

# Te Atatu VIEWS

Te Atatu Peninsula Town Centre Magazine

SUMMER 2016



**IN THIS ISSUE:**

*Business news*

*Community news*

*Lifestyle*

*Photo courtesy of Stefan Marks*



## Te Atatu Peninsula Business Association

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	Leonie Higgins: Barfoot and Thompson
	Rob Stewart: Te Atatu Chiropractic
	Danielle Gordon: ASB
	Michelle Nuttall: West Auckland Counselling
	Troy Cassidy: Cassidy Eyecare
	Varun Chowdary

Town Centre Manager: Robynne Pringle

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# From the Editor

**Can you believe how fast this year went by? I know we always say that, but 2016 was the fastest one yet! Our Christmas tree is up outside the Union Church in Te Atatu and people are starting to get into the swing of the summer season. To help you find your summer groove we are hosting two lunchtime concerts on the library veranda on the 10th and 17th, from 11am until 2pm. Bring a deck chair and sit back in the sun (yes I'm being optimistic here) and enjoy The Good Oil and Maria O'Flaherty and the Ben Fernandez Quartet.**

Have you done your Christmas shopping yet? When you shop locally, make sure you fill out an entry to our Christmas promotion at participating stores, because you may just win yourself a weekend on Waiheke or a mini break at the Hilton or Stamford Plaza Hotels – that would really help you get into a festive mood. If you have been struggling for gift ideas, check out tips for making your own gifts on Pages 12 and 13. You can create your own beautiful candles or you and the kids can have a go at making quirky Japanese moss balls, called Kokedama.



Our town centre is changing rapidly and will be gradually redeveloped, year by year with more and more businesses becoming part of our community. In each issue, we welcome all new businesses and you can read about Amayz Cuts N Fades Barber Shop, Vivo Hair and Beauty, new Chiropractor Aziz Askin who joins Te Atatu Chiropractic, graphic designer Brand Mechanic and a new collective of practitioners, Restore Wellbeing on Pages three, four and six.

We've just had a local body election and the new board Chair Shane Henderson is the youngest Chair in Auckland. Read about Shane's priorities for West Auckland on Page 14.

The Te Atatu Foodbank has a new home in time to meet the Christmas rush, but donations of food are still needed – read how you can help on Page 18.

Speaking of food, you may need ideas for Christmas catering – Sue Copeland gives one of her favourite Christmas recipes and Sam Kim helps with wine recommendations on Pages 16 and 17.

The Te Atatu Peninsula Business Association, would like to take this opportunity to thank special people for their support. Our Christmas tree is stored free of charge at Tasti Foods on the Peninsula, and we are very grateful

Disclaimer Te Atatu Views is the magazine of the Te Atatu Peninsula Business Association. Advertising statements and editorial opinions expressed in the magazine do not necessarily reflect the views of the Association or the Committee unless expressly stated. Any communication can be forwarded to the Editor at the contact details provided. The contents may not be reproduced in any form without the written permission of the Editor. No responsibility is accepted for the Author's suggestions and conclusions, or for any errors or omissions.

this and the help of forklift drivers and staff when it is time to pick it up and put it away again. Also due thanks is the Union Church who kindly let us put the tree up on their lawn and connect it up to their power. Each month the TAPBA committee meets upstairs at Rodgers' Reidy, who let us use their conference room free of charge. This is a huge cost saver and we are very grateful. The volunteers that make up the TAPBA committee put aside their own time to help our business community thrive. Being on the committee is a commitment to our economic wellbeing and one they are happy to make. On behalf of the committee, we wish you all a safe and happy festive season.

*Editor, Robynne Pringle*

## WELCOME to the Peninsula

### BRANDMECHANIC

Welcome to BRANDMECHANIC, a design service now open upstairs in Suite 3, 552 Te Atatu Road. Graphic designer Bryan Plimer has been working on branding and packaging design for 20 years and enjoys creating complete branding, or rebranding solutions for businesses. He describes his studio as a one-stop-shop for a strong logo, smart uniforms and functional signage.

"Small businesses can have the same impact as the 'big guys' without the big price tag, it just takes a little thought in pre-production," he says.

Bryan is often involved from the start of the branding projects, sometimes coming up with the business name as well as colour schemes and themes to support the visual identity. The BRANDMECHANIC name came about from Bryan's love of motor racing and he likens his work to owning a classic car.

"Sometimes it may just need maintenance, a tune-up, a tweak, other times you need to strip it back to see what parts aren't working, replace components and build it back up better, stronger," he says. Working over the internet now means his portfolio has international clients too, but it is in West Auckland where Bryan would like to make a stronger impact.



