

Te Atatu

Te Atatu Peninsula Town Centre Magazine

VIEWS

AUTUMN 2019

IN THIS ISSUE:

Business news

Buy-cycle Te Atatu

Food and Books

Forest and Bird Update

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Contact Information

Want to join TAPBA? Businesses with a physical address in Te Atatu Peninsula or Te Atatu South can join as an Associate Member.

Contact the Manager for details: manager@teatutupeninsula.co.nz or 021 909 415.

For advertising enquiries or to submit editorial copy, contact Te Atatu Peninsula Business Association Town Centre Manager: Robynne Pringle, Ph 021 909 415, manager@teatutupeninsula.co.nz.

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From the Editor

How many swims did you get in, over the summer? It's been so hot that I feel relieved now that autumn is here.

TAPBA had a busy time over summer, organising our Christmas tree and window competition and our summer promotion. This was won by (1st) Lois Dunasemante who shopped at Te Atatu Peninsula Hospice Op Shop, (2nd) Angela Pringle who entered at Demolition Deli and (3rd) Karen Whitford who went to Waitakere Foot. They won an iPad Pro, an iPad and a Kindle Paperwhite respectively.

Keep an eye out for our Autumn Treat promotion, which is on now. First and second prize winners will ease their way into autumn with mini breaks at two of Auckland top hotels and the third prize is dinner out, for four! Enter at participating stores.



Win an Autumn Treat

Summer is over, the days may be shorter but TAPBA is giving away special autumn treats. Just spend anything in participating stores before March 22nd, enter our promotion and be in to win...

1st Prize
A NIGHT FOR TWO AT THE HILTON
Relax in a Deluxe Harbour View room, with valet parking, enjoy dinner at Fish Restaurant, a buffet breakfast and late check out.

2nd Prize
A NIGHT FOR TWO AT STAMFORD PLAZA
In the Superior Room, with valet parking, buffet breakfast and late check out.

3rd Prize
DINNER out for four.

Winners names published on line and in print.
Check out our website www.teatutupeninsula.co.nz for a list of participating stores and our facebook page www.facebook.com/teatutobusiness/

Te Atatu Peninsula Business Association

Budding and experienced photographers, do you have a photo that you think would make a good Te Atatu Views cover? We are inviting submissions for the next edition – just send a high resolution, portrait shaped pic, suitable for the winter edition, to manager@teatutupeninsula.co.nz

We will publish the best entry along with your name, on the front cover.

In this issue, we welcome new business the Fresh Beer Brew Co. to the neighbourhood. What a great addition to our town centre! We also welcome the new owner of Delicious Foodstore Roy Wang, who is bringing some fresh changes.

On page 6 we can read how Rutherford College Art and Design students are helping to support rescue dogs, with their amazing creations, and you can find out about Bike Te Atatu's photo competition, to encourage people to shop by bike.

Enjoy our columns – Views on Books by Abigail Johnson who reviews the latest reads (P.7), and my own contribution on P.12, Views on Food which has an autumn flavour for this edition.

I hope you make the most of what is shaping up to be a beautiful autumn and thank you for supporting our local businesses – we can't thrive without your help.

Robynne Pringle
Editor



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Welcome to *Fresh Beer Brew Company*

Welcome to the Fresh Beer Brew Company. Offering their own freshly made lager and IPA, as well as a range of wines and spirits, the brewers are currently doubling their beer batches, to keep up with demand. Manager Eden Foster says feedback from Peninsula locals has been very positive.

"They really love it, they like the range, they like that there's something new in the neighbourhood and they like that we make our own beer."

Eden came from a cheffing and retail background, to manage the store. "I love retail and I'm a big fan of craft beer, so I get to combine one of my passions with one of my strengths," he says.

Eden already sees a lot of regular customers coming back and would like to thank them, as it means the new store already has a good customer base. Since opening in December, they have been running out of the freshly brewed beer and Eden says while that's a good problem to have, the 300 litre batches are being increased to 600 litres

so that by March, the store will be able to keep up with demand.

Opening the store just before Christmas meant it was difficult to keep the shelves full, but the store is currently 80% stocked and there is now the opportunity to refine the wine and local spirits selection.

Like many brewers, the company was originally started at home. Eden has always been a keen home brewer and is thrilled to now be sharing his passion with the Te Atatu Peninsula community.

"I think as a nation our standards in taste and quality have improved significantly. We want tasty, refreshing and good quality beer. The fact that more and more of that type of product is made in New Zealand really just opens up a world of options and possibilities for consumers and crafters alike. It is such an exciting time for this industry and we are incredibly proud to have the opportunity to be a part of the growth."

photo: Fresh Beer Brew Co. Manager, Eden Foster.



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peninsula medical

Fresh changes for *Delicious Foodstore*

Welcome to the new owner of Delicious Foodstore, Roy Wang. Roy brings with him, 13 years of cafe experience, having owned cafes in the North Shore, New Market, Orewa, Greenlane and Manukau City.

Roy says he chose Delicious Foodstore because it had so much potential and he promises lots of changes to the menu and décor. Apart from the menu, the impressive cabinet is already full of new lunch options, including salads like Wild Mushroom with red onion, pine nuts and parmesan.

Vegan options are also available to customers, but are not in the cabinet with the non-vegan items – just ask the staff. Roy has instigated special offers such as \$7.90 for any scone or muffin and small coffee, and \$10.90 for anything from the cabinet, with a small coffee.

Roy says the feedback from locals has been very positive, with customers appreciating the new offerings.



New Delicious Foodstore owner, Roy Wang.

Harveys Te Atatu *wins again*

Harveys Te Atatu has won the title of 'World Champion International Most Productive Office' at the recent LJ Hooker and Harveys International Awards held in Hamilton Island, Australia.

