

Te Atatu

Te Atatu Peninsula Town Centre Magazine

VIEWS

WINTER 2019

IN THIS ISSUE:

Food Bank's Call for Help

Bold Vision for Te Atatu South

Community Waitakere News

Wine, Food and Books

Published quarterly

Next issue: Spring

Advertising booking deadline: August 1st, 2019

Delivered: Aug 31st, 2019

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.

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.

Circulation: 10 000 copies.

Delivered free to homes and businesses in Te Atatu. Available in selected libraries, cafés, street boxes and visitor accommodation. Published online at www.teatutupeninsula.co.nz.

Advertising Rates

TAPBA Members: Full page...\$644.00 plus G.S.T
½ page.....\$336.00 plus G.S.T
¼ page.....\$185.00 plus G.S.T
1/8 page....\$157.00 plus G.S.T

Non Members Plus 10%

Te Atatu Peninsula Business Association Committee

Chairperson: Stephen Enger: Te Atatu RSA

Treasurer: Peter Hohepa: Hohepa Chartered Accountants Ltd

Board Members: Sue Kirkby: Carevets
Malcolm Buscomb: Te Atatu Menswear
Leonie Higgins: Barfoot and Thompson
Rob Stewart: Te Atatu Chiropractic
Michelle Nuttall: West Auckland Counselling
Sean Greenshields: McDonald's Te Atatu
Troy Cassidy: Cassidy Eyecare

Town Centre Manager: Robynne Pringle

Contents

Welcome to The Well and Refill Nation Page 3

Welcome to Opal Dental..... Page 4

Food Bank's Call for Help Page 5

Views On Books Page 6

Bold Vision for Te Atatu South Page 7

Views on FoodPage 11

Community Waitakere NewsPage 13

Community SafetyPage 14

From the Editor

Isn't it great to see more new businesses in the town centre, moving into bright new premises? Investment in the town centre by property owners who develop their sites, is greatly appreciated by the business community as it lifts the whole town centre, improving commercial spaces and ultimately the business mix that is on offer to the community.

TAPBA would like to ensure that investment in the public amenities – the footpaths, seating, gardens and infrastructure – keeps up with this private investment. We don't want to see public areas become shabby, compared to the new developments happening in the town centre. Last year, TAPBA requested that a full, town centre upgrade for Te Atatu Peninsula be included in the Henderson Massey Local Board, Long-Term Plan 2018-2028. Recently, we also gave the local board an overview of what we believe should be encompassed in a town centre revitalisation and requested that it be included in any planning and preliminary investigation, for their 2019 - 2020 annual plan. Most importantly though, we asked that any planning for an upgrade, be done only after seeking community feedback. We want a town centre where the community can work, live and play in an environment conducive to their well-being. We will keep you posted on progress.

Congratulations to our three autumn promotion winners - Abby Castillano (1st) who entered at Fuze Café, Hillary Campbell (2nd) who entered at Anna Thai Massage and Diane McLeod (3rd) who entered at Carevets. Thanks everyone,

for supporting our town centre and look out for our winter promotion, in stores now.

In this winter issue, we welcome to our business community, Charlene Borges of Opal Dental and Jackson Mulligan of Refill Nation, a new wholefoods refill store that offers customers a sustainable way to shop. We also meet Megan Gilbert of The Well, offering community support in the heart of the town centre.

On page 5, read about why our local Food Bank needs our help and on page 7, learn about plans to make positive changes for Te Atatu South. Winter is a great time to hunker down with a good book– get some inspiration from our regular Views on Books columnist Abigail Johnson on page 6. Views on Food offers you true comfort food recipes on page 11, along with Views on Wine, from the knowledgeable Sam Kim.

Winter is often a slower time for business areas – remember to support your favourite Te Atatu shops through the colder months, so that our town keeps getting better and better.

Robynne Pringle
Editor



CASSIDY EYECARE
TE ATATU • NEW LYNN

- Eye Examinations
- High Quality Eyecare & Eyewear
- FREE glasses for kids*
*conditions apply

www.cassidyeyecare.co.nz

Te Atatu: (09) 834 9070
84 Gunner Drive

New Lynn: (09) 827 2149
3080 Great North Road

WELCOME to the Peninsula

The Well

Te Atatu has gained a community gathering space, right in the heart of the town centre. The Well, initially set up by the Peninsula Community Church, and now run by volunteers, can be found at 2a Harbour View Road.

Organiser Megan Gilbert says the aim is to help people connect with others in their community and to provide opportunities for connecting, learning, growing and exploring faith.

Megan says there is something for everyone, no matter their age group or situation and all are welcome.



Megan Gilbert.