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# WELCOME to the Peninsula

## Restore Wellbeing

Feeling stressed? Unwell? In need of some 'me' time? Restore Wellbeing is a new health and wellbeing collective at 552 Te Atatu Road, upstairs above Noodle Canteen. The centre was created by Remedy Natural Health naturopath and medical herbalist, Sharlene Ellis and Revival Massage therapy practice owner, Viv Butler.

They say they saw a need for a place where the people of west Auckland can go to receive high quality natural health services, and where by working



Viv Butler, Sharlene Ellis, Aaran Church and Peter Milne.

together, health practitioners can grow their businesses along-side each other, providing support and encouragement.

Since quietly opening in September they have been joined by acupuncturist Aaran Church, who also practices other traditional Chinese medicine therapies as well as mind/body practices.

When searching for premises Sharlene says they were lucky enough to find a space right next door to Peter Milne from West Auckland Counselling- a perfect fit for their vision, and the counselling service is now part of the collective.

*"Basically we want to be the one stop shop for people looking to better their health," she says. "For example if you suffer with stress or anxiety-depression, then you can choose to see us for several ways to deal with it naturally, with a relaxing massage, by talking through issues with our counsellor, by using acupuncture and with natural medicine."*

## Ahmayz Cuts N Fades

After many years the local barbers shop has changed hands, changed its' name and definitely changed its' style. But owner Timi Tairi says the new team is honouring the legacy created by retired barber Ron Trenary and his daughter Mel and they are enjoying meeting some of Ron's old customers.

Timi, who was born and bred on the Peninsula, is a self-employed civil contractor and leaves the cutting skills to his hand-picked team of young barbers, who are all connected to him in some way. Bronson is Timi's brother in law, Josh is his nephew and Trent's Mum went to school with Timi on the Peninsula.

Timi says while the staff are aiming at a wider range of clientele, than the original

barbers' shop, they are still honouring Ron and Mel's legacy. He says their work ethic is quality over quantity and staff try to create a positive vibe in the shop to make people comfortable. The young team relates to all walks of life, from babies to elderly gentlemen.

*"As much as it is a business, it's not about the money, it's about the people who come into the shop."*



The Ahmayz cutting team (left to right) Josh, Bronson and Trent

## Chiropractor Aziz Askin

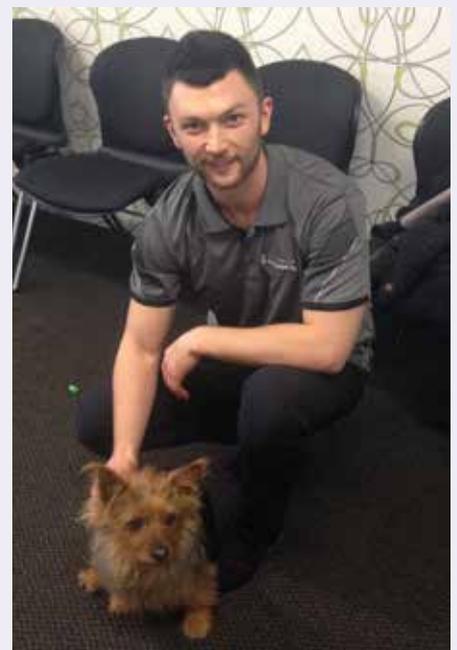
Everyone knows Rob the Chiro and his wee dog Maggie, but now he has company - there's a new Chiropractor at Te Atatu Chiropractic.

Aziz Askin was, despite his unusual name, born and bred in Timaru to European parents. His parents simply loved the name after hearing it in Bali while on honeymoon. Aziz says the story goes that his Dad declared "It's going to be a boy and his name will be Aziz or he's going back!"

To become a Chiropractor, Aziz studied for five and a half years and now has a Bachelor of Chiropractic. His first year of Health Sciences was completed in Otago, then he shifted to Auckland to complete the other four years. For the last 18 months of that study he had Rob Stewart as his tutor at the New Zealand College of Chiropractic. Then Rob asked him to join the practice.

Aziz lives in St Johns but says he loves the Peninsula as it is reminiscent of Timaru which is a small New Zealand town, where everyone knows everyone else.

*"I've seen how people interact with Rob and that really reminds me of home," he says. "It's a neat, close-knit community."*



Aziz and Maggie

Check out 

 our  

Christmas 

presence. 



We're open every day except  
24 - 27 Dec and 31 Dec - 3 Jan.