Business owner, Paul Vujnovich's team won this inaugural award in 2017, heading out over 700 offices globally, and has done so again for 2018. The team also won the equivalent NZ award for the last seven years running.

Mr Vujnovich says the award recognises that the branch sells more property, per agent, than any other Harveys or LJ Hooker in the world.

"For the office to be recognised in this way is truly humbling and is testament to the high-quality team we have operating predominantly in the West/North West Auckland region," he says.

Mr Vujnovich says the office is well-known in real estate circles and he is proud of its culture and working environment. He says the business model is focused on best practise in sales strategy, marketing of properties and compliance.



Paul Vujnovich

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Buy Cycle Te Atatu

Bike Te Atatu is launching a photo competition that they hope will help to make shopping by bicycle, more visible to the public.

Entrants are asked to shop by bicycle anywhere in Te Atatū during March, take a photo of their trip, and upload it to social media using the hashtag #buycycleteatatu. The best entry will win prize money to spend at the shops and all the entries will be included in an exhibition in the hallway of the Te Atatu Peninsula Community Centre Te Atatu Peninsula Community Centre, from 1st – 13th of April.

Organiser Carol Green says she'd like to encourage people to think about going shopping some other way, than by car and to feel that biking is an option. Carol says that while she is confident on her bike in the town centre, she knows that not everyone is. "Mostly because of angle parking, and cars backing out," she says. "People also drive down the back of the angle parking, parallel to the road, to get to a park further up." Carol would like to see a cycle lane introduced alongside angle parking, so that cyclists can negotiate the town centre safely.

Bike Te Atatu actively engages locals in cycling, by putting on organised rides and they currently have more than 700 people following their activities on facebook. The organisation also advocates for cyclists in consultations with Auckland Transport, Auckland Council and the Henderson Massey Local Board. For more details go to: biketeatatu.org.nz

Students art helps Rescue dogs

Rutherford College Art and Design students are helping to support rescue dogs, with their amazing creations.

Art and Design teacher Carolyn Shaw is a volunteer for Aran Animal Rescue, an organisation that rescues un-homed dogs from pounds, mainly in the central North Island. The organisation fosters the dogs, eventually finding them forever homes. Carolyn says she wanted to help but didn't know what to do, as she wasn't able to foster any dogs. She then came up with the idea to print T-shirts and bags with dog themed designs, created by her 2018 Year 10 students, and sell the merchandise to raise funds.



Carolyn Shaw.

Carolyn says the 13 and 14-year olds chose to do a dog, cat or chicken design and completed designs were then printed onto the bags and T-shirts. The project was a formal art project which was assessed as part of their studies, but Carolyn says it was also a 'real world' opportunity for the students to have their art purchased by the community.

Carolyn was delighted by the resulting designs. "Such bright

Cont.... pg 14

YOU ARE INVITED TO JOIN OUR RAZZA COMMUNITY

TE ATATU MEMORIAL RSA

The RAZZA



DINNER MENU	
Roast Pork Served with Gravy	\$18
Fresh Battered Fish Served with Fries	\$18
Fresh Parmesan Crumbed Fish Served with Fries	\$20
Salt and Pepper Squid Served with Fries	\$20
Beef Schnitzel Served with Mushroom Sauce	\$20
Lamb Shank Served with Mash Potato and Gravy	\$20
Creamy Chicken, Mushroom and Spinach Lasagna	\$20
Pork Belly Served with Balsamic Glaze	\$22
Scotch Fillet Steak Served with Bearnaise Sauce	\$25
Whole Pan-fried Flounder Served with Fries	\$25

KIDS MENU \$8	
Roast Pork Served with Gravy	
Fresh Fish Served with Fries	
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All Meals include Buffet and are subject to change

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Views on Books

with Abigail Johnson

Happy autumn neighbours,

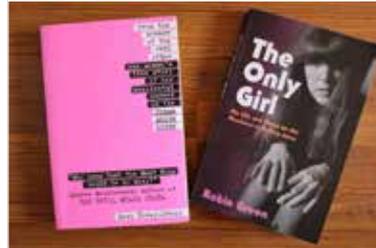
While I'm usually a bit upset to see the tail-end of a kiwi summer, with the temperatures we've been suffering lately, autumn makes for a rather happy change of pace, doesn't it?

If there was a theme for this column it would be 'women in high places'. In many ways, the two books I'm recommending here couldn't be further from each other. But if one thing links them it's that. The first is Beck Dorey-Stein's *From the Corner of the Oval Office*.

Hailing from a less chaotic political era (was it really only two years ago?) *From the Corner of the Oval Office* is a funny, intelligent, slightly gossipy account of Dorey-Stein's time as President Obama's stenographer. AKA, the person who transcribes everything the president says in an official

capacity. Yes that job still exists, even in this era of cell phones and surveillance.

For those of us who can't bear to read the noisy books about Trump, this hot-pink tome is a more-than-worthy alternative. Dorey-Stein cuts a fascinating tale from a (supposedly) boring position (though how boring could it be, really, to travel on Air Force One with the leader of the free world?). She's a slightly unprofessional White House staffer, and the juiciest chapters centre around an affair with an older gent, so while this tell-all might not help her career prospects in Washington DC, it makes a rip-roaring read for the rest of us. (And the fact the story's been optioned for a film tells me she's set



her professional sights elsewhere.) This whip-smart memoir is a great easy read.

The second book I'm recommending this issue is *The Only Girl* by Robin Green.

The title derives from Green's position as the only girl (or woman, rather) on the Rolling Stone masthead in the early 1970's. A few decades later she was once again the only woman writing for *The Sopranos* – a television show Rolling Stone itself declared 'the best of all time'. So yeah, the lady's got skills.

