

Te Atatu Views

Te Atatu Peninsula Town Centre Magazine

Winter 2015

- **Bryce Howard Moves on from Tasti**
- Sustainable Energy Conference for Te Atatu
- **Backyard Grocer Workshops**

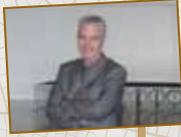
Photo Courtesy Of Stefan Marks

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Te Atatu Views

Published quarterly... Next issue: Spring

Advertising booking deadline Aug 7th 2015

Delivered September 5th 2015

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Circulation: 6250 copies

Delivered free to homes and businesses in Te Atatu Peninsula.

Available in selected libraries, cafés, street boxes and visitor accommodation

Published online at www.teatutupeninsula.co.nz



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Business Association**

Advertising Rates:

Full page \$575 plus GST

1/2 page \$300 plus GST

1/4 page \$165 plus GST

1/8 page \$140 plus GST

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From the Editor

Road works and rain seem to have dominated a lot of conversations in the street lately! The Te Atatu Peninsula Business Association got just a few days' notice of the resealing work in our town centre, and while communications were excellent, with Auckland Transport reps calling in from shop to shop, the work did get stretched out a lot. Rest assured that we do liaise with these agencies and do our best to advocate in the best interests of our town centre.

We advocate on a range of other matters as well. We have all been aware of the new development happening at the southern end of the village, with some concern from residents regarding a fast food outlet applying to operate 24 hour drive through. In this case, the Association wrote to the appropriate city councillor, asking that this variation to the original consent be publicly notified. That way everyone would get a say. We will watch with interest.

Another example of advocacy is the close relationship we have with the Community Constable Mike Chan Fong.

We are currently discussing ways we can work together to tackle some on-going issues. And of course, we enjoy a close relationship with the Henderson Massey Local Board as well.



This enables us to tackle issues in a constructive way. Currently we are liaising with Parks and Reserves as part of a Beautification project. We are working our way through the small public space gardens that have been looking shabby, with some great results. We are also engaging with landlords in an effort to get some privately owned shop frontage gardens made more appealing. Here is an example of a 'before' and 'after'.

The project involves a whole range of things we'd like to tidy up and improve, and we will keep you posted on progress.

Robynne Pringle

Be sure to enter our Winter Warmer promotion starting in participating shops on July 1st and be in to win great prizes including dinner out, movie tickets, hot pool passes and more.

Business News

Easter Winner

Thank you to everyone who entered our Long Easter Weekend promotion. I had fun compiling the ten hampers full of essentials for a long weekend. Ten lucky winners happily collected their prizes including Elizabeth Wilson, pictured here collecting her prize.



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Beat the winter blues by spending anything at all in participating Te Atatu Peninsula stores by July 29th, and go in to the draw to win three prizes of fabulous weekend treat packages for the whole family, worth \$600, \$400 and \$200!

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Gold Class Cinema tickets, a day for four at Aquatic Springs Parakai, takeaways for a great family night in, DVDs and a hamper.

Entry forms in stores now!

Business News

Tasti CEO Steps Down

After 14 years steering the success of Tasti Foods, the company's C.E.O Bryce Howard is moving on into unknown territory.

His shoes will be filled by Don Souloglou, who has worked for several multinational companies around the globe. Bryce says he is a good person with a good skill set and is happy that he leaves Tasti in capable hands.

Bryce has had a policy of employing locals in the Peninsula factory as often as possible and does what he can for the community, whenever help is asked for – he's currently storing the business association's six metre Christmas tree at Tasti for example, free of charge. He is a familiar face most mornings at Fuze where he gets his caffeine hit on the way to work but his last day was on June the ninth. Bryce says the decision was motivated by two key things – a good friend getting cancer and having what he calls a large life birthday.

"I turned 50 a month ago," he says "and you think, I'll be 60 before too long and 60 is close to retirement age. Have I done everything I want to do?"

Apart from that, since he left university Bryce hasn't had more than three weeks break at a time. Now that his children have grown up and moved out of home he says it is a good time to take a break.

The first priority is a holiday and Bryce says his wife Jill is looking forward to them travelling together – they and a group of friends are heading to Croatia and Greece for a month. Following that his plans get a bit more adventurous. Bryce plans to sail from Fiji to Vanuatu to help rebuild after the cyclone damage there. Then he's off to meet up with an old mate in Toronto, to go fishing in Northern Canada.

"Then I will do stuff around home. The projects I have never had time for."

Bryce says he isn't planning to look for a job until next year and is using words like regroup, recharge and refresh. He will be missed in the community and by his staff – Receptionist Jo says she is "gutted" that they are losing him. We in the business community hope he survives his adventures and wish him all the best for his future.