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# WELCOME to the Peninsula

## Vivo Hair and Beauty

The Vivo Hair and Beauty chain of salons stretches from Auckland right down to Dunedin, with almost 50 stores and now we can welcome them onto the Peninsula. Salon Manager Anna Narmnok says the Vivo team know the transformational power of feeling your best, and they take it seriously, to give customers only the best in hair.

“At Vivo, we strive to be known as providers of good hair, after all our guarantee is hair you’ll love or your money back,” she says.

Anna says the team at Vivo are also big on long lasting relationships.

“We build relationships with our clients, it’s what keeps our line of work interesting and it helps us understand

more of what hairstyles will suit you”.

She says ultimately a hair makeover is much more than a physical transformation, it can be a major life changing experience too.

The Te Atatu Vivo team consists of Anna, Melissa, Sydney & Krista and together they share years of

experience in the field. Anna says what keeps them passionate about their work, is playing to each other strengths and acknowledging where their weaknesses lie. She says doing this means they are consistently aiming to better their skills, while working strongly as a team.



Left to right: Krista-Lee, Sydney, Anna, Melissa

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## Local Business Owner Recognised on International Stage

Harveys Te Atatu Principal Paul Vujnovich was recognised at an international real estate network convention held in Cairns recently, receiving the 'World Champion Business Leader' award at the annual LJ Hooker and Harvey's summit.

Mr Vujnovich said it was an incredible honour to win the award and marks a career highlight for him.

LJ Hooker and Harveys General Manager Keith Niederer said Mr Vujnovich was an extremely worthy recipient of the title.

"Paul is a driven professional who inspires and mentors his staff to get the most out of their careers," said Mr Niederer. "His knowledge of the profession is exemplary and his influence extends well beyond his own doors to many of the other offices in our network whom are all the better for it.

"As an example, this year Paul gave up his own time to travel to Melbourne to impart to other business owners his knowledge on running an efficient and professional real estate office because he has a great passion for the brand and the wider profession."

Mr Vujnovich was also recently awarded the 'Franchise Owner Of The Year' award, within New Zealand, for the third year in a row.



## Clinic Celebrates Double Award and Milestone Birthday

This month About Face are celebrating 30 years in business and in time for the celebration, they have two wins in the NZ Best in Beauty Awards for 2016.

They were selected by Bauer Media beauty editors as finalist for Best Beauty Destination and also Best Facial, for their signature 'Power of Three' facial. After a public vote they won both categories.

About Face was started in 1986 when Marianna Glucina opened up her first beauty clinic in Henderson, before moving to Te Atatu. Thirty years on she is now in partnership with her brother Paul and has seven clinics across Auckland with a workforce of 60.

Marianna says the Te Atatu Peninsula clinic, is dear to her heart as many clients from her original Henderson clinic are still coming to the Peninsula for treatments.

"It's amazing and really hard to put into context when we are competing against the biggest brands," she says "with massive marketing budgets and a lot of clout."

"This feels great and is a testament to the staff and the work they do every day. We're so proud of this achievement and grateful for the support of our customers who voted us the best."



About Face founder Marianna Glucina celebrates with Business Performance Manager Haley Tietjens

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As always, Prizegiving is the highlight of the year for students and staff as we gather together to honour our highest achievers. It has been an exciting time, in 2016 for Rutherford as we look back and appreciate just how busy the school year has been. One of our proudest moments was having Oxana Repina crowned Top Scholar for 2015 and seeing her being presented with her trophy at Government House. Rutherford College was the only school in NZ who had 3 top individual scholars, with Oxana coming first in two subjects and Danisha Dadley being first in Dance. This is the fourth time in the past five years that a Rutherford student has topped Dance in Scholarship.

### Top Major Prizewinners for 2016:

#### Year 11 Scholar is Reuben He.

- 1st = in English
- 1st in Economics
- 1st in Japanese
- 1st in Physical Science
- 1st in Year 12 Biology
- 1st in Year 12 Mathematics
- For this he receives the Te Atatu Bible Chapel Award.



Reuben He - Y11 Top Scholar

#### Year 12 Top Scholar.

There was serious competition at Level 2. Or for the top year 12 award.

#### Year 12 Top Scholar is Rawiri Hohepa.

Rawiri has Level 1 with excellence. He already has 67 Excellence credits at Level 2 or better heading in to the external component of NCEA.

- 1st in Maori
- 1st in Physics
- Merit in Chemistry and Year 13 Accounting.

He achieved numerous high distinction awards in the international exams such as ICAS or Australian Maths Competitions.