The Only Girl is a must-read for anyone interested in Rolling Stone, anyone interested in journalism, anyone interested in *The Sopranos*, anyone interested in California in the 1970s and/or anyone interested in New York in the 1970s. So that's got to cover a few people. And if you hadn't figured from her credentials, the woman can write one hell of a story.

I couldn't recommend either of these books higher. Until next time – happy reading!



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You're never too old to learn, and learning in the relaxed atmosphere of Community Education is very beneficial. All of our tutors are qualified in teaching adults- many of them specialists in their particular fields. Community Education began at Rutherford in 1973 and now, more than forty years later, of the 212 schools nationwide that offered night classes, we're one of only 15 remaining.

Our continuing survival has been largely dependent on the ongoing support of Principal Gary Moore and the Rutherford College Board of Trustees for demonstrating their conviction in the importance of keeping life-long learning available within our community. Our thanks are due too, of course, to the many enthusiastic participants who enrol, and insist on re-enrolling. In 2018 we had almost 2500 students attending our courses and on some nights there were up to 25 classes running.

Courses in business and accounting have been particularly well-attended and classes in practical skills as varied as pattern making, NZ Sign Language and Dog Obedience have also been popular. Students are also still kicking up their heels in our Social Dance class or unwinding in our Yoga and Tai Chi, and there's plenty of buzz being generated about the Pottery, Sewing, Welding and Woodwork classes.



With fewer community education venues to choose from, students are coming from further afield in search of the classes they want, so don't miss out on the opportunity to join in on course of your choice. Classes are generally limited to between 8 and 14 participants so get in early.

Phone **834 4099** for details or check out our website on www.rutherfordcomed.co.nz where you can also take advantage of our online registration process.



Community message board



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Countdown begins to EcoWest Festival 2019

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Saturday 16 March - Sunday 14 April 2019

A diverse range of events in six event categories means that there are experiences, exhibitions and workshops to cater for all ages and interests
Coming up in your neighbourhood:

- **TE ATATŪ FLORAL AND GARDEN CIRCLE**, Tuesday 19 March, 7.30-9.30pm, Te Atatū Bible Chapel, 68 Waipani Road, Te Atatū Peninsula
- **PRUNING WORKSHOP**, Saturday 30 March, 9.30-11.00am, Rutherford College, 16 Kōtuku Street, Te Atatū Peninsula
- **BUY-CYCLE TE ATATŪ COMPETITION**, 1-31 March, Anywhere in Te Atatū, Peninsula and South
- **PRESERVES AND PICKLING**, Monday 25 March, 6.00-8.30pm, Rutherford College, 16 Kōtuku Street, Te Atatū Peninsula

To find out more and see full details of all EcoWest Festival events, visit www.ecowest.org.nz

The Festival is organised by EcoMatters Environment Trust and hosted by a range of West Auckland organisations, with generous support from Waitākere Ranges Local Board, Henderson-Massey Local Board, Whau Local Board and Panuku Development Auckland.

TE ATATU PENINSULA LIBRARY

Coming in March:

As part of our celebration of Pasifika month in March, we are excited to announce a fantastic night of poetry by a line-up of some of Aotearoa's most esteemed Pasifika poets. Also, Johnny Angel, aka, the Samoan Elvis, will be hosting and performing! **Thursday, 7 March 2019 7pm**

Coming in April:

Tuesday 9th April 1:30pm In commemoration of ANZAC day Sandra Coney talks about her book "Gone West : Great war memorials of Waitakere and their soldiers".

Coming in May

Jeremy Scott **Thursday 16th May at 7.00pm** talks about his journey and his book "The long road from a broken heart"

Jeremy began a challenge of a life time, a 2 1/2 year, 51,916km solo bicycle ride from London to New Zealand. As he pedalled his way around the planet, Jeremy covered more than enough distance to circumnavigate the earth made possible thanks to the open-heart surgery which saved his life as a child.

Jeremy's is a recipient of the Australian Heart Foundation 'Heart Hero Award' and is an Ambassador for Waterline Challenge.

Coming up in the April School Holidays

Weird Wild and Wonderful **13 - 28 April**

Nature, weird science, imagination, - activities and craft.

Stars of Pasifika Poetry

is coming out West to Te Atatu Peninsula Library!

Thursday, 7 March 2019
7pm to 9pm
 refreshments 6.30pm

As part of our celebration of Pasifika month in March, we are excited to announce a fantastic night of poetry by a line-up of some of Aotearoa's most esteemed Pasifika poets. Also, Johnny Angel, aka, the Samoan Elvis, will be hosting and performing!

It's a free event and there's plenty of free parking, so come and join us!

595 Te Atatu Road,
 Te Atatu Peninsula



TE ATATU FLORAL AND GARDEN CIRCLE

Te Atatu Floral and Garden Circle (est. 1964) meet on the third Tuesday of the month at 7.30pm (Feb. to Nov.)

Te Atatu Bible Chapel
 Cnr Beach and Waipani Roads
 Te Atatu Peninsula

Visitors welcome - \$2

Our monthly meetings feature either a garden speaker or floral demonstrator.

For more club information please email teatatufloralandgardencircle@gmail.com



 Te Atatu Floral and Garden Circle

The Well (2A Harbour View Rd, across from Jack Pringle Park) is filling up with activities and events to help you connect with your community.

These include a craft group, seniors cuppa, parenting course, ladies night out, Bible discussion group, playgroup, newcomers meet-up, Plunket drop-in sessions, a mums support group, Nurture People parent pop-in.

Follow the Facebook page for details (www.facebook.com/thewellteatatu) or email Megan with questions (teatatuwell@gmail.com).