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2. Equipment; not all chainsaws are equal. Is your chainsaw sharp, properly maintained and suitable for the task at hand? If your chainsaw is struggling to do the job, stop!
3. Fuel; use the correct 2 stroke mix for your machine. When your chainsaw is not in use, for a period of time, empty the fuel tank. Petrol starts going off after 6 weeks and stale fuel can cause major damage to your equipment.
4. Maintenance; regular maintenance of the chainsaw is essential for safe, reliable and trouble-free operation. Do not operate the chainsaw if safety devices become defective e.g. chain brake, anti-vibration system.
5. Chain Tension; a loose chain increases the potential of kickback, and may also snap or derail. Correct chain tension is where the bottom of the chain's tie-straps is just touching the underside of the guide bar.

Te Atatu Lawnmower Centre has stock of the Echo CS309ES rear handle chainsaws at only \$329.00 incl GST. These come with a 5 year domestic warranty and 2 year commercial warranty.

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The greatest benefit of purchasing your outdoor equipment from a specialised dealer is the 'return to base' policy. Any concerns can be dealt with 'on the spot' with minimal delays; no waiting for machines to be sent away and assessed, which can take several weeks in some instances.



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Peninsula to Host

New Expo

Te Atatu Peninsula will be host to a brand new event - the NZ Renewable Energy Expo, the latest project by local event organiser Chris Cooper.

The one day show featuring domestic, commercial and industrial energy solutions will be held at the new Te Atatu Peninsula Community Centre on November 1st 2015 and public admission will be free. About 50 stands will feature demonstrations of various technologies, expert advice and a series of 30 minute



seminars from invited leaders in the field, including author and journalist Rod Oram.

Chris' company thebigevent.co.nz, has been producing festival and expo events over the last two decades, including the Healthy Lifestyle Exhibition, the Bike Day Rally, Tree Plant and the Auckland Celtic Festival. In this new event, they have had assistance from Auckland Council to present the expo, showcasing both practical and futuristic solutions to energy issues.

Chris says sustainability has been dear to his heart for some time. "I have always been interested in the environment and environmental issues," he says. "Now that we also have climate change to consider, we need to improve what we do. I feel we all need to contribute one way or another."

Chris says many of us are moving toward renewable energy as it becomes more accessible and cheaper. For example, solar cells have reduced in price dramatically. He says there are also more people manufacturing variations on technology that has been around for a long time, like water pumps for example, which have become a lot more efficient.

continued on page 6

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Peninsula to Host **New Expo** continued...

He is casting a wide net for stall holders and says the expo will showcase people and companies who not only install energy systems, but also promoters of these systems, including government departments.

“Anyone who is thinking of upgrading their house can sit down with someone who actually installs the systems or they can sit down with someone who advises on things like funding and how to get government subsidies,” he says.

Chris says he chose the Peninsula to host the expo because the new community centre is just right for a mid-sized expo. “It’s an easier place to access than most others, where parking is often a problem. Here there is lots of street parking and it’s a fantastic new building,” he says.

The expo will take place in the hall and might spread to the gallery, depending on the number of stands. Chris says the new expo may become bi-annual and with the pace of technology and the way it is improving, he thinks the event could have a life of up to ten years.

To learn more, go to www.thebigevent.co.nz or contact Chris Cooper on 022 600 9040.



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SCULPTURE TRAIL to Return in 2016

After a record season in 2014, The Harbourview Sculpture Trail, the picturesque outdoor art exhibition is set to return for a third time in March 2016, held at Harbourview Peoples Park, Te Atatu Peninsula.

The Harbourview Sculpture Trail, a biennial exhibition of contemporary New Zealand art is currently considering proposals from artists for the 2016 season, with successfully selected artists due to be announced at the end of June. Run by local charity Peninsula Arts Inc, the trail has become known for attracting some of New Zealand's most talented emerging and established artists. Over 13,000 visitors attended the Harbourview Sculpture Trail in 2014, with many local businesses reporting an increase in custom during the trail month.

Owner of local café The Luscious Food Store Jono Clarke said, "Everyday during the trail in 2014 we had groups coming into the café for lunch after they had been to the exhibition. It was easy to see they were from the trail, usually by their summer hats, footwear and trail catalogues. I would say business was up by as much as 20% over the month of March in 2014. Supporting the 2016 Harbourview Sculpture Trail is a no-brainer for us, and I hope all our local businesses get behind it."

During the 17 day exhibition, running 4-20 March 2016, sculptures will be set in and around ponds, amongst native flaxes and bush, in open fields and tidal salt marshes and against the spectacular backdrop of the harbour and Auckland City that residents of the Peninsula know so well.