Year 12 Top Scholars, Rawiri Hohepa

### Proxime Accessit or Runner Up to the Dux for 2016.

#### 2016 Proxime Accessit is Maria Lisaca

Maria has NCEA Level 1 and 2 endorsed with excellence. She heads into the external examinations already endorsed with excellence for Level 3. She achieved a B+ pass in a University history paper in the first semester and will be sitting Scholarship in English, Media Studies and History.



Maria Lisaca - Proxime Accessit

### Dux Litterarum for 2016

#### 2016 Dux Litterarum is Vishal Jamnadas

Vishal arrived back at Rutherford in 2017 with Level 1, 2 and 3 already endorsed with excellence and a Scholarship in Maths with Statistics already banked.

This year he did a Maths paper at Auckland University and achieved an A. He is sitting scholarship in the following 5 learning areas, Chemistry, Physics, Calculus, Economics and Statistics for the second time. He was first in Economics, Chemistry and Physics this year and has continued to pursue and deliver personal excellence.



Vishal Jamnadas - Dux Litterarum

### Special Prizes and Scholarships Awarded:

- Litsa Shaw Memorial Award for Contribution to School Productions: Olivia Crump
- Senior Oratory Awards: Y11 - Madi Cheesman; Y12 - Ayla Robertson; Y13 - Ayush Sharma
- Rutherford Family Trophy for Excellence in Original Scientific Research - Ayush Sharma
- Rutherford College Values Awards: Y11, Reuben He; Y12, Shelley Huggins; Y13 - Ayush Sharma
- Cliff Edmeades Commemorative Scholarship - Ashleigh Foley
- Te Atatu RSA Award - Denise Olive
- Unitec Partner School Scholarship (worth \$2500 towards a certificate course - Luke Schwalger
- Unitec Partner School Scholarship (worth \$5000 towards payment of tuition fees) - Josiah Tuitama
- The Trusts Non-Degree Scholarships worth \$2500 each - Ben Davey and Michael Faagutu
- Phil Twyford Parliamentary Internship and Youth Parliament Representative - Connor Tunncliffe
- Lion's Club Award - Ayush Sharma

### The Trusts Community Foundation Academic Scholarships worth \$4000 each -

- Thomas Banks
- Olivia Crump
- Karim Gohar
- Jarrod Klooster
- Georgia Muller
- Chris and Daniel Seng
- Ayush Sharma
- Toni Stallard
- Alan Wong

### Victoria University Excellence Scholarships worth \$5000 towards study at VU.

- Ashleigh Foley
- Vishal Jamnadas
- Maria Lisaca

### University of Otago Leaders of Tomorrow Entrance Scholarship worth \$6000 towards study - Helen Deuchar

### Otago University Academic Excellence Entrance Scholarship worth \$45,000 for three-year tenure to cover fees and accommodation - Vishal Jamnadas

### University of Auckland- Faculty of Arts Entry Scholarship worth \$3000 for the first year of study - Olivia Crump and Georgia Muller

### University of Auckland Maori Academic Excellence Scholarship (worth up to \$20,000) - Ashleigh Foley

### University of Auckland Top Achiever Scholarship (worth up to \$20,000) - Vishal Jamnadas

## Congratulations to all our prizewinners.





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23 December	8.00- 5.00 pm
Public Holidays	Closed
After Xmas	Wed 28 – Fri 30 Dec 8.30 – 5.30pm
After New Year	Wed 04 – Fri 06 Jan 8.30 – 5.30pm
From mid-January	8.00 – 6.00 pm

*For after hours and Public Holidays call 834 6300 to speak to a highly trained nurse.*



**Committed to providing high quality and prompt care, we are delighted to introduce Dr Joy Liao to the team.**

**JOY** returns home to New Zealand having completed her medical training in Sydney in 2011. She worked 4 years in Australia as a GP & has gained her Fellowship with the Australian College of General Practitioners. Joy speaks fluent Mandarin and enjoys travel. She has a Diploma in Paediatrics, training with Family Planning & experience in elder care, so she delights in seeing patients both young and old. You will find Joy to be highly competent, caring and engaging.

**Joy is taking on new patients and she looks forward to meeting you.**



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

**Doctors:** David Going,Carolynn Moore, Justine Mesui, John Zhang, Edward Watson, Anju Rai, Joy Liao, Dara Lancaster.

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# Community

## Christmas Trees of Remembrance

Kiwis are being encouraged to remember someone special in the lead up to Christmas, and at the same time contribute to a good cause. Hospice West Auckland is again teaming up with retailer Farmers, national partner of Hospice New Zealand, for the annual Trees of Remembrance fundraising campaign at Farmers stores throughout West Auckland.