The Free Family Fun Day Mash Up

Sat April 27th 12.30 pm - FREE

Entertainment for both kids and adults, plus lashings of food and fun, this will be the biggest Family Fun Day Mash Up attempted so far. Sponsored by Toi Te Atatu Trust and the Te Atatu Peninsula Business Association.

Captain Festus McBoyle's Travellin' Variety Show
 Surrey Boudit: Full 8-piece ska/reggae/rocksteady band
 Kapa haka performances by Matipo Primary School and more
 MC Penny Ashton
 Disco by Lee from the 95bFM Kids Show
 Face painting by the lovely Ethel
 Hot food by Te Atatu RSA
 Community cake and sweet stalls

Part of a community organisation? We have spaces available to promote your cause at this event. Contact Larissa on 022 301 1331

TE ATATŪ PENINSULA COMMUNITY CENTRE

What's new @ Te Atatu Peninsula & South Community Centres

Did you know your very own local community centre has a Creative Lab and recording studio?

Located upstairs on level 1 of the Te Atatu Peninsula Community Centre you will find such equipment like: a vinyl cutter, 3D printers, laptops, soldering equipment and much much more.

Whether you're bored at home or just looking to learn a new skill like t-shirt printing, design and print your own chess set, make a costume for cosplay, get mentored and write and record your own song. You can do it all here!!!

Maybe your child is looking for an after school activity not involving sports then bring them along to Minecraft madness every Friday 4pm – 6pm. Devices available.

With so much on offer we are sure there is something in this innovative, creative space for you and your family.

Working in partnership with community organisations TAPLAB and Crescendo to activate this space.

For more information and how to get involved check out: <https://www.facebook.com/TeAtatuPeninsulaCommunityCentreOFFICIAL/> or contact Kurt Timmins by email kurt.timmins@aucklandcouncil.govt.nz

Free Age Concern Workshops in March, April and May 2019:



Steady Steps – Falls prevention workshop only 45mins.

Learn the facts about falls, consequences of falls, causes of falls and tips for staying steady. This workshop will help with confidence after a serious fall.

These workshops will be held at Te Atatu Peninsula, Te Atatu South and Kelston Community Centres pick

the most convenient location and register

Technology for Seniors – April 2019, Te Atatu South Community Centre:

10am – 12pm refreshments provided

You will be paired with a volunteer to help you navigate through your own questions and help solve issues with your own device.

****** Participants must bring their own devices (laptops, tablets or smart phones)**



Spaces are limited so get in quick to secure your spot.

To register email hendersonmasseyprogramme@aklc.govt.nz or phone 09 820 0184

For a full schedule of all our activities taking place please follow us on Facebook 'Te Atatu Peninsula Community Centre' or our website calendar www.teatatucentre.org.nz - What's on.

Ever wanted to know who or what goes on at the Te Atatu South Community Centre?

Back in 2013 a group of passionate community members came together and created HOT-AS (Heart of Te Atatu South), a not for profit organisation. All wanting to create a strong beating heart for our town centre. With the vision of making Te Atatu South a better place to live for everyone.

Based in the activity room of Te Atatu South Community Centre, HOT-AS manage a number of community led initiatives such as; book exchange, craft group, senior get-togethers, book club, yoga, playgroup, mini dancers just to name a few and not to forget annual events like Heart of Te Atatu South Festival – this year 9th March 2019. Also introducing over the summer months Te Atatu Food Truck Fridays – upcoming dates 1st March and 5th April 2019 5pm – 8pm. Come along and enjoy a great selection of food and awesome music.



For a full schedule of activities days and times please check out the website www.teatatusouthcentre.org.nz - what's on

If you are passionate about your neighbourhood and want to be a part of a strong community minded group please make contact with us by emailing heartofteatatusouth@gmail.com or pop in and have a cuppa on Wednesdays between 9am – 12pm.

If you just wish to stay updated on what we have planned next follow us on our Facebook page "Heart of Te Atatu South"

Look forward to seeing you all at the centre in the near future.



(Some of the HOT-AS committee members - from left to right – Penny Cotton, Vicki Nu'uali'itia, Julie Moore (Chairperson), Marlies Dorrestein, Joseph Erceg (Deputy Chairperson), June Bentley).

Grey Power located in Te Atatu South Community Centre

Operating Hours – Monday to Friday 9.30am – 12.30pm

Grey Power is dedicated to the welfare, interests and concerns of the many people who are over 50 years and is a neutral but assertive voice of influence in the political arena with no party political affiliation.

Forest & Bird kicks off 2019

Harbourview-Orangihina Park activities

Seaweed's March 2 opening day marks the beginning of Forest & Bird's yearly round of community volunteer activities in Harbourview-Orangihina Park on Te Atatu Peninsula. Each year, as its first official annual event, Forest & Bird Motu Manawa Restoration Group hosts a guided walk of the park's lower terrace wetlands to coincide either with Seaweed or World Wetland Day. The wetlands are a precious and irreplaceable space, the largest left in the upper Waitemata Harbour, and host a range of native plants and animals that used to be widespread throughout the harbour's coastline before development took over and largely wiped them out. Famously, last year Community Waitakere's Dion Pou photographed an extremely rare Australasian bittern in these wetlands.

Participants in the guided walk are not likely to spot the bittern, but they might see Harbourview's signature fernbirds disporting themselves. These are a secretive type of swampland insectivorous bird that somehow has managed to cling on in Harbourview's wetlands, breeding as a remnant population that also occupies Pollen Island and Traherne Island across the Whau River channel. Probably there are about 30-40 of these threatened birds in total across their radically diminished

Waitemata Harbour range. About the size of a sparrow, their plumage is more like a song thrush's. Forest & Bird Motu Manawa Restoration Group has adopted Harbourview's fernbirds as its defining mascot in planning most of its annual volunteer conservation activities.