For example, the Seniors Cuppa group is a drop-in gathering on the 1st Wednesday of each month. Then

Plunket has a drop-in clinic on the first Friday of the month, offering parents information and resources around particular topics such as sleep routines. Mums Supporting Mums is on the 1st and 3rd Fridays at 10.30am, to provide a safe place for connection and encouragement to mothers who are struggling. The Well's craft group meets on the first Monday evening of the month, and on the third Monday, is Ladies' Night. This group recently made Bliss Balls to donate to local schools, for children who need something extra in their lunches.

Apart from the regular group gatherings, there are also one-off events at The Well, including movie afternoons.

Megan says if there is anyone in the community with aims that are a good fit with The Well, and who wish to run activities, they're welcome to get in touch by emailing her at teatatuwell@gmail.com or phone 022 355 7031.

"It's about connecting people so they can know the people around them and that they are not alone in what they are doing."

Refill Nation

New wholefoods refill store, Refill Nation has already received a warm welcome from Te Atatu shoppers.

Owned and operated by local Jackson Mulligan at The Point, 571 Te Atatu Road, Refill Nation stocks products in bulk,



Jackson Mulligan with store 'Refill Expert' Stacey Loose.

encouraging customers to bring their own reusable jars, containers and bags, with a focus on helping eliminate single-use plastics in New Zealand.

Jackson says the store has been very busy with lots of repeat customers.

"The community has really embraced us," he says.

Customers can use their own containers which are weighed as they come into

Continued on page 4.

Te Atatu Menswear on the Peninsula

**Male Apparel &
Uniform Specialists**

Phone (09) 834 6470

*'Dress warm
this winter'*

Possum/Merino Scarves,
Beanies, Gloves, Socks, Pullovers,
100% Merino Pullovers
Wool Coats * Fashion Shirts
Casual Jackets * Sweat Shirts
Stretch Jeans



Visit us instore or online at www.thelocalmenswear.co.nz

Phone (09) 834 6470 | 548 Te Atatu Road, Te Atatu Peninsula | Email: shop@teatatumenswear.co.nz

WELCOME to the Peninsula cont...

the store or they can use paper bags that are provided or even purchase a jar in-store. Jackson says more people are bringing their own jars than what he initially expected.

"It's really good to see," he says. "As kiwis, we have a chance to lead the world in reducing plastic pollution. To truly drive change, we need refillable and reusable alternatives for everyday shoppers."

From organic and non-organic pantry staples such as flour, nuts, spices, to protein powders, pet foods, grind-your-own coffee, and eco cleaning products, everything is paid for by weight.

Jackson came from a career in finance to open the business, which he says is the first of its kind in West Auckland.

"I'm all about giving customers a better, more mindful shopping experience. We're here to support people in their zero-waste efforts, whatever that looks like in the context of their circumstances and budget," he says.

"The dream is that everyone uses refillable jars and we become a nation of refillers. In the meantime, it's great that people can still use a paper bag which I urge them, to recycle or compost."

Refill Nation's Te Atatu Peninsula store is open seven days, with their online store opening in the coming months, offering delivery throughout New Zealand.

Opal Dental

After over 40 years of service to Te Atatu, Anthony Wong Dental has a new owner, a new name and a fresh face.

Opal Dental's Dr Charlene Borges grew up in Te Atatu, attended Rutherford College and studied a Bachelor of Dental Surgery at Otago University. Charlene has previously worked with Dr Anthony Wong, who she describes as a mentor, and has built her career in both the public and private sectors. Charlene says she was drawn back to the close-knit community of Te Atatu and took over full-time from Dr Wong, who still works at the practice two days per week.

While the practice offers the usual dental services such as check-ups, cleans, fillings,

dentures, extractions and whitening, Charlene also brings another dimension to the practice with crowns, bridges, veneers and implant work.

Charlene also offers appearance medicine to clients, such as dermal filler, cosmetic injectables and facial rejuvenation. She says she finds appearance medicine an enjoyable compliment to dentistry.

"A beautiful smile is not just made up of teeth," she says. "While it is common for dentists to offer cosmetic treatment in the U.K and Australia, it is only just starting to happen in New Zealand and apart from general dentistry, is an exciting aspect that I can offer to our community."

Apart from the additional services, the

new name and new sign, patients can still expect to see all the familiar faces and staff when they call in.

"The culture of the practice is fantastic and I'm going to build on that and make sure our clients continue to get the best treatment, and feel as supported and relaxed as possible," says Charlene.



Charlene Borges.

Meyers Plumbing Ltd

Shane Meyers, Certifying Plumber
Quality Guarantee



Free quotes
Special rates for
local customers
(Te Atatu Peninsula
& Te Atatu South)

Tel: 027 279 5912

After hours: 834 7896

Email: meyersplumbing@xtra.co.nz

www.meyersplumbing.co.nz



ALLWORKZ

ELECTRICAL



Need a Sparky? Call Your Local

Family owned and operated, Allworkz is a dynamic team of residential and commercial electrical specialists. Based right here in **Te Atatu Peninsula**, supported and trusted by locals for over 9 years.