In exchange for a donation, you will receive a beautiful remembrance card to write your personal message and place on the dedicated Remembrance Tree in-store. All funds raised will ensure hospice care and support to people with life-limiting conditions are provided at no cost to patients and their families.

The Christmas trees can be found in all west Auckland Farmers stores, and in shopping malls and precincts around West Auckland from 21 November until Christmas Eve.

In addition to the Trees of Remembrance, Farmers will also be retailing the collector's Christmas decoration – a beautiful glass Christmas decoration, this year featuring a golden manuka flower motif designed by the artist FLOX. Retailing for \$10, all proceeds go to support Hospice West Auckland.

Take time to remember your loved ones this Christmas, and support Hospice West Auckland's patients and their families at the same time.



Te Atatu Peninsula Business Association

JOIN US FOR TWO  
**SUMMER LUNCHTIME PERFORMANCES**

**THE GOOD OIL**  
Saturday December 10th  
10am - 2pm

**MARIA O'FLAHERTY AND THE BEN FERNANDEZ QUARTET**  
Saturday, December 17th, 10am - 2pm

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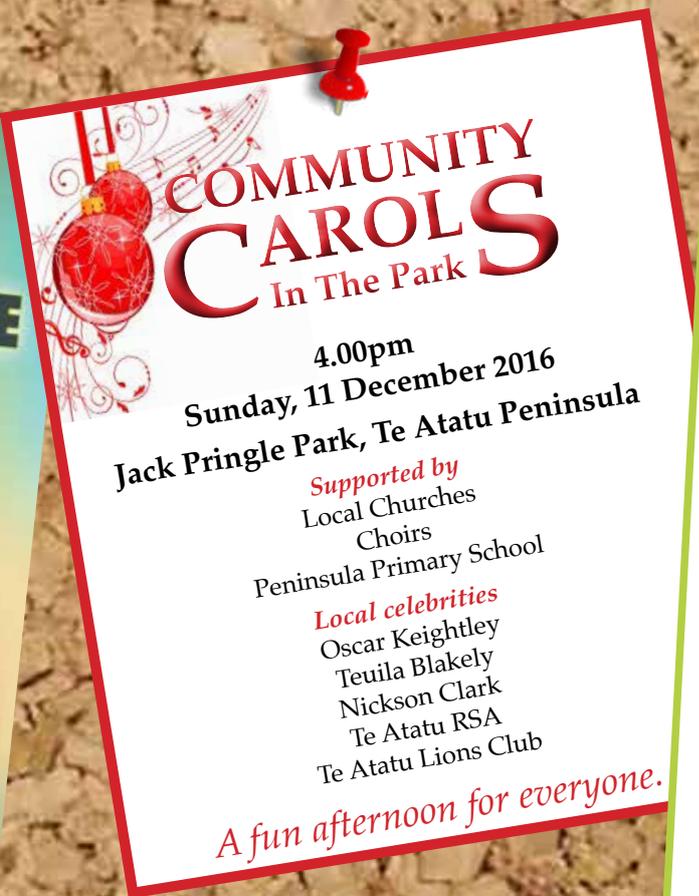
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**Neighbourhood Support Waitakere Is On The Move**

After eight wonderful years at the Policing Centre on Henderson Police Station, Neighbourhood Support Waitakere is moving to a new location. This move will not affect the services we provide. We would like to thank you for being a part of this wonderful community. If you need to contact us, please call us on 09 301 8701. We would like to wish you a Happy New Year. Watch out for your neighbours and report suspicious behaviour to the police. Sharon & Louise, Neighbourhood Support Waitakere

# News and Events



**COMMUNITY CAROLS**  
In The Park

4.00pm  
Sunday, 11 December 2016  
Jack Pringle Park, Te Atatu Peninsula

*Supported by*  
Local Churches  
Choirs  
Peninsula Primary School

*Local celebrities*  
Oscar Keightley  
Teuila Blakely  
Nickson Clark  
Te Atatu RSA  
Te Atatu Lions Club

*A fun afternoon for everyone.*



Te Atatu Peninsula Parade Society Inc



**Saturday 3rd December**  
**Annual Te Atatu**  
**Christmas Parade and Fun Day**

will be held Saturday 3rd December at Jack Pringle Village Green and the Community Centre Complex, 9am-2pm for the stalls and entertainment with the Parade starting at 11am.



If you have forgotten to put in your application for a float or craft stall please contact us now as we'd love to see more floats and stalls this year; there are prizes for best community floats and best business floats, so please put your planning hats on to get your floats together and make this another brilliant event for our wonderful and supportive community.