Across 2019, the Forest & Bird group will stage volunteer native restoration planting and weed releasing activities. As always, the focus will be on planting "fernbird-friendly" native shrubs such as pohuehue, saltmarsh ribbonwood and coastal tree daisy. These species already grow naturally in Harbourview's wetlands and are the fernbirds' favoured habitat. More of this type of low, tangled canopy needs to be planted to increase the range of places that young fernbirds can move into after fledging. The key limit to increasing fernbird numbers in Harbourview is the physical area available of the right kind of vegetation. Enlarge that area, as Forest & Bird's plantings seek to do, and more fernbirds will survive and breed on Te Atatu Peninsula.

Other 2019 volunteer activities hosted by Forest & Bird Motu Manawa Restoration Group include regular annual events like

Cont.... pg 13



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Views on Food with Robynne Pringle

Silverbeet and Feta Pie

Autumn is a special time for me. I love the smell of the air and the balmy days – not too hot and not too cold, perfect picnic weather. Picnics are great for a family outing or for a special date and they call for food that is easy to pick up and handle. I tend to go for pies and as I've got heaps of silver beet in my garden, I'm cooking a family favourite. It has cottage cheese in it, which may not be standard issue, but works well. You can use spinach instead of silverbeet. The herbs are important but flexible and use fresh if you can. I prefer using thyme, but have used sage and thyme, oregano and marjoram. They all taste great. For the top, you can layer your filo pastry straight and even, but I like to scrunch it up into loose balls, placed side by side and brushed with butter. The result is a pie that will pass for a dinner party just as well as it will, for a picnic.

Ingredients:

Bunch of silverbeet (two cups cooked)
1 large onion chopped
2-3 cloves garlic
2 heaped tbls favourite chopped fresh herbs or 1 heaped tsp of dried
2 tbls olive oil
30 grams of butter
1 cup cottage cheese
2 eggs
150 grams feta cheese
Salt and ground black pepper
Filo pastry



Method:

Filling: Remove most of white stalks from silverbeet, chop and cook in half an inch of water with lid on pot, turning, until just cooked. Drain, run under cold water until cool and use hands to squeeze all excess water out.

Sauté the onion in oil until clear, add the garlic and herbs for another couple of minutes. Combine onion mixture with silverbeet, eggs, feta, cottage cheese and salt and pepper to taste.

Assemble: Melt the butter and layer 6 sheets of filo pastry into the base of a pie dish, brushing between the layers with butter. Tip in pie filling.

Top with 6 more layers of pastry or scrunch up sheets into loose balls and place next to each other to cover the top. Brush the top with butter and bake at 180 C for about 40 minutes, until middle is set.

Be careful not to let the top get too dark brown – you may need to cover with tin foil while it finishes cooking.

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Forest & Bird kicks off 2019

*Harbourview-Orangihina
Park activities cont...*

its Harbourview Beach Spring Clean rubbish collection in October, and its four-hour Pollen Island guided walk. The group is also planning to revive its pest control activities in Harbourview, aimed at removing predators of native ground-nesting fernbirds and banded rails. These pests include rats, stoats and hedgehogs, all of which attack bird nests to devour the eggs and chicks. Cutting pest numbers and planting more fernbird-friendly canopy will help ensure long-term revival of the natural biodiversity values of Harbourview for all to enjoy, including its native species.

Forest & Bird Motu Manawa Restoration Group relies on community volunteers to help achieve its fernbird-friendly goals in Harbourview-Orangihina Park. Volunteers do not have to be Forest & Bird members. Many of the group's events are suitable for children to learn and practice conservation values and activities. If you would like to become involved, please email motumanawa@gmail.com for further information.



First Aid Kits for Te Atatu

More than ten thousand households in Te Atatu will receive a voucher for a first aid kit, as part of a new charitable initiative to help address the rapidly increasing number of injuries caused by accidents in households.

The initiative, which benefits households across West Auckland households means 70,000 first aid kits are being provided at no cost, to all homes in the region from February.

The comprehensive kits are designed to help treat some of the most common forms of injury and will be donated to the region by The Trusts, West Auckland at a cost of more than \$680,000.

Trusts CEO Simon Wickham says while there has been an overhaul to the health & safety regulations that cover our place of employment, our home remains the most likely place an accident will occur.

"Auckland's population is around 1.66m which means in the past year there was an injury claim for every 2.2 people in the

region - and this is just a measure of the accidents for which a claim was filed.

"In West Auckland alone last year there were more than 24,000 ACC claims with over 14,000 of these occurring in a residential dwelling.

"Included in these injuries were upwards of 17,000 soft tissue injuries such as sprains and 4,800 lacerations.

"It is our hope that the offer of a quality first aid kit at no cost will mean thousands of people in the West Auckland region will now be better equipped to deal with an accident if it occurs in their home," he says.

Te Atatu households can collect their first aid kit from:

West Liquor All Seasons
4/288 Te Atatu Road, Te Atatu

West Liquor Te Atatu
3 Pringle Road, Te Atatu Peninsula

Village Wine & Spirits Te Atatu
(opening soon) The Point,
571 Te Atatu Road, Te Atatu Peninsula



Tonic Beauté is a premium home clinic specialising in all aspects of beauty and spa treatments and better still - we're local like you. We understand that your experience is key and our aim is about making you feel and look your best.