Contact Ryan today for FREE QUOTE or no obligation chat.

021 519 225 | 0508 ALLWORKZ

ryan@allworkzelectrical.co.nz | 4 Holman Road, Te Atatu Peninsula

www.allworkzelectrical.co.nz







Roy Wang of Delicious Food Store gives Jo Faulder (Food Bank Coordinator) a donation to the Food Bank.



Food Bank's

Call for Help

There have been more withdrawals than deposits at the Te Atatu Peninsula Community Food Bank recently, and they need help.

The Food Bank, which is a division of CARE Waitakere, gave out 71 parcels to local families during the first three months of the year, providing mostly staples like cereal, canned goods, spreads, tea and coffee as well as fruit, vegetables and meat when they are available.

The organisation is manned by volunteers, who make up the packages for families and individuals in temporary hardship situations, due to for example a family break-up, illness, redundancy or unexpected large costs. CARE Waitakere also helps families with free budgeting, advocacy, family support, social work and free or affordable counselling.

Of the 250 food parcels given out during 2018, 25% went to

individuals or couples, 55% went to small families with one to three children at home and 20% went to families with four or more children.

Coordinator Jo Faulder says the organisation has seen a gradual increase in need.

"While the increase overall isn't huge, we have experienced a decrease in supply which means we can't support our clients as best we'd like to," she says.

"We distributed approximately \$35 thousand dollars-worth of food parcels last year. Currently our donations come from food rescue from our local Countdown, Tasti, community groups and the kindness of individuals in our community. But recently we can't seem to keep up with demand and need more regular donations, which is why we are reaching out for help. No donation is too small, and if enough people get on board, we can help so many families and individuals."

Jo says they have also had some support from local businesses. Recently for example, Delicious Foodstore owner Roy Wang arranged to regularly donate frozen, left over scones and muffins from the business, to boost the Food Bank freezer stores.

Businesses who support the Food Bank in this way will be given a small poster for their shop windows, and promoted through the Food Bank social media channels, annual report and local Facebook page.

Want to help? You can purchase an extra item during your weekly shop and drop it into the depository at Countdown checkout, or make a one-off donation or you can even set up an automatic payment for as little as \$3 per week. To find out more contact Jo by email: foodbank@carewaitakere.org.nz

If you or someone you know, could benefit from any of the services CARE Waitakere offer, please call 09 834 6480.



Sell with

confidence

Ray White Te Atatu

Buy West Realty Licensed (REAA2008) & Buy West Property Management Limited

1 Rhone Avenue, Te Atatu Peninsula, Auckland

P: 09 834 6789 | E: teatatu.nz@raywhite.com | buywest.co.nz



Views on Books

with Abigail Johnson

Hello neighbours,

Here we are again. Winter. I've always considered myself a summer girl but I'll happily admit that winter has its appeals – lying in bed with a book being chief among them. There's something quite delicious about diving into a story while the rain paints the windows, isn't there? Conversely, it feels a bit wasteful spending a summer's day inside reading.

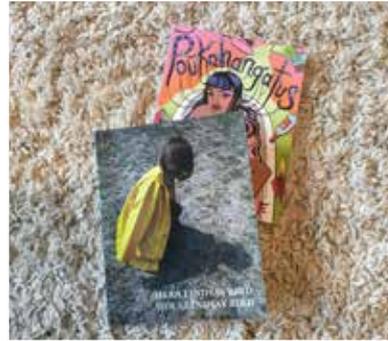
I find that winter stokes my creative energy something wicked. In summer I like to spend my free time swimming or taking walks, but in winter? That's when I find myself attempting to write poetry. Most of what I write ages like milk by the time I read it back, but occasionally I'll turn out a gem. So, I thought I'd recommend two poetry collections for this issue. No, don't run away!

Look, I wouldn't blame you for harbouring a secret (or not so secret) poetry-aversion. Poetry can be dense and high-brow, and it can make you feel stupid when you *just don't get it*. But I've come to learn that poetry doesn't demand to be *got*. Poetry simply demands to be *read* (or heard). What you make of the words, the feelings they evoke, the images they bring to mind – that part is up to you. I don't pretend to *understand* much of my favourite poetry, all I know is I *like* it.

The first collection I'm recommending is Hera Lindsay Bird's self-titled debut. You might have heard of Hera – in fact, she's kind of a big deal. First published

in 2016, Hera Lindsay Bird is a collection of love poems, hate poems, and viral-on-the-internet poems. My favourite piece, *Having Already Walked Out On Everyone I Ever Said I Loved* includes the line: *things do not bode well for you*. And still, I imagine it being read at a wedding. If you don't yet own this collection, I invite you put that right.