Bring your family along to enjoy the free rides and entertainment. There'll be a great selection of food and craft items to buy and this year we aim to make it even better.

**Floats & Bands:** Kylie Sapwell, Ph: 834 7168, Mb: 021 123 9926, Em: tatparade@gmail.com

**Craft and interest stalls, park entertainment and to donate prizes for raffle and giveaways:** Lynda van Hoeve, Ph: 834 8683, Em: hunt1950@hotmail.co.nz

This event is organised each year and run by community volunteers and we thank our main supporters for their continued support. With the aim of minimising waste to landfill in Auckland we have made this a Zero Waste event.



**Henderson-Massey Local Board**  
Auckland Council



**Te Atatu Peninsula Business Association**



**Neighbourhood Support**  
**Office**  
**Move**

Successful years working at Te Atatu Community the Peninsula, we are being relocated to station at 7 Buscomb Ave, Henderson. Change the service we provide. Thank residents and businesses for making us a successful community. Our new phone number is 838 0132. Give you all a safe, fun filled Christmas and New Year's hours over the holiday period and please call your local Police. *Neighbourhood Support* Waitakere

# Give a Living Gift

## Make Your Own Kokedama

What a cool gift to give and receive! Kokedama are Japanese moss balls – an ancient art that has become very popular and they're so easy to make.

**Here's what you need.....**

- A pack of sphagnum moss
- A small amount of soil mix
- Natural or coloured twine
- A plant of your choice (orchids, succulents, or any small, decorative plant)

First, moisten your sphagnum moss. Loosen the root ball of your plant and wrap a small amount of the moss around the roots.

Add a little water to your soil mix to make it cling together and able to be formed into a ball. Surround the moss covered roots with the soil. Wrap an outer layer of the sphagnum moss around the encased roots and hold it in place with an initial couple of loops of twine.

Start forming a ball shape, as you firmly criss-cross the twine around the moss. If you intend to hang your Kokedama ball, leave enough twine to form a loop. You can manicure your ball with scissors if you need to tidy up the moss. Water the Kokedama by submerging in water under bubbles stop appearing.

Allow it to drain. Your Kokedama will need light and water in order to stay healthy and grow. Have fun and enjoy giving your living gift.





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# Scented Candle-Making Fun

## With Dixie Dolejs Pringle

**For a couple of years I've found making candles a perfect way to unwind and relax into the weekend. Friday after work is a great time to get together with a friend or two for a cup of tea, a chat and some candle making. It's easy, the fragrance is delicious and we think the finished product is beautiful.**

My mum was cared for in a Hospice so I like to shop at Hospice stores for a few fancy teacups or crystal dishes. I imagine that someone liked the teacup and now I can give it a new home by giving it away. Lately, I think tiny milk jugs are perfect to put the melted soy wax in.

My friend Katerina brings her fancy tea set and makes candles in it for a while and then she cleans them out and uses them again for tea. While Pam brings used candle containers to refill and Jo and I swap around dishes to get what suits us. Because she knows I make candles, my friend Agnes gives me special dishes she finds.

Amanda helped me the first time and we were so nervous about working out measurements and temperatures but now we've got it sorted, it's stress free and a laugh. It makes us happy - we've also made lip balm for a school fair and soap for a wedding!

When I started I bought a candle making starter pack with a thermometer and a pouring jug, but you can buy the things you need individually.

### You will need:

- Soy wax - eco-friendly and renewable, soy wax burns slower than most other waxes.
- Thermometer – either a meat thermometer or a special candle one
- Essential fragrances
- Your chosen containers
- (Optional) Special oil based dyes available at craft stores.

Melt your soy wax in a microwave, old pot or double boiler to between 170 and 180 degrees (76.6 and 82.2°C). Mix in a few drop of essential fragrance, add dye if you are using it and stir well. Transfer to a pouring jug. Choose a container. The wick needs be in the centre of the container with about two inches sticking out of the candle.

Loop the end that will be out of the wax around the centre of a pencil, skewer or similar. Rest the skewer across the top of the container. Make sure the wick hangs down straight into the centre of the mould. Pour slowly and wait till its set, then trim the wick.... and that's all there is to it.

I've always got a gift on hand to give away, and most of my family and friends can guess what they will be getting!

*\*As with all hot things, take care.*

*\*Starter packs and ingredients can be bought at specialty stores such as Spotlight.*




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# New Board Chair Immerses Into Role

**Shane Henderson is not the typical image of a local board Chairperson. The 29 year old is the newly elected Henderson Massey Local Board Chair and is the youngest in the whole of Auckland.**

Shane who went to Kelston Boys High School, went on to achieve two degrees in Law and History and has practised community law in Henderson for about six years, giving free legal advice and sometimes representing people who are in financial difficulties. He has already served on the local board for the past three years. However now that he is board Chair for this term, Shane has decided to give up his legal work and fully immerse himself in his new role.