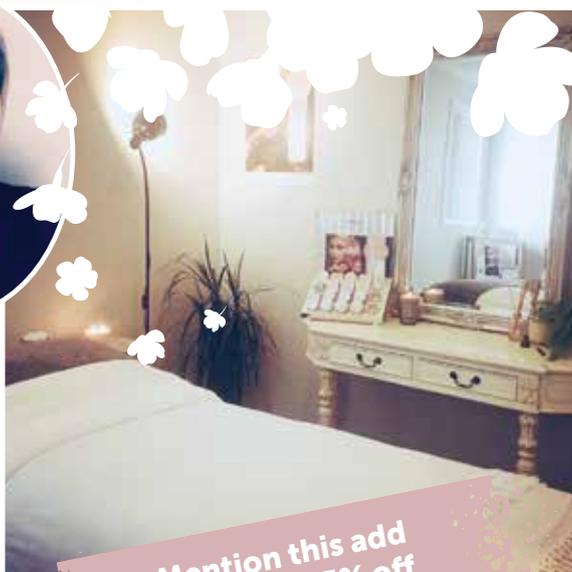
Toni Cardwell, the owner operator has been in the beauty industry for over 20 years and she brings her unique experience to every treatment. In that time, she has worked both overseas in London's health spas, and in some of Auckland's leading skin care clinics. She knows that juggling a career, home and family can often mean that some of your own needs are not met. Tonic Beauté offers clients a relaxed atmosphere in which to unwind, re-centre and experience some true time for self.

Toni offers a wide range of treatments including facials, peels, micro-dermabrasion, massage, waxing, manicures/pedicures, tinting, lash extensions, lash lift, spray tans, make up & microblading.

While I enjoy a variety of treatments I have a new passion of microblading, also known as feather touch brows. Microblading is a semi permanent tattoo for the eyebrows which mimics hair strokes to give natural definition to any brows.

The thing I love most about my job is meeting a wide range of people from all different walks of life. I originally entered this profession because I wanted to make others look and feel their best. It can be as simple as just an eye brow tidy to lift the spirits."

Tonic Beauté is based in a peaceful, private premises on Te Atatu Peninsula. We also offer a mobile service to our clients all over the Auckland region, to fit in with your busy schedule.



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See Tonic Beaute's website for more information

www.tonicbeaute.co.nz

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Community Safety

Fire



If there's a fire in your house, you'll have around 3 minutes to get out before the fire becomes unsurvivable.

Here are the things you should do immediately:

- If there are others in the house, shout 'FIRE, FIRE, FIRE!'
- If there's smoke, get on your hands and knees and crawl low and fast to escape smoke.
- If you can, close doors behind you to stop the fire spreading.
- If you can't get out of the house, close the door of the room you're in and put a towel under it to stop the smoke coming in. Go to the window and yell 'FIRE, FIRE, FIRE!'. Wait for help.
- If you can't open a window (if it has security stays, for example), consider using a chair or other furniture to break the glass. Use bedding to cover any remaining sharp pieces of glass to escape unharmed.
- As soon as it's safe, call 111 immediately.
- Meet at your agreed safe meeting place — somewhere safely away from the house.

Once you're out of the house, stay out. Never go back inside.

Remember to let the arriving firefighters know whether you are all safety out or if there's anyone missing.

Make sure you have an escape plan so you know the fastest way to get out of your house in an emergency.

Day light savings is coming to an end next month, that is always a good time to check the batteries in your smoke alarms. Remember we can always help with install and placement too, just give us a call.

If you have any questions or queries about anything fire safety related, don't hesitate to call your local fire station (0800-3545-170). Or you can simply go to <https://fireandemergency.nz/> to find information out for yourself.

He Waka Eke Noa
(Everyone in one canoe, no exceptions)

Students art helps *Rescue dogs cont...*

colours with lots of patterning," she says. "There was a massive range of abilities, and every student's work was valued."

Carolyn says this year, students' families can choose to bring in pictures of their own animals and the students will become 'personal artists' for people's pets. She hopes those families will then purchase the merchandise, which will be available for sale by the end of March.

Members of the public will be able to purchase the merchandise from a stall at the Te Atatu Peninsula Community Centre market, and also at Hobsonville Point market, later in the year. Market stalls will be advertised on posters Carolyn plans to put up around the community.

Carolyn says Aran Animal Rescue appreciates any donations, no matter how small and for more information, go to their website <https://www.arananimalrescue.org.nz/>

Police



It's still hot at night and most of us without AC will be opening windows to keep cool. Not ideal but sometimes necessary. If at all possible, make these second story windows only, or ones with secure window stays fitted and of course make sure they are closed and locked when you leave for work in the morning. Don't make your house an easy target.

The month of March always sees a jump in traffic congestion around the motorways particularly in the mornings as tertiary students join the morning commute. This will remain a problem for about a month until things start to settle down. Plan for this, to save stress and of course if you have tertiary students please encourage them to make use of the bus or train services.

The last thing anyone wants is to be the victim of a Burglary and there are some things you can do to help minimise the risk:

- Put yourself into the Burglars shoes. If you can easily break into your home so can a burglar.
- Lock your door and Windows
- Record the serial numbers and photograph expensive items
- Keep valuables out of sight
- Consider investing in an alarm system or getting sensor lights fitted.
- Don't give burglars a place to hide. Keep your plants well-trimmed around doors and windows
- Use a chain on the door and don't open the door to strangers unless the chain is attached.
- Join your local Neighbourhood support group or community patrol.
- Register serial numbers with SNAP on www.snap.org.nz