For more information about the Harbourview Sculpture Trail, or to find out about volunteering during next summers trail season visit www.harbourviewsculpture.com

The view from Te Atatu Peninsula looking back towards Auckland city, featuring 2014 exhibiting artist Rennie Schwieters sculpture 'Attune'.

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Back Yard Grocer

Last year saw the launch of a fantastic local initiative, **Backyard Grocer**, which brought together a group of talented local 'foodies' and celebrated the bounty of delicious eating available right here in the Peninsula.

Following on from the huge success of the Hampers (which will be back for Christmas this year!), Backyard Grocer has launched a year-long gardening course, facilitated by local gardener and environmental planner Nicholas Woodley.

As an adjunct to the monthly gardening workshops, which are focused on helping local gardeners turn their own backyards into productive gardens providing fresh produce, Backyard Grocer is

hosting a series of one-off food and gardening workshops.

Topics include bread making, including the secrets of sourdough, cheese-making, keeping chickens and beekeeping.

Backyard Grocer founder Heidi Hughes is passionate about the multiple benefits of producing healthy food and is thrilled to be able to put the power into people's hands. "Backyard Grocer stems from a desire for people in our community – including my own family – to have access to delicious, healthful food, ideally grown right here. These workshops are just one part of that wider vision."

For more information on Backyard Grocer, the Garden Diaries and the workshop series, visit www.backyardgrocer.nz.

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Stephen Holdaway, owner of Countrylane Bakehouse in East Tamaki, used the service last year. He said having a pair of 'outside' eyes look at how he ran his business was helpful.

"The advisor looks at efficiencies that come with your business – in our case energy use in particular – and asks 'have you thought about this?'"

"For instance, we would leave our rack oven on all day and put a few racks in at a time. Now we wait until all the racks are full before we fire the oven up."

"We also talked about what to do about wastage. It was very thorough."

The programme inspired Stephen to get an energy audit, and he's since installed energy-efficient lights in his home.

Email ecobiz@aucklandcouncil.govt.nz to book a visit from an EcoBiz advisor or call 09 301 0101 for more information.

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What's on in

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Inland Revenue Assistance – for general tax, family assistance, child support.

By Appointment only 10am-12noon on 6th July, 3rd August, 7th September

Knitting and crocheting for beginners starting soon – Tuesdays 10am. Want to learn? – book now as limited places available at no cost.

Classes available at Te Atatu Community House (enrolments necessary)

- Learner Licence – 6 week course starts 27th July
- Restricted Licence assistance – course starts 29th July
- First Aid 2 day comprehensive Saturday 1st & 8th August
- First Aid Refresher – Saturday 1st Aug
- Sign Language- 6th August 7pm-9pm
- Indian Cooking on Saturdays-(Southern Indian) contact Community House

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

- 22nd June – Family Trusts, learn how these work and how to set up a Family Trust

- 10th Aug: Your Rights Against Horrible Neighbours

- 24th Aug: Legal Options To Get Out Of Debt

Enrolment essential.

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.

AGE Concern - Free presentations by AGE Concern for people over 50 years of age. Workshops coming soon.

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

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

Joggers & Walkers – every Sunday 8am

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

Te Atatu Floral and Garden Circle

Third Tuesday of the month (February to November)

from 7.30pm

Te Atatu Bible Chapel

Cnr Waipani and Beach Roads

Te Atatu Peninsula

Visitors \$2.00 Raffles \$1.00 per ticket

Come along and join us for an evening of fun, friendship and fabulous advice, from fellow enthusiastic gardeners and floral artists. We aim to provide an experienced garden speaker or floral demonstrator each month.

Our trading and floral aids tables are full of reasonably priced goodies.

Enter our Best Blooms, Floral Theme or Produce categories to be in to win an annual prize.

Our Travel Team organise various garden day trips and a yearly, fun-filled weekend away.

Mention this publication and your first visit is complimentary.

Contact our President Sheryl Marsden for further details. email:teatatufloralandgardencircle@gmail.com

ph:8184445

Arts Group

The Te Atatu Outreach Art and Craft Group has been meeting in the Te Atatu Union Church Hall on the corner of Te Atatu and Taikata Roads for many years. Each year they hold an exhibition of their work and this year, it will be held in the Church Hall on Saturday October 20th from 10am – 4pm.

The group hopes that the local residents and those further afield will come and browse or buy, and be surprised at the quality of work of the local artists. The arts group works with oils, acrylics and water colours and the craft group covers a variety of handicrafts.

If you feel inclined to explore or extend your talents you will be made very welcome by the members. Please call Audrey on 09 8345115 for arts and Margaret on 09 8346911 for crafts. The group is a great way of making new friends and finding that the Peninsula is a great place to live.

Did You Know?