Shane says he feels honoured to be able to do this and that it is his duty to devote all his energy to the role.

"There is so much work to do and 120,000 people from Westgate to Glendene are relying on me to do it," he says.

Shane says he is a passionate West Aucklander and feels parts of West Auckland have been left behind.

*"The transport infrastructure is not adequate and people are spending hours in their cars instead of with their families."*

He says the North Western Busway development is a priority for him, so local people can enjoy their lives more and local economic development is very high on his list.

"We also need to put in place the right infrastructure to serve our people, parkland for example, instead of creating chaos."



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*Seasons Greetings*  
and thank you  
to all our valued clients

# Art Installations Greet Cycleway Travellers

The significance of the Whau River to travellers in our area has been celebrated in two new art installations, on the cycleway.

Positioned at each end of the Whau Bridge, they are the result of a collaboration between the New Zealand Transport Agency and local Iwi, Te Kawerau a Maki. Artist Reuben Kirkwood of Tika Creative, was commissioned to represent the Iwi's stories, history and mana. He has created a stunning sculpture of two Huia feathers (Nga HuruHuru o Rangimatariki) at the Northern end, representing the chiefly status of the Te Kawerau a Maki rangatira who reside here. Huia feathers were chosen because they were reserved to adorn rangitira (men and women of high rank) and a Taniwha mural at the Southern end. The Taniwha is displayed on a specially placed wall, and surrounded with seating. Nearby, an information plaque explains the significance of the river.



information plaque explains the significance of the river.

For Maori the Whau River was an ancient waka portage route of great strategic importance between the Manukau and Waitemata Harbours. The river winds inland for 10km and is navigable up to New Lynn. From there it is a short distance to Green Bay on the Manukau Harbour and Maori probably kept waka at both ends of the portage. Auckland's European settlers took freight boats and scows up the Whau, to the ceramics and brick factories at New Lynn and for them, the river was the highway.



## Weather Dictates Final Causeway Paving

The final paving of a section of SH16 is progressing. The NZ Transport Agency's contractors are sealing a 5km section of the Northwestern Motorway between Great North Road and Te Atatu, at night when traffic is lightest.

About 45 nights of fine weather will enable the paving to be completed by early March.

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# Views on Food

with Sue Shopland

## Spiced Apple Cake



- 350g cooked diced apple
- 1 cup sultanas
- 1/2 chopped walnuts
- 1/2 cup chopped dried apricots
- 2 cups plain flour
- 1 tsp mixed spice
- 1 tsp nutmeg
- 2 tsp cinnamon
- 1 tsp baking soda
- 1 1/2 cups caster sugar
- 200 g butter, melted
- 3 eggs, beaten

Sift the dry ingredients together in a bowl. Add the apple, dried fruit and nuts and stir to coat.

**So the Christmas decorations are already in stores. Is it just me or does it get earlier every year?!**

We want the traditional Christmas touches but with a modern twist.

Here is my Spiced Apple Cake. It has the essential flavours of moist fruit and dark spices but without the heaviness of full on dried fruit.

Combine the butter and eggs and then stir all the mix together until there are no dry parts. Spoon the mix evenly into a greased and lined ring pan. Bake at 160C for about one hour or until a skewer comes out clean. Set aside to cool then remove from the tin and drizzle over a lemon water icing for tanginess. You can either sprinkle over more chopped nuts and fruits or cut out large green fondant holly leaves and roll red fondant berries.

*Merry Christmas!*

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# Views on Wine

with Sam Kim  
www.wineorbit.co.nz



## Getting the most out of your wine.

**Whether you spend \$10 or \$50 on a bottle of wine, you want to get the most out of it. I often see people not maximising the enjoyment from their wines. So here are some useful tips that might give you more pleasure when drinking your next wine.**

### Temperature.

Yes, it makes a big difference. Not just wine but other beverages too. If you try a fizzy drink at room temperature, it will taste sickly sweet and dull, but try it cold, and it will taste refreshing. Coffee and tea are also affected, drink them lukewarm or cold and they will be more bitter, and they just don't taste good.

