile is solid, level and the casing is clear of debris, the piling team use a crane to lower in to the hole reinforcing steel cages that have been checked by one of our structural engineers.

The cages are fitted together and secured before concrete is pumped into the pile from the bottom to the top. After the concrete pour has started the team need to remain on site until the concrete is nearly to the top of the casing which is why you might see our workers on site late into the evening getting the job done.



## A new neighbour

While working at the Whau River bridge our team was lucky enough to spot a seal swimming around the piers. We believe it was a New Zealand fur seal (*arctocephalus forsteri* or kekeno) most frequently seen around the South Island and Wellington. The seal was swimming on its sides, in and around the piers, which is a hunting method. Although it was hard to tell whether the seal was male or female, we presume it was a 'she' due to her petite size and that males generally have a mane.

### Quick facts about Kekenos:

- Males are on average 126kg and can grow up to 2m in length
- Females weigh 30-50kg on average and can grow up to 1.5m in length
- Breeding usually occurs during March to June with a gestation period of 9 months
- They can dive deeper and longer than other fur seals with males diving for about 15 minutes to a depth of approximately 380m



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**In previous issues I've written about skin problems in pets at length. Another common problem which often involves the skin is the appearance of lumps or growths. Owners of course worry that growths are cancerous, but fortunately most are not.**

However lumps should always be checked by a vet. I find many pet owners feel that if a lump isn't painful it isn't serious, but actually most painful swellings are due to inflammation, for example abscesses, and most malignancies are not painful until they are well advanced. And if a cancerous lump is identified at an early stage it is usually much easier to treat.

When we see an animal with a lump, as well as asking about its overall health and examining it, we will ask how long the lump has been present or when was it first noticed. A lump which has been present for a long time without changing is less likely to be harmful, while something which is growing fast is more worrying.

Sometimes, for example skin cysts caused by blocked oil glands or skin tags, we will be almost sure that a lump is harmless just from examination (or if it is a big ulcerated fast growing mass we may be equally confident that it is malignant), but most often we will recommend diagnostic tests. Initially we may take a sample with a small needle and syringe - this is called a fine needle aspirate. We can tell immediately if the mass is a harmless fatty lump, called a lipoma, because the needle will contain oily liquid. Otherwise we will examine the cells we have collected under our clinic microscope, which will sometimes give us the diagnosis, but we may also recommend sending the sample to the veterinary laboratory for examination by a trained veterinary pathologist.



If we can't positively diagnose the mass from our fine needle sample, or if we need more information about the grade or stage, the next step is a surgical biopsy under sedation or anaesthesia. For a small lump we might perform an excision biopsy, which means the entire mass is removed and sent to the lab for microscopic examination. For a large mass, or one in a difficult place such as the face or mouth, we would recommend using a biopsy punch or cutting out a small piece of tissue. The information we get will help us make the best decision for treatment.

The most common benign masses we see are fatty lumps (lipomas), skin cysts and warty growths. The most common malignancies include mast cell tumours and soft tissue sarcomas. Soft tissue sarcomas are slowly growing masses often found on dogs's lower legs. I could write several columns on mast cell tumours, as they are very variable and often look very similar to lipomas and cysts.

Remember that just as in humans, most lumps are not fatal, and if you are worried about a lump get it checked out, most likely your mind will be put at rest.

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# Te Atatu Peninsula Business Association

## TE ATATU PENINSULA BUSINESS DIRECTORY

1 & 2 Dollar Plus	576 Te Atatu Rd	834-8493
A Plus Beauty Spa	49 Matipo Road	834-7018
About Face	84 Gunner Drive	834-4018
Abundance Art Gallery	617 Te Atatu Rd	5511850
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
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
Dream Nail and Spa	538 Te Atatu Rd	834-4924
Dwell Healthy Homes	PO Box 45 246	834-5206
Emporer Motors	4a Harbourview Rd	834-8649
Et tu	532 Te Atatu Rd	834-5327
Evolve Live Kombucha	4/570 Te Atatu Rd	274050100
Food and Coffee House	578a Te Atatu Rd	834-8883
Fuze Café	566 Te Atatu Rd	834-8536
Gadgets Direct	552 Te Atatu Rd	272665401
Gold Star Takeaway	564 Te Atatu Rd	834-8838
Golden Key Takeaways	546a Te Atatu Road	834-6690
Greens	572 Te Atatu Rd	834-6176
Haddad Group Takeaways	538 Te Atatu Rd	834-6429
Hammer Hardware	568a Te Atatu Rd	834-6210
Harcourts Real Estate	84b Gunner Rd	834-7052
Harveys Real Estate	530 Te Atatu Rd	834-6155
High Wire Electrical Ltd	2 Waikura Drive	27 244 9473
Hohepa Chartered Accountants	42 Spinnaker Drive	834-3712
Hooked on Fish	568 Te Atatu Rd	834-3638
Hooper and Lundon 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
West Liquor	3 Pringle Road	834-7825
Lotto at Unichem Pharmacy	556 Te Atatu Road	834-6303
Luscious Food Store	547 Te Atatu Rd	834-8499

Michael Coote (AMP Authorised Financial Advisor)

	P.O Box 55 AK 1140	3377374
Mortgage Supply	3/1 Rhone Avenue	834-8682
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 and 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
Ray White-Buy West Realty Ltd	1 Rhone Ave	834 6789
Remedy Natural Health (Unichem Pharmacy)	556 Te Atatu Rd	211804927
Rodgers Reidy (NZ LTD) Insolvency	Lvl 1 547 Te Atatu Rd	834-2631
Sam's Roast	1/570 Te Atatu Rd	834-6638
Shahi Dawat Restaurant	547 Te Atatu Rd	834-1239
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
Suzanne Clark Family Law	4/554 Te Atatu Rd	834-8139
Tass Print	534 Te Atatu Rd	834-6338
Te Atatu Chiropractic	550a Te Atatu Rd	834-0440
Te Atatu Discount Superette	542 Te Atatu Rd	834-2089
Te Atatu Fisheries	613 Te Atatu Rd	834-6998
Te atatu Laundromat	574a te atatu Road	272338908
Te Atatu Lawn Mower Centre	538 Te Atatu Rd	8347441
Te Atatu Menswear	548 Te Atatu Rd	834-6470
Te Atatu RSA	1 Harbourview Rd	834-3698
Thai Flavour	572a Te Atatu Rd	834-0646
Thai Peninsula Restaurant	9/80 Gunner Drive	834-9998
The Big Event Co	111 Taikata Rd	834-0029
Three Monkeys Tattoo	84 Gunner Drive	834-4206
Tony Vege	578c Te Atatu Rd	834-8883
Top Well Bakery	3/82 Gunner Drive	834-2328
Uneek Cutz	7/80 Gunner Drive	834-0100
Unichem Peninsula Pharmacy	556 Te Atatu Rd	834-6303
Vege Storm	546 Te Atatu Rd	834-4988
West Auckland Counselling	552 Te Atatu Rd	834-7322
Westpac Bank	568a Te Atatu Rd	834-1505
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