- The Brick Villa on Longbush Rd was built from bricks from the Auckland Brick & Tile Co and auctioned in 1894 as a small farm, One of the early owners Mr Semedini took over responsibility of the local Sunday School and meetings were held in the local school. The building is owned by Auckland Council and was restored by Waitakere Council. It is listed as a Category II building.

- Te Atatu Park was originally known as Holman Park named after a resident and was created from land vested in Waitemata Council for land subdivision contributions from development in 1958. The park was developed by Bitumix in 1959 - 1960.

- World War II Anti - aircraft gun emplacements were constructed in 1943 and the story is told how the Defence Force were to go down Harbourview Rd and take the second gate on the left but instead took the second gate on the right. It is scheduled as category I Heritage Item in the Waitakere District Plan.

History Snippets courtesy of Elizabeth Grimmer

our Community

Rutherford Primary's PASIFIKA SHOWCASE

Rutherford Primary School hosted a PASIFIKA SHOWCASE of the whole Te Atatu Community on Friday 20th March

There were performances from Village and Peninsula Kindergartens, Rutherford and Montessori Preschools, Fetufa Tokelau Akoga Kamata



preschool and Rutherford Primary.

It was a great community event, well supported by our local community. Rutherford Primary is making this annual event - next year we hope to make even bigger.



Te Atatu Red Poppies

What a great display to commemorate the 100th anniversary of the Gallipoli landings and to remember all those that fell in war.

Te Atatu Community House initiated the Red Poppy Te Atatu project to have a display in the Library and in the gallery space at the Community Centre. Many different variations and colours of poppies were made, including purple to remember the animals and white for the nurses.

The knitters and crocheters of the Community House's Craft groups plus many others from the community put a lot of hours and effort over 2014 and 2015 into making the poppies and helping to install the display.

Thanks must also go to those that donated wool to the project as well. It is because of the generosity of the Community that we were able to put this together and make this a community project.

Many thanks and appreciation go to all those willing hands that have helped make this display possible, Peninsula Arts for helping bring a vision for the display and Te Atatu Peninsula Library for providing space for the knitting workshops on Thursday evenings over March and April. It is an honour to be a part of a community project to remember and honour the men, women and animals who have given their lives for our freedom.

Congratulations Te Atatu on another fine community project.



Toes were tapping at the library for Music Month.

May 2015 was the first time Te Atatu Peninsula library was able to invite performers from the local community to perform in our brand new library & community centre space.

Customers and staff have been entertained throughout the month with a range of diverse performances including: vocal performances, orchestra, jazz band, Chinese choir, and more to come.

It is wonderful to see customers stop and enjoy the music and provides the performers with a platform to showcase their talent and engage with the community.

Te Atatu Peninsula has considerable talent in our schools and different sectors of the community. Thank you to Rutherford College who have given several wonderful performances and all our performers who have volunteered their time.



We look forward to seeing Music Month as a regular feature of the library calendar. If you would like to be part of this event in 2016 please email TeAtatuPeninsula.Library@aucklandcouncil.govt.nz with your contact details and what you play.

Also don't forget to check out Auckland Libraries music resources.

Volunteers Needed for Working Bees

Volunteers are needed for the Forest and Bird's 2015 Local Community Working Bees in Harbourview and on Pollen Island - members of the public are most welcome to assist.

Native restoration planting mornings are on the second Saturday each month from June to September 2015.

Also we have our annual Forest and Bird Harbourview Beach Clean up in October and Forest & Bird Pollen Island Walk and Clean up in late November - dates to be confirmed.

Friends and family are welcome, including children under parental supervision. We have already planted several hundred 'fernbird-friendly' native plants at Fernbird Flats. The purpose of this planting is to increase the size of fernbird habitat in Harbourview and with that the existing population of fernbirds. The good news is that the majority of these plants have survived. The bad news is that many have been engulfed by twining weeds like kikuyu and convolvulus.

Releasing them involves cutting and picking weeds away from the desirable plants. As the native plants grow bigger, they can look after themselves, but right now they're too small to fend off aggressive twining weeds if left unattended.

We recommend you wear gumboots or sturdy shoes as the area to be weeded is swampy in winter, plus please bring along gardening gloves and pruning tools such as secateurs and gardening scissors.

If you could help, the fernbirds will love you forever.

To RSVP or for answers to questions, please email motumanawa@gmail.com.



*"Help me move into the neighborhood"
- photographed by member of FBMMRG
Jeremy Painting at Harbourview*

Volunteers needed - members of the public most welcome to assist.

Native restoration planting mornings - second Saturday each month from June to September 2015:

- Jun 13 - Harbourview: weeding around previous plantings
- July 11 - Harbourview: weeding and replanting
- Aug 08 - Harbourview: replanting
- Sep 12 - Taipari Strand: replanting

Also we have our annual Forest & Bird Harbourview Beach Cleanup in October and Forest & Bird Pollen Island Walk & Cleanup in late November - dates to be confirmed.