When it comes to wine, it can be tricky to get the temperature right. We typically drink white wine straight from

the fridge, which is usually around 4 – 6 degrees. And that's too cold. At that temperature, most of the wonderful aromatic compounds are not released, and therefore the bouquet is not as attractive. Also, the acid is more prominent, making the wine slightly more sour. I normally take the bottle out of the fridge about ten minutes before drinking to warm slightly. And once it is poured it will warm up further in the summer heat. On the other hand, if you are having an al fresco dining or a picnic on a hot summer's day, the wine could warm up too much, losing its freshness. It is worth buying one of those wine coolers or jackets that can keep the wine cool.

With the red wine, it's the opposite of course. The wine's temperature can get up to 25 to 27 degrees. At these temperatures, wine's volatile compounds, such as alcohol and volatile acids, are released more easily, making the wine seem alcoholic and can smell

like vinegar. Cool it down to around 18 degrees, and the wine will appear more fruity and fragrant. On the palate, the cooled red wine will taste more succulent and juicy, rather than feel lacklustre. On a warm day, a bottle of red might need a half an hour in the fridge (on a cooler day though, it might not need any chilling). Once again, if you are eating outside under the sun, a wine cooler or jacket will slow it down from getting too warm.

### Glasses.

You don't need to spend hundreds of dollars on them, but it is worth investing in decent glassware. Go for the tulip shaped ones: slightly wider at the bottom and narrower at the top. This will help to capture the aromas, providing you with greater fragrance. Size matters too. Small glasses need to be filled to the top, not allowing you to swirl and release more aromas. A good size glass needs to be filled only about a third to quarter full, and still gives you about 150 ml, which is what you'd normally get at a restaurant. As they say, it's not what you drink, it's how you drink it.

*Happy sipping.*



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Along with the fabulous launch of the Balm., for those who haven't made the visit to the Gift Shop in store at Unichem Peninsula Pharmacy, it is well worth it.

An amazing range of giftware, Christmas decorations, gifts for men and children –  
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The Gift Shop is an amazing asset to the community and will be an all year round, destination.



# New Home for Foodbank

**The future of Te Atatu Peninsula's Community Food Bank was up in the air, with the closure of the local Community House, where the food bank was based. However it was relocated to CARE Waitakere last month, after a local couple made a private financial donation, enabling the purchase of a relocatable cabin, which is now on the CARE grounds.**

CARE Waitakere Budgeting Service Manager Iain Davies, says they now need a fridge-freezer to store fresh food and if anyone has one to donate, it would be gratefully accepted. Also desperately needed is shelving for food within the cabin and although CARE has someone organised to put up the shelving, a financial donation is needed to cover costs such as materials.

This year CARE Waitakere will be again co-ordinating the annual Community Christmas Hamper Project. Volunteers from the community put a team together and are assigned a needy family to make up a hamper for, including festive food and a present for each of the family.

Iain says in the last 12 months 114 food parcels have been made up with for individuals and families in the local area. This amounts to approximately 2,500 items of food that have been donated by the local community.

"We have a dedicated team of five volunteers who help pack food parcels on a Thursday morning," says Iain.

If you would like to help a family in need this Christmas by organising a hamper, if you have food items to donate or can help with shelving or a fridge-freezer, please contact Christie McGiven on 834-6480 or e mail [admin@carewaitakere.org.nz](mailto:admin@carewaitakere.org.nz).



CARE Service's Manager Christie McGiven, Iain Davies and Funding Manager Lynn Goold, outside the foodbank.

# Motu Manawa Keeps Up Conservation Work

**By Michael Coote, Chair, Forest & Bird Motu Manawa Restoration Group**

*Group photographs by Kent Xie*

Forest & Bird's Motu Manawa Restoration Group has been active in Harbourview and Pollen Island cleaning up rubbish and educating the public about the natural values of these places.



Harbourview beach spring clean

On October 8th, supported by Auckland Council, the Te Atatu Peninsula-based Forest & Bird group led local

community volunteers on its annual Harbourview beach spring clean and collected piles of washed up rubbish.

Then, on October 29th, the group hosted invited guests including members of Forest & Bird's North Shore branch on its annual Pollen Island walk and rubbish collection.



Pollen Island walk

The group also helped publicise through the Friends of Harbourview Facebook page, the arrival of a breeding pair of endemic dabchicks at Harbourview's Longbush Pond.

The group feels these rare birds underscore the need for predator control and dogs on leash at all times, in the wetland areas of Harbourview.



Dabchicks at Longbush Pond with baby riding on the back of the upper bird (photo by Jeremy Painting)

Forest & Bird's Motu Manawa Restoration Group plans more conservation work at Harbourview, Pollen Island and Taipari Strand in 2017 and volunteers are welcome to help.

**To subscribe to its newsletter, please email [motumanawa@gmail.com](mailto:motumanawa@gmail.com).**

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