The second collection I'm recommending is Tayi Tibble's *Poūkahangatus*. Born in 1995, Tibble's work references Kim Kardashian, Keisha Castle-Hughes, Captain Cook, and Game of Thrones. And if that puts you off – I think you should try *Poūkahangatus* anyway. These are the kinds of poems that will sit with you for days. These are the kinds of poems you'll want to forget – in the hopes of reading them for the first time once again.



Both collections are available in independent book stores.

Happy reading.



How we do business is as important as the business we do.

Barfoot & Thompson
Licensed REAA 2008 MREINZ

barfoot.co.nz

Te Atatu

09 834 3570 • 534 Te Atatu Road

Bold vision for Te Atatu South

The Te Atatū South of the future will contain a more attractive town centre, better spaces and connections along with support for community services, according to a new Henderson-Massey Local Board plan.

Developed in consultation with the community in November, the Te Atatū South Plan contains a vision, four themes, three key moves and a range of projects to guide the future improvement of Te Atatū South for the next 30 years. The key moves are titled 'A heart for the community', 'Access and connections' and 'Activity and environment'.

Projects and actions identified in the plan will guide future funding decisions and advocacy by the local board, the council and the wider council family for the area. It also identifies various delivery partners across a range of projects including community groups, mana whenua and landowners.

Henderson-Massey Local Board Chair Shane Henderson says that the Plan marks a step-change for the area.

"As a resident of Te Atatū South, this is close to my heart", he says.

"It has been clear for a long time that the area, and especially the centre of Te Atatū South, needs attention.

"I'm pleased to say that the Plan will better support the community and develop the centre in a way that will benefit the area.

"It also identifies a number of projects to deliver three key moves over the next 20 to 30 years. The board is committed to working with council teams, the community and mana whenua to advocate for and deliver these projects over time.

"I want to thank everyone who took the time to provide feedback on the plan, and who helped us to shape it.

"The vision for Te Atatū South is bold, but it is absolutely right. A place to go to, not just drive through."

The full plan will be available online in July.

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
- Chicken Nuggets Served with Fries
- Hotdog (on a stick) Served with Fries

All Meals include Buffet and are subject to change

**Big Screen TV • Fully Licensed
Lounge Bar + Sports Bar
Fantastic affordable restaurant
TAB and Gaming Machines
Golf - Pool - Snooker - Darts - Bowls**

**ENJOY A GREAT
FAMILY AND FRIENDLY
ENVIRONMENT AND ACTIVITY
WITH REGULAR
LIVE ENTERTAINMENT**

Membership open to all.

Fill out your membership application form now

Phone: 834 3698 • Email: office@teatatursa.co.nz • Address: 1, Harbour View Road, Te Atatu Peninsula

Night Classes and Weekend Workshops for Adults

Community Education at Rutherford is still going strong. In term 1 this year we ran over 80 courses accommodating more than 800 students.

In term 2 & 3 there are more than 100 courses available so take the opportunity to study a subject you've always been interested in, refine an existing skill or branch out into unexplored territory. All of our tutors are qualified in teaching to adults-many of them specialists in their particular field - and you'll find learning is easy in the relaxed social atmosphere of Community Education.



There are courses and activities to suit almost everyone:

- Art, Craft and Photography
- Business, Employment, NCEA & Computing
- Environment, Home & Garden
- Health, Nutrition & Cooking
- Languages & ESOL
- Music, Dance & Recreation.
- General Interests.



Phone us for a FREE booklet (834 4099) or visit our website for more details www.rutherfordcomed.co.nz.



Ria Masae Poetry Workshop

To celebrate National Poetry Day on 23 August, we are kicking things off a day early at Te Atatu Peninsula Library with one of our very own librarians, Ria Masae, holding a poetry workshop!

Poetry is not just written by or created for academics, war veterans or 'classics' like Shakespeare.

Bob Dylan is a poet. Tu Pac is a poet. The Dalai Lama is a poet. Poetry is everywhere and accessible to everyone!

Come and create some poems of your own using simple prompts and writing exercises.

Suitable for teens and adults.

When: Thursday 22 August

Time: 4.30pm – 5.30pm

Where: Te Atatu Peninsula Library, 595 Te Atatu Road



Celebrate Matariki at Te Atatu Peninsula Library!

Come and learn from experts Jaqueline Snee Poukokiri Rangahau Maori from the Central Auckland Research Centre, and Dena Jacob Poukokiri Rangahau Maori from the West Auckland Research Centre, share their knowledge on using online and local resources for Maori Genealogy research.