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FASHION

FOR A CAUSE

Promising a fun evening of fashion and entertainment, Hospice West Auckland and national business networking group BNI are partnering to present the Absolutely Fabulous Fashion Show, proudly sponsored by Douglas Pharmaceuticals.

The large-scale charity event will be held on Saturday 1st August, at the stunning new community centre in Te Atatu Peninsula. Local celebrities and well-known Auckland personalities will model along-side Hospice Doctors and volunteers, showcasing fashion sourced from Hospice West Auckland's four legendary Hospice Shops. The evening includes a 'Designer Clothes Sale' featuring garments seen on the catwalk, which will be available for sale on the night at Op Shop prices.

'Comedienne of the Decade' and celebrity host for the evening Michele A'Court will MC the event. "It just sounds like tremendous fun and I am a sucker for Hospice fundraisers, so I jumped at the chance to be involved. Also, I am a massive fan of op shops, so how could I resist?"

A range of exciting auction items will also be available for guests to bid on during the evening, with canapés, a glass of bubbly and live music included in the ticket price. All proceeds from the event will go to Hospice West Auckland, who provide free palliative care and support to patients and families living with terminal and life-limiting illness in our community.



The Absolutely Fabulous Fashion Show will be held at Kotuku Hall, Te Atatu Peninsula, Auckland, 7.30pm Saturday 1 August. Tickets are limited and available now.

See www.abfabfashionshow.co.nz for more info and tickets.



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Influenza

Influenza, or the Flu, is a serious disease that spreads very easily through coughing, talking or sneezing. Up to 1 in 5 of us come into contact with influenza every year, even if we don't get sick.

By immunizing against influenza you can protect yourself and lessen the chance of bringing the virus home to a baby, older relative or someone with a medical condition who could develop serious complications from influenza

Whooping Cough

Whooping cough is a highly contagious disease that cannot only be life threatening to babies, especially in the first 5 months of life, but can also cause prolonged illness in adults. It causes severe bouts of coughing and is easily transmitted. Immunity to Whooping Cough reduces over time and it is recommended that you are vaccinated every 10 years.

Parents are the most likely source of whooping cough infection for vulnerable young babies. Adults who have the vaccination can help reduce exposure of young babies to whooping cough. Our Pharmacists are now able to provide the whooping cough vaccine to adults 18 years and over.

Meningococcal Disease

Meningococcal disease is a bacterial infection that causes two very serious illnesses, meningitis (an infection of the membranes that cover the brain) and septicaemia (blood poisoning).

Diagnosing and treating meningococcal disease is not easy. Currently there are about 100 cases every year in New Zealand.

It can affect anyone, but it is more common in children under the age of 5, teenagers and young adults. Students in their first year of tertiary education living in a hostel situation may also be at higher risk.

The vaccine that protects against the 4 most common strains of meningococcal disease is now available for people 16 years of age and over from Pharmacists.

Shingles

Shingles is caused by the same virus that causes chickenpox. After your chicken pox blisters heal, the virus remains in your body and is dormant until the conditions are right and then it presents as shingles.

Approximately 1 in 3 people will experience shingles in their lifetime. For some people shingles is more than a painful blistering rash. 1 in 4 people will develop complications, the most common being long-term nerve pain that can last for months or even years after the rash has healed.

If you are 50 years and older, talk to one of our Pharmacists, who are now able to provide a vaccine that helps prevent shingles.

In our Spring edition, Naturopath and Medical Herbalist Sharlene Ellis will talk about natural ways to boost your immune system



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views on Food

With Jono Clarke



So winter felt like it arrived very abruptly this year, not that we didn't know it was coming.

But we had barely started thinking about those winter staples of soups and stews and hearty roasts when the cold nights rolled in and we were quickly putting them into the menu.

One of my favourite things to make is soup! It can be so many things. Hearty, filling, smooth, rustic or refined and made from ingredients that are in season. I love the flavours and textures you can add. It may seem like it's been done to death, but those classics like pumpkin soup or chicken and vege soup are still two of my all-time favourites. But if you want to get a little more creative, another soup which I have been making for 20 years now and always makes an appearance every few months at the luscious food store is my tomato, chorizo and mussel soup. It is a simple soup which just bursts with flavour because every ingredient adds oodles of flavour to the pot.

Winter Soups

Like any bit of simple cooking it relies on some quality ingredients so make sure you get some good chorizo, fully flavoured stock and some fresh New Zealand grown garlic to create a meal that I'm sure you will also cook, time and time again.