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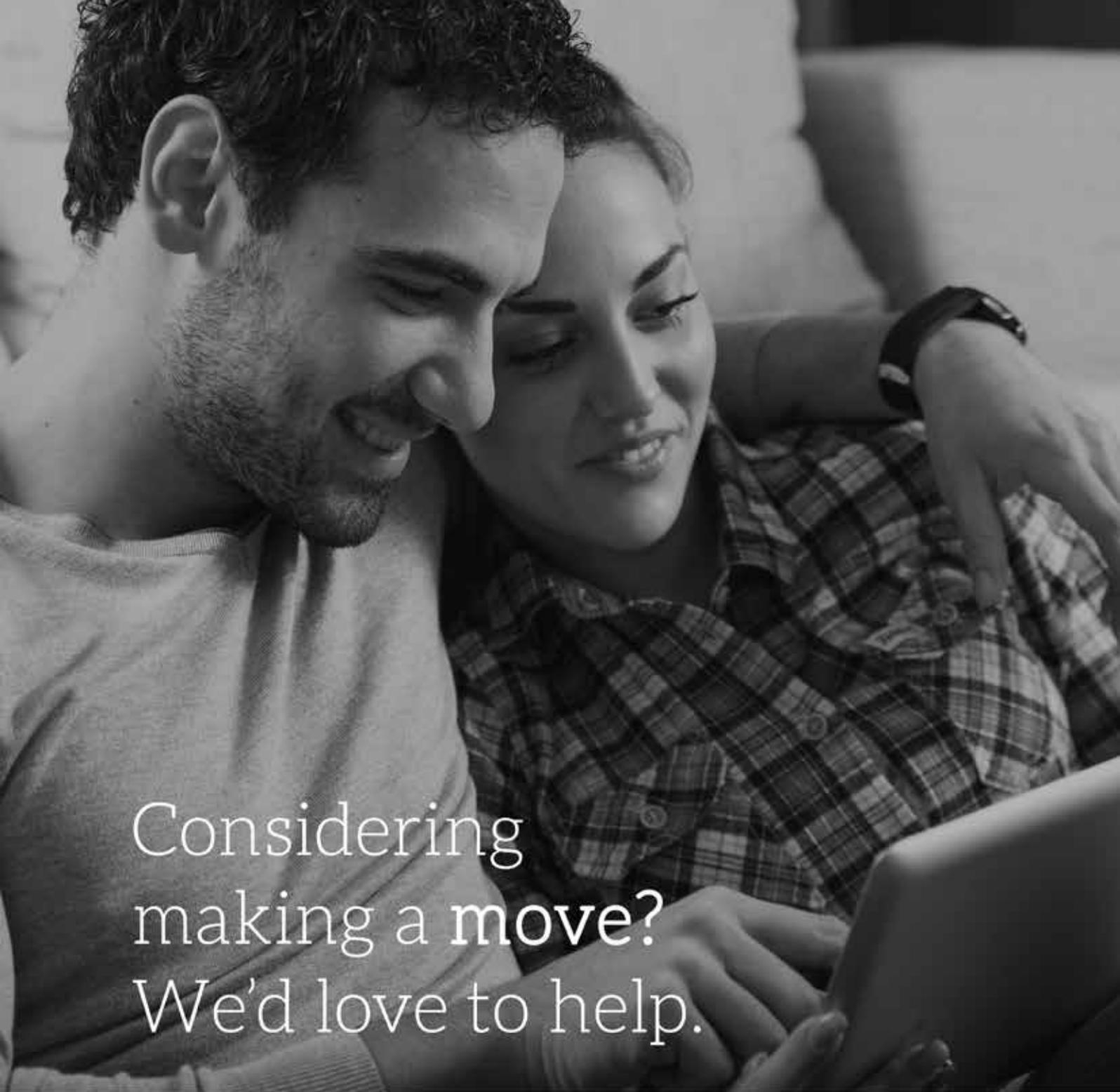
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Business Directory