Where: Te Atatu Peninsula Library, 595 Te Atatu Road

When: Tuesday 25 June 2019 at 2-3.00pm

Booking is recommended although is not essential.



Exercise for the Mind! Learn or Play Bridge

at the
Waitemata Bridge Club
Covil Ave, Te Atatu South

Millions of people play bridge worldwide in clubs, tournaments, online and with friends at home, making it one of the world's most popular card games. Bridge is a great game for all ages. Research has shown that Bridge is excellent for developing concentration and problem solving skills. It's also a very social game, so a good way to make new friends.

Phone or text Ken on 021 615 626 or email waitematabc@xtra.co.nz

Community

message board

SENIORS CUPPA

Pop in to the Well for a cuppa and a chat

1st Wednesday of the month
9:30-11:30 @ The Well
2A Harbour View Rd

All welcome,
Bring a friend!

SENIORS CUPPA AT THE WELL

All seniors are invited to **The Well (2A Harbour View Rd)** on the **1st Wednesday of every month** for a cuppa. Have a chat, bring some knitting, read a book, work on a puzzle or play a game.

Bring a friend or come and make some new ones! Not a senior? Please pass this along to your senior friends, family, and neighbours!

Next cuppa dates are 5 June, 3 July, 7 Aug.



BACK TO THE 80'S

Dance Party

FUNDRAISER

On Saturday 3rd August
NorthWest Financial Hub presents
Back to the 80's,
a fundraiser for Hospice West Auckland.

After it's amazing success last year, **The Boathouse at The Riverhead** is taking you back in time once again to the era of big hair, fluro and spandex. This will be the ultimate 80's night with The BackTracks playing the best 80's covers, guaranteed to keep you footloose on the dancefloor.

So raid that wardrobe and bring along some friends for that 80's dance-off and support a worthy cause at the same time. Funds raised will support Hospice West Auckland to help ensure that end-of-life services remain free to patients and their families across the West.

Tickets are \$25 each and will go on sale on the 4th June. Purchase your tickets at iTicket by searching 'Back to the 80s'. This event is strictly R18.

Bar snacks will be provided as part of the ticket cost or you can contact The Riverhead  (09) 412 8902 for prior dinner bookings.

Get in quick as the first night sold out fast!



TE ATATŪ PENINSULA COMMUNITY CENTRE

What's new @ Te Atatu Peninsula Community Centre

As the temperature plummets, the Indian summer comes to a close and Autumn is finally upon us. Never fear for there is heaps to do at the Te Atatu Peninsula Community Centre!

We're keeping things cozy with lots of bean-bags and free WIFI. There are large tables for laptops or meetings as well as smaller ones for informal gatherings.

The centre has recently had a bit of a spruce up with refreshed plants and a newly created Kids Zone adjacent to the Little Library. Here parents and children are welcome to relax, rest and play with toys or do some colouring in.

The start of the second school term has also seen a host of new programmes, events and activations. **Maori Mindfulness** classes are held on Wednesday evenings at 6.15 in the Kotare – Kingfisher room. This free course focuses on wellbeing and is based on both Maori principles and Eastern mindfulness practices. For registrations contact daniel.pigden@aucklandcouncil.govt.nz

Also on Wednesday evenings from 6.30 are **Hoop for Fitness** sessions. Held in the Kotuku-Heron Hall this free activity is led by an experienced

hula-hoop instructor. All those aged 10 and up are welcome to attend, hooping is great for overall health and wellbeing, it is social and fun as well as great for fitness!

On Sundays at 4pm also in the Kotare-Kingfisher room we host **New Zealand Sign Language (NZSL)** Classes for Families. This is a rare opportunity for Deaf children to learn NZSL with other children. Also suitable for whanau with deaf children at home. For more information contact info@mergenz.co.nz

The **Living Stories series** of local history talks has also begun at the Te Atatu Peninsula Community Centre. The first two sessions were led by Research West librarian Raewyn Robertson. Raewyn discussed saw-doctors and log jams as part of the "Kauri Logging in the Waitakere Ranges" and explored "Historic Te Atatu" in the second session. Stay tuned for more events in this series!

Celebrating awareness weeks at the Te Atatu Peninsula Community Centre

In April **Gumboot Friday** was celebrated at the community centre. For many, having depression is like walking through mud each day. Gumboot Friday was a chance to walk in their shoes for a day, visitors dropped in wearing their wellies and made gold coin donations to the I Am Hope campaign which raised money for free counselling for any kid who needs help.