TOMATO, CHORIZO AND MUSSEL SOUP



Ingredients

2 litres fish or chicken stock
2 chorizo sausage sliced 5mm thick
30 mussels de-bearded and scraped of barnacles
1 large onion 1 cm diced
4 cloves garlic sliced, 3 large tomatoes
2 cups of cooked diced potato (1 cm dice)
Coriander to garnish, Olive oil

Method

Pre-heat a small fry pan to really hot but with no oil in it. Drop in the tomatoes - they should spit and shiver in the pan. You are just blackening the skins so you will need to turn them as they become charred on each side. Once these are done very roughly chopped the tomatoes into 2cm cubes.

In a large heavy bottom pot, heat to medium hot and add the slices of chorizo and stir so they start to brown and release the delicious paprika oils. Add the onion and garlic and turn up the heat so you get the onion and garlic to go golden brown quickly.

Once they brown add the stock and tomatoes, bring to the boil and simmer for 5 minutes then add in the potatoes and mussels and simmer until the mussels open.

Check the seasoning and divide into 6 bowls, scatter the coriander across all the bowls and serve with toasted sourdough bread. Enjoy!

views on wine

with Sam Kim



www.wineorbit.co.nz

Finding the perfect match

Finding the right wine is a tricky business. Wine, like most consumer products, has become a minefield of variables.

Different varieties, vintages, regions and wineries. There are over 700 wine producers in New Zealand, each making many labels. Add thousands of imported wines, and you have almost endless choices. Some of us stick with the brands we know; others just buy the cheapest on offer. Increasingly many of us look for third-party endorsement. You can't go wrong with an award winning wine, right? Yes, and no.

There are quite a number of wine shows or competitions in New Zealand, and of course dozens more in other countries. I currently judge at seven wine shows including the prestigious Air New Zealand Wine Awards and Decanter Asia Wine Awards (Hong Kong) as well as for the Cuisine magazine. Each show has its unique personality and appeal. Some wine shows judge wines from all over the country; there are single regional wine shows; there's one focuses on aromatic wines only; and two wines shows judge wines from New Zealand along with imported wines.

Medals or star-ratings are awarded after blind tastings. Unlike the Olympics, there can be several gold medals given in a single class. Gold medal is equivalent to five-stars, silver four-stars, and bronze three-stars. Trouble is, a medal sticker on a bottle does not tell you what the wine will taste like. An award gives you an indication of the quality of a wine but not the style. For chardonnay, for instance,

Finding

I could give a gold medal to an elegant, delicately flavoured wine with subtle oak and crisp acidity, as

long as the wine shows concentration and length of flavour. I can also give a gold to a richly flavoured chardonnay with generous oak and buttery flavours. Both good but very different. It's like movies with Academy awards. You are not necessarily going to love them all.

Apart from wine shows and competitions, you can also look at wine reviewers' ratings and scores. I provide that through my own Wine Orbit (www.wineorbit.co.nz) online magazine where people can see the rating as well as descriptions, which will provide some idea of the quality as well as the style. And there are many other avenues, newspaper wine columns, magazine tastings, and consumer-based rating websites and apps.

Whatever you decided to follow, you can't beat your own palate. At the end of the day, you are the one who are going to pay for the wine and drink it. Awards and reviews can be useful tools when considering a new label or style.

Here are a couple of gold medal or five-star winning wines worth having a go. Soljans Estate Fusion Sparkling Muscat (\$15). This is a delightful fruity sparkling wine with appealing sweetness. Low in alcohol (only 8.5%), this is a fabulous wine at a weekend brunch or with cheese platters. Coopers Creek Hawke's Bay Syrah 2013 (\$28) offers loads of dark fruit flavours with silky mouthfeel and stylish oak complexity.

Happy hunting.

Protecting Kitty

Last time I discussed the infectious diseases of puppies for which vaccinations are available in New Zealand. Now I will turn to kittens.

Although it's late in the kitten season we are still seeing young kittens for routine vaccinations, and in fact we rehomed 3 stray kittens in one week from our clinic recently.

All but one of these diseases are caused by viruses. Upper respiratory disease, with symptoms similar to colds in humans, often referred to as "snuffles" or "cat flu", is most commonly caused by the feline herpes virus.

As with other herpes viruses, for example the cold sore virus, once a cat has been infected it will carry the virus for life, and after the initial infection symptoms can reappear if the cat is stressed by boarding in a cattery, moving house, another illness etc. The virus is very infectious and is spread in droplets from sneezing, but kittens can become infected from their mother when very young

or even when in the womb, without showing symptoms, only to get unwell when they are stressed by leaving their mothers, going to petshops and then to new homes all in a short time. The feline herpes virus also commonly causes conjunctivitis, eye ulcers and other eye problems, and is the commonest explanation for a cat to have eyes which are intermittently weepy. The other common viral cause of snuffles is the cat calici virus which often causes ulcers on the tongue as well as cold signs. Both these viruses are included in the basic 3/1 vaccine recommended for all cats. A third cause of respiratory disease and conjunctivitis is the cat chlamydia organism, and this is included in a 4/1 vaccine.