About Face	84 Gunner Dr	834 4018
Access Law	PO Box 45111, Te Atatu	027 427 7462
Ahmayz Cuts 'N Fades Barber Shop	2 Harbourview Rd	834 8704
Allworkz Electrical Ltd	4 Holman Road	0508 ALLWORKZ
Anna Thai Reflexology Massage	578 Re Atatu Rd	834 3911
Anthony Wong Dental Surgery	518 Te Atatu Rd	834 6359
Anytime Fitness	543 Te Atatu Rd	950 8540
Barfoot and Thompson	534 Te Atatu Rd	834 3570
Ben Cable Electrical	15a Tiroroa Ave	0800 223 123
Boon Nuad Thai Massage	4/538 Te Atatu Rd	949 0142
Brandmechanic	Suite 3, 552 Te Atatu Rd	022 121 5622
Café Anatolia	543 Te Atatu Rd	834 7991
CareVets	520 Te Atatu Rd	834 4430
Cassidy Eyecare	84 Gunner Dr	834 9070
Chil Body and Hair	84 Gunner Dr	834 4206
Clearstone Legal	1/547 Te Atatu Rd	282 4192
Columbia Bakery	572 Te Atatu Rd	834 3278
Countdown Te Atatu	571 Te Atatu Rd	255 2420
CoWorkWest	741F Te Atatu Rd	021 135 8312
Dan and Anna Superette	568a Te Atatu Rd	834 6356
Delicious Foodstore	547 Te Atatu Rd	834 6635
Demolition Deli	570b Te Atatu Rd	834 4698
Discoveries Educare	543 Te Atatu Rd	0800 Educare
Dominos Te Atatu Peninsula	543 Te Atatu Rd	948 0744
Dream Nail and Spa	538 Te Atatu Rd	834 4924
Emporer Motors	4a Harbourview Rd	834 8649
Et Tu Bistro	532 Te Atatu Rd	834 5327
Fresh Beer Brew Company	576a Te Atatu Rd	950 5110
Fuze Café	566 Te Atatu Rd	834 8536
G4U Dollar Store	556 Te Atatu Rd	880 4321
GM Legal	3/1-3 Rhone Ave	839 4000
Gold Star Takeaway	564 Te Atatu Rd	834 8838
Golden Key Takeaways	546a Te Atatu Rd	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
Harveys Real Estate	530 Te Atatu Rd	834 6155
Highwire Electrical Ltd	2 Waikura Dr	027 244 9473
Hohepa Chartered Accountants	42 Spinnaker Dr	834 3712
Hospice Op Shop	568 Te Atatu Rd	834 1291
House of Patchwork	574 Te Atatu Rd	834 9641
Jenny Craig	84 Gunner Dr	834 8924
John Chan Takeaways	578b Te Atatu Rd	834 5246
Johnston Design Ltd	671 Te Atatu Rd	021 130 5098
K&A Bargains	542a Te Atatu Rd	834 8986
KJ Nally Barristers and Solicitors	534 Te Atatu Rd	834 9995
L.A. Inspection Services Ltd	550b Te Atatu Rd	834 0346
Loader Legal Ltd	45 Conistan Avenue	390-0436
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Mi Physio	543 Te Atatu Rd	264 0105
ML Accounting Taxation Ltd	552 Te Atatu Rd	027 251 1208
Mr Illingsworth	571 Te Atatu Rd	953 4377
Mortgage Supply	3/1 Rhone Ave	834 8682
My Laundry	3/570 Te Atatu Rd	021 022 92894
New Zealand Home Loans Te Atatu	Level 1, 547 Te Atatu Rd	834 4468
Newdays Espresso	578a Te Atatu Rd	834 8883
Noodle Canteen	554 Te Atatu Rd	834 1328
NVS Hair Salon	2/95 Vodanovich Road	837 1919
Odessa's Mini Mart	607 Te Atatu Rd	834 2544
Orient Bakery	560 Te Atatu Rd	834 8382
Park in the Bar	3 Pringle Rd	834 7396
Patten Brumby Accountants Ltd	627 Te Atatu Rd	834 5555
Peninsula Bakehouse	548 Te Atatu Rd	834 0688
Peninsula Blooms	540 Te Atatu Rd	834 7778
Peninsula Hair Ltd	574 Te Atatu Rd	834 5120
Peninsula Kitchen	2/460 Old Te Atatu Rd	834 7111
Peninsula Law	631 Te Atatu Rd	834 5389
Peninsula Medical Centre	382 Te Atatu Rd	834 6300
Peninsula Physiotherapy	382-386 Te Atatu Rd	834 9329
Peninsula Roast	572b Te Atatu Rd	834 0525
Peppermint Twist Icecream	607 Te Atatu Rd	834 9941
Pita Pit Te Atatu	543 Te Atatu Rd	834 6058
Pizza Landing	578c Te Atatu Rd	834 7492
Premier Residential Ltd	14 Neil Ave	027 296 3451
Ray White-Buy West Realty Ltd	1 Rhone Ave	834 6789
Reds Traditional Barbershop	3a/571 Te Atatu Rd	973 4014
Remedy Natural Helath	Suite 3, 552 Te Atatu Rd	0272 REMEDY
Restore Wellbeing	Suite 3, 552 Te Atatu Rd	600 1166
Right Cuisine	543 Te Atatu Rd	838 8948
Rodgers Reidy (NZ LTD) Insolvency	Lvl 1 547 Te Atatu Rd	834 2631
Sam's Roast	1/570 Te Atatu Rd	834 6638
SBA (Small Business Accounting)	609 Te Atatu Rd	834 0584
Shahi Dawat Restaurant	547 Te Atatu Rd	834 1239
Stuart McKechnie Architect	82 Gunner Dr	834 9016
Songsun Emporium	552 Te Atatu Rd	834 8620
Spynedoctors chiropractic	80 h Gunner Drive	0800 SPYNED
Stitches Alterations	607 Te Atatu Rd	834 4688
Supa Fruit Mart	3/1 Rhone Ave	834 2473
Sushi Ami	5/80 Gunner Dr	834 0010
Sushi and Bento	546b Te Atatu Rd	834 1060
Swimsation Swim Schools	22 Waipani Rd	948 2414
Suzanne Clark Family Law	4/554 Te Atatu Rd	834 8139
Tank	543 Te Atatu Rd	834 0200
Tass Print	534 Te Atatu Rd	834 6338
Te Atatu Butcher	1/1-3 Rhone Ave	834 5158
Te Atatu Chiropractic	550a Te Atatu Rd	834 0440
Te Atatu Discount Superette	542 Te Atatu Rd	834 2089
Te Atatu Engraving & Gifts	562 Te Atatu Rd	834 6143
Te Atatu Fisheries	613 Te Atatu Rd	834 6998
Te Atatu Health	544b Te Atatu Rd	900 11 11
Te Atatu Lawn Mower Centre	538 Te Atatu Rd	834 7441
Te Atatu Menswear	548 Te Atatu Rd	834 6470
Te Atatu Peninsula Laundry	3/570 Te Atatu Rd	021 022 92894
Te Atatu Memorial RSA	1 Harbourview Rd	834 3698
Te Atatu Union Church and Op Shop	2 Taikata Rd	834 3228
Thai Flavour	572a Te Atatu Rd	834 0646
Thai Peninsula Restaurant	9/80 Gunner Dr	834 9998
The Property Market	82 Gunner Dr	965 3656
The Sugar Grill	571 Te Atatu Rd	834 0333
Three Monkeys Tattoo	84 Gunner Dr	834 4206
Top Well Bakery	3/82 Gunner Dr	834 2328
Uneek Cutz	7/80 Gunner Dr	834 0100
Unichem Peninsula Pharmacy	550 Te Atatu Rd	834 6303
Vivo Hair and Beauty	546A Te Atatu Rd	834 6020
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Waves Laundromat	Unit 2 543 Te Atatu Rs	c/-834 6058
West Auckland Counselling	552 Te Atatu Rd	834 7322
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Westpac Bank	568a Te Atatu Rd	834 1505
Wine Villa	544a Te Atatu Rd	834 4992