Pink Shirt Day falls in May this year, this event is all about stopping bullying as well as spreading aroha and kindness. The idea is that everyone wears pink shirt with the aim of helping to create communities where all people feel safe, valued and respected. All those who make a gold coin donation will receive doughnuts or pink cupcakes! Did you know that Pink Shirt Day first started in Canada in 2007 when two students took a stand against homophobic bullying after a fellow student was bullied for wearing a pink shirt?

MAORI MINDFULNESS
WEDNESDAY 6.15-7.15PM
Te Atatu Community Centre

LEARN EASY MOVEMENT, BREATHING AND SOUND TECHNIQUES THAT CAN BE PRACTICED DAILY TO SUPPORT THE WELLBEING OF OUR FULL SELVES;
TINANA/BODY, HINENGAROMIND AND WAIRUA/SPIRIT, GROUNDED IN TE HO MAORI HEALING TRADITIONS AND CULTURAL PHILOSOPHY. THIS PROFOUND YET PRACTICAL WELLBEING PRACTICE IS ACCESSIBLE AND RELATABLE TO ANY PERSON OF ANY BACKGROUND, WHILE GIVING PARTICIPANTS A REFRESHING VIEW INTO THE MAORI WORLD.

KOHA DONATION thanks to Te Atatu Community Centre (Gift Aid available)

Henderson-Massey Local Board
Auckland Council

COME ON IN! TRY HOOP FOR FITNESS

TE ATATU PENINSULA COMMUNITY CENTRE

Learn hula-hooping with an experienced instructor, have fun and get some exercise!

FREE

Kotuku - Heron Hall
WEDNESDAYS 6.30-8PM

Henderson-Massey Local Board
Auckland Council

www.teatatucentre.org.nz



A very special event to celebrate **New Zealand Music Month** in collaboration with The Crescendo Trust of Aotearoa is going to take place in the Torea-Oyster Catcher gallery and we're gearing up for Matariki celebrations in June and July!

Stay connected to the Te Atatu Peninsula Community Centre

If you'd like to stay in touch be sure to like TeAtatu Centre on Facebook or follow us on Instagram @tatpenc



Views on Food with Robynne Pringle

Winter is a time for circling the wagons. Comfort food really comes into its own, when the temperature drops. Here are two recipes that will warm your belly and that the family will love. The first, slow cooked lamb chops, is a made-up one that I will attempt to put quantities and time to but be flexible with it. If you want to put more or less of an ingredient, that's fine and take the cooking time as a guideline. I am a vegetarian so have never tasted this dish, apart from the marinade, but I make it for my son who loves it. The second recipe was given to me by a friend more than 35 years ago. She was a single mum who raised a bunch of kids on a budget. This was her go-to recipe when she had a crowd to please. It is a huge self-saucing pudding, definitely not diet food, and it is sublime.

Slow Cooked Lamb Chops

You will need:

8 lamb or mutton chops

Marinade:

1 tbsp Lemon rind
2 cloves garlic, crushed
¼ - ½ tsp Salt
quarter cup Olive oil
6-inch sprig of fresh rosemary
2 tbsp. balsamic Vinegar

Method: crush the garlic with the salt, (I use the flat side of a knife) until the garlic is a clear paste. Strip the leaves off the rosemary sprig and chop finely. Take garlic and salt, rosemary and lemon rind and use a mortar and pestle to crush together until combined and fragrant. If you don't have a mortar and pestle, use a small bowl and a suitable implement like the handle end of a wooden spoon. Add the oil and balsamic, mix well. Place the chops in a baking dish and spread over the marinade. Let it sit for half an hour then bake in a slow oven, 150 C or less for 1 and a ¼ hours or until the meat is tender and the fat round the chops rendered.

Fudge Pudding

You will need:

2 cups flour
4 tsp baking powder
1 and 2/3 cup sugar
1 tsp salt
4 tbsl cocoa

1 cup milk
4tbsl melted butter
2 tsp vanilla essence

2 cups brown sugar
½ cup cocoa

Mix first five dry ingredients together. In a separate bowl, combine milk, melted butter and vanilla essence and mix with the dry ingredients and some chopped walnuts if you have them.

Grease a very large pudding dish or roasting pan and pour batter in.

Combine brown sugar with second measure of cocoa and sprinkle over batter.

Pour 3 cups of boiling water over the top and bake at 180 C for 45 – 50 minutes.



Views on Wine

with Sam Kim
www.wineorbit.co.nz

I often surprise or disappoint people when I say that I don't like wine as a 'drink', considering that I am a wine professional. If I'm at a party or out with friends, I would usually have a cool glass of larger, refreshing G&T, or a soothing whisky with a touch of water, depending on the season and mood.

However, I love wine as a food partner, something that is indispensable when eating delicious food. To me wine is a food enhancer, like salt & pepper, sauce or jus, something that makes food taste better. Wine has natural acidity that cleanses your palate when eating rich food, and the tannins in wine counteracts with protein in food to give you a smoother mouthfeel. Of course,

wine provides complex flavours and adds another dimension to the dining experience, and a warm glow afterwards too.