The third disease included is feline enteritis, confusingly also often referred to by lay people as cat flu. Feline enteritis is actually closely related to parvovirus of dogs, and the symptoms are similar, with severe vomiting and diarrhoea often ending in death. When I was at university feline enteritis was a common disease and unvaccinated kittens were very likely to catch it, but thankfully it is now very rare in pets. I think it would be 15 years since I last saw a case in an owned cat, but believe it still occurs in groups of stray or feral cats.

Because both snuffles and enteritis get referred to as cat flu, I sometimes see owners very worried about cats who are sneezing, but most adult cats that are otherwise well who catch snuffles will recover after a week or two of sneezing. Young kittens and very elderly cats can become very unwell but with appropriate treatment they will usually recover too.

Vaccination gives good protection against enteritis. It doesn't always completely prevent snuffles, because of the number of cats and kittens which already carry the viruses, but symptoms are less common and much less severe in vaccinated animals. I also hasten to add that feline herpes and chlamydia aren't infectious to humans!

To conclude, we recommend that all kittens are vaccinated from 6 - 9 weeks on, as with puppies the exact schedule might vary in different areas. I'll continue with a discussion of feline AIDs and feline leukaemia viruses next time.



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We are a small family orientated centre catering for a maximum of 22 children at any one time. Peninsula Montessori provides a warm and welcoming atmosphere for both children and parents. Your child will receive a Montessori education from experienced teachers who are dynamic, caring and focused on making your child's day special. Our teachers will guide your child through their learning and development as they explore the environment around them. Our specialized equipment gives children the opportunity to develop a love of learning and most importantly self confidence. The staff at Peninsula Montessori Pre-School look forward to meeting you and your child.



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Causeway News

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Look out for lane changes

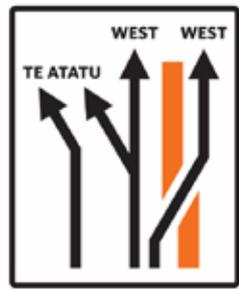
Lanes will continue to move along the Causeway while we make room for the next stages of widening and raising the motorway. As the lanes are shuffled about the configuration will always have the same number of lanes available in each direction.

The next big move will be in late June between Rosebank and Te Atatu when the two westbound left-hand lanes will be separated from lane 3. This change will start before the Patiki onramp. Drivers wanting to exit at Te Atatu will need to get into the left hand lanes early.

You may have also noticed lane shifts in the Great North Road area where the lanes are being moved to the outside edges.

These movements are creating additional space in the middle so the Waterview Connection team can work on the remaining motorway on-ramp piers from the tunnels.

The Great North Road citybound exit will also be moved in the coming weeks with the off-ramp lane starting earlier. As always, keep an eye out for these changes, follow the signs and chose your lane early.



Progress on the causeway

The bridge piles on the city or northern side of the Causeway Bridge have been drilled with all 12 now in place. The piles for this bridge range from 20 to 41 metres deep and require specialist equipment to drill through the soft soil and marine mud into a solid foundation. The beams for this bridge have been lifted into place.



Citybound traffic will be shifted to the new bridge later this year. This will allow the upgrade of the existing bridges to begin.

Community Liaison Group Meeting

Thanks to those who attended our quarterly Community Liaison Group meeting on Wednesday 6 May. It's great to meet with you, hear your feedback and questions. The next meeting will be on Tuesday 18 August, 7 to 8.30pm at the Pringle Park Bowling Club, Pringle Rd, Te Atatu Peninsula. Please mark the date in your diary and if you have specific areas of interest, please let us know in advance so we can endeavour to include the information in our presentation. We look forward to seeing you there.

Night works on the Whau

Throughout March and April some large cranes were parked on the westbound motorway at night to lift the last of the Whau River Bridge precast beams in to place. Six large bridge spans, with four beams per span, were hoisted in to place using 220T, 300T or 450T cranes during six separate night closures.

The weighty beams range between 36T and 67T with some requiring two cranes to work together in what is termed a dual lift, to put it safely into place.

The strands you can see sticking out the end of the beam run the full length and are prestressed to add strength. Once lifted in to place these bars are entwined with the reinforcing steel in the bridge piers and crossheads and then encased in more concrete.

The next stage is for the newly built section to be connected to the existing bridge in what is known as a "bridge stitch". This will involve closing two of the three lanes on the westbound motorway for approximately 14 hours during one night in July while the concrete is poured and reaches sufficient strength. The two lanes need to be closed as vibrations from passing traffic will impact on the concrete setting process.