One of the best food-friendly wines is chardonnay. Those of certain age will remember chardonnays of '80s and '90s. They were powerful, oaky and buttery. We don't make it like them anymore. Although recently we are seeing more Californian chardonnays, which are still made in that retro style. But I love chardonnays made in New Zealand. Just the right balance of ripe stone fruit and citrus flavours with subtle nuances of vanillin oak infusion. They are comforting and generous with creamy mouthfeel, while delivering layers of delightful fruit flavours backed by refreshing acidity. If you have moved away from chardonnay for sauvignon blanc or pinot gris, it might be a good time to revisit an old friend, as New Zealand chardonnays have never been better.

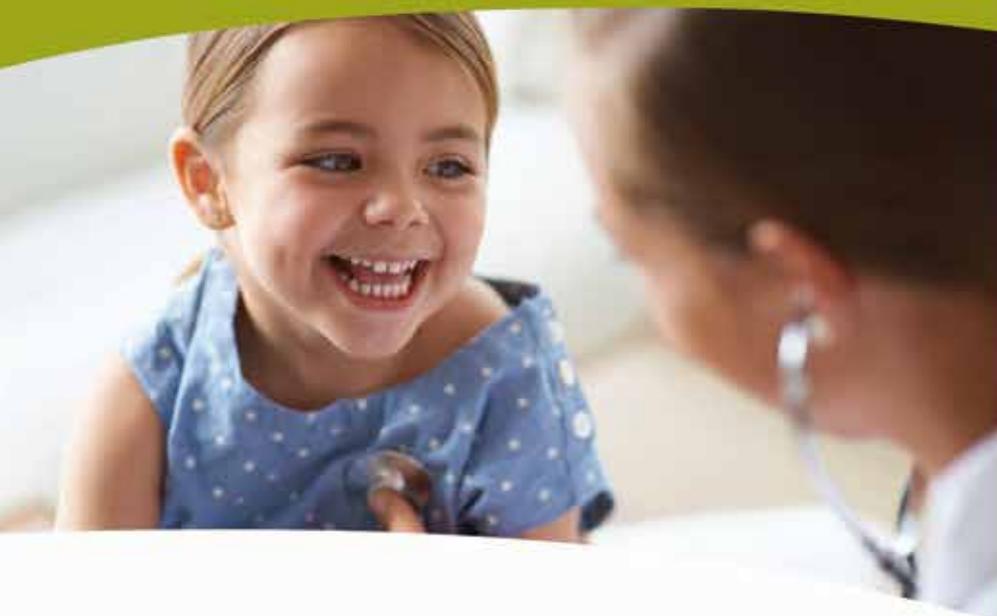
With the change in season, it's good to change things up and explore richer food and fuller-bodied wines. I am enjoying

one-year-old (2018 vintage) pinot noirs, as they offer youthful vibrancy together with savoury nuances, now the wines have been in bottle for a few months to settle down. These young pinots are lovely with light or cold dishes. If you are having more flavoursome food, it's better to partner with an older wine, if you can find it, or go with fuller-bodied wine such as syrah (or shiraz) or cabernet.

Robynne's gorgeous slow-cooked lamb (or mutton) is surely one of the best winter comfort foods. A flavoursome syrah/shiraz or cabernet will brilliantly complement this savoury dish, as will two- or three-year-old pinot noirs. I find wines with age go so much better with any slow-cooked dishes. And what to have with decadent chocolate pudding? Port or sweet sherry for me. I know they have gone out of fashion, and can be expensive, but it's a treat drink that works so splendidly with desserts and sweet things. Just a small glass of lusciously delectable liquid and you'd be totally satisfied.

Happy sipping.

Come and discover the heart of community health care



Peninsula Medical

We are thrilled to introduce two new additions to our GP team

Dr Andrea Thomas joins us with experience both in Auckland hospitals and recently in General Practice. She has spent 5 years working in the Paediatrics speciality, so brings a wealth of knowledge and experience in this area.

Dr Shelley Yip has extensive experience in the area of General Medicine, in particular Adult Medicine. Shelley speaks Mandarin and Cantonese fluently.

Continuing **FREE** Health Coaching:

Strategies to manage anxiety, stress, financial hardship, grief, management of medical conditions, dealing with new diagnoses and much more!

Please talk to one of our team if you want to know more.

We are Welcoming New Patients

Opening hours:

Mon - Thurs: 8am - 6:30pm

Friday: 8am - 6pm

Saturday: 9am - 12pm
(walk-in clinic)



Pharmacy, Laboratory,
Physiotherapist, Dentist and
Audiologist on site

Plenty of parking

Peninsula Medical Centre

382 Te Atatu Rd, Te Atatu Peninsula
www.peninsulamed.co.nz

Telephone 834 6300



peninsula medical

Te haerenga o nga inanga Sculpture along Henderson Creek

If you have been out and about recently along the Henderson Creek Cycleway you may have noticed some new colourful additions to the area. Located in Coletta Esplanade, Te Atatu South *Te haerenga o nga inanga* represents the perilous life cycle and journey of the inanga.

These sculptures were created by some very talented local artists from Two4Nine – A supported life; in collaboration with Community Waitakere. The young artists had recently been learning about the unique life cycle of the inanga and the issues they face. They were inspired to take action.

Inanga are one of 5 species of native fish that make up what most people know as whitebait. They are a native fresh water fish, found only in New Zealand. Adults are long and slender, with tiny leopard like spots along their body.

Inanga lay their eggs in grass and vegetation at the high tide mark in creeks and estuaries. Many of these sites have been cleared of vegetation and are no longer suitable for spawning. Their eggs are also often eaten by mice, slugs and rats before they have a chance of developing.

Like many of our native species inanga are under threat, with their conservation status currently 'At Risk – Declining'. This is the same status as the Brown Kiwi!

Despite pollution, pests and habitat loss, inanga are found in Henderson Creek and tributaries in low numbers. *"It's so important that we protect and preserve this precious taonga for future generations"* says Sophie Barclay, Community Waitakere. *"We need to ensure these spawning sites are*

protected, well planted and free from predators like rats and mice"

To view the sculptures, follow the Henderson Creek Cycleway along Central Park Drive towards Henderson.



Photo credit: Graham Collins

Kindy Kids Getting into the Outdoors

Te Atatu Peninsula Kindergarten has recently taken learning into their brand new outdoor classroom – Harbourview Orangihina reserve. The keen students have spent time learning about all the unique and wonderful wildlife that lives in the area through 'Wild about Te Atatu'.

Wild about Te Atatu is a project run by Community Waitakere in partnership with Auckland Zoo. The project aims to provide free opportunities for young people

to learn more about the amazing environment that surrounds the peninsula and beyond.

Students spent time searching the mudflats with binoculars; looking for shore birds including the migratory Kuaka or

Godwit. They also got down into the sandy shore, looking at the many crabs and shellfish that the birds come to feed on.

Parents also came along, with many commenting that this

was their first time learning about the unique mudflat ecosystem.

"It's great to see parents coming along and learning alongside their children," says Community Waitakere's Chris Burton.

Some of the children also had the chance to help out the local environment, through planting native flaxes in Orangihina.

"It is so important that we can offer these opportunities to our young people if we want them to look after these special places in the future" says Chris.

For more information on Wild about Te Atatu please contact Bronwyn Smith – bronwyn@communitywaitakere.org.nz



Community Waitakere's Bronwyn Smith helps students



Kindergarten children planting Harakeke and Ti Kouka in Orangihina Harbourview Reserve

Community Safety

Fire



Tēnā Koutou,

Here are some fire safety tips for your home. It doesn't take long at all, and could save you, and all those in your household.

Kitchen

- The stovetop is clean and free of any spilled fats or burnt foods.
- The rangehood filters have been cleaned recently.
- There's a fire extinguisher near the kitchen and know how to use it.

Living room and bedrooms

- Smoke alarms are working properly and have fresh batteries. It's your responsibility to make sure batteries are replaced regularly on smoke alarms that are not long-life smoke alarms. These usually have an easily accessed 9-volt battery. If the smoke alarm stops working you must tell your landlord.
- The fireplace has a screen with a proper fireguard, and the chimney has been checked and/or swept in the last year.
- Powerpoints or multiboards are not overloaded with high wattage appliances like heaters.
- Matches, lighters or other fire starting tools are stored out of reach of children.
- Lights are fitted with the correct bulb size and rating (in watts).
- Electric blankets are in good condition, and not more than 5 years old.
- There's a torch near every bed (in case of emergencies).

Remember, it is up to the landlord to install one working smoke alarm (on each level) within 3m of the bedroom/sleeping areas at the start of every tenancy, but it is up to tenants to maintain it, check it, replace the battery.

We also provide a free Home Fire Safety Check service. Just contact your local fire station (Te Atatu number below) and one can be organised.

Our website www.fireandemergency.nz is a great place for fire safety advice and there are also lots of activities for the kids.

Nā mātou noa, nā

Te Atatu Fire Station, 09-834-8471

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

Do you want to help make your community safer?

Community Patrols patrol in pairs in a marked car and act as the eyes and ears of the Police.



Volunteers Needed

The Te Atatu/Glendene