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Two locally developed and run holiday programmes, running since 2012, provide hugely enriching activities for local kids every holidays.

Local resident Heidi Hughes set up JamKids and SportyKids after seeing a gap in the market for professionally taught engaging and enriching holiday courses. Now in their fourth year JamKids and SportyKids both have many attendees who look forward to the course each break, and also attract kids from the wider Auckland area.

Heidi has a background in community management and arts event management. As a lover of dance and music, she knew that she wanted music and the performing arts to be a part of her children's life, and she also wanted them to get the joy that comes from physical activity.

"I wanted to provide something fun and enriching for kids to do during the holidays, and also help kids find confidence and joy that comes from the performing arts and sports," says Heidi.

Why performing arts for kids?

According to a broad recent study in the U.S. participating in the performing arts has been shown by Americans for the Arts to enhance academic achievement.

The research showed that participating in arts programmes – performing arts, visual arts, and technical arts – builds cognitive ability, social-emotional skills, intelligence and creative thinking, fosters tolerance and inclusion, enhances language and verbal skills and builds confidence and self-esteem. It offers an outlet for kids that is totally different to classroom learning.



Jam Kids

Sporty Kids

JamKids offers an intensive and fun week, where children can explore and play with different instruments and dance, and find which ones they enjoy.

As the skill levels of the children in JamKids has developed, a new programme was created in 2014 to cater for children up to the end of intermediate; Band Extreme provides an opportunity for our young musicians to form a band, explore different music styles and create their own music, the band has the opportunity to perform at the end of course concert.

SportyKids helps all kids discover physical joy

Most parents have the idea they want their children to participate in sports not just for the benefits of physical activity, but also for the social benefits that come from being active.

Benefits of sports for kids can generally be broken down into three broad areas:

- 1.** physical activity, building strength and coordination
- 2.** perseverance, trying new skills and perfecting them
- 3.** cooperation, working with peers and learning how to be supportive

Working with Jérémie Bouvet, a graduate of AUT's Physical Education department, SportyKids is a programme that provides a physical outlet for kids during the holiday and to allow them

to explore their own abilities, as well as providing a supportive and encouraging place for children to explore a variety of sports while working alongside their peers.

Jérémie's focus is on helping the kids grow in prowess and confidence across the week. "I love seeing the way the kids develop. We often have kids who are lacking in confidence at the beginning of the week, but by the end of the programme are confidently participating."

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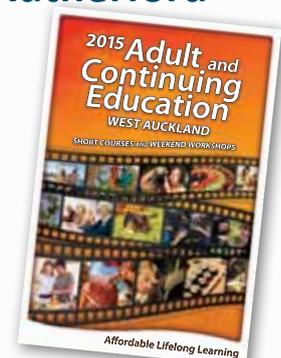


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Local holiday programmes provide crucial creative enrichment

with a wide variety of well-supported sports clubs with kids teams or instructors. SportyKids introduces a different range of sports each holidays, taking cues from the seasons and weather, providing a great, encouraging and supportive environment for kids to explore their physicality.

Past sports have included skateboarding, kayaking, and rugby. For the winter holidays SportyKids will be focusing on winter sports, with netball and football, complemented by gymnastics provided by GymKids and a daily swim lesson at local swim school Swimsation, rounded out by free time in the pool.

Outside the classroom, building skills for use back inside the classroom

“More and more parents say to me that they wish their kids could get more arts and sports exposure at school, Anecdotaly, it seems the introduction of National Standards has put even more pressure on an already full curriculum. While music is available in all our local primary schools, getting intensive instruction is just not practical to fit into an already full school curriculum,” says Heidi.

Both programmes consistently get positive feedback from parents. Not only do we have children who discover a love and talent for a new sport or for music or dance, but many children who find greatest benefit in their expanding social sphere.



“Thank you for running such an awesome programme – I could really see my kids thriving within it! I am so impressed with how the whole thing seemed to run so smoothly and the coming together at the end was brilliant – makes me excited for the confidence my kids could develop as they grow,” says a Te Atatu parent.

As our readers know, the strong sense of community is part of what makes living in Te Atatu Peninsula great. Connecting with the community and participating in the wider community is a key focus for JamKids. Groups have performed at the annual Fun Day, and the closing concert at the end of each programme is open to the wider community. Classes are also occasionally offered to pre-school children, using JamKids teachers and instruments and our fantastic library. Registrations for the winter holiday programmes are open now. SportyKids runs from July 6 – 10 and JamKids from July 13 – 17. Full week and short courses are available.

To find out more about JamKids and SportyKids visit www.jamkids.co.nz and www.sportykids.co.nz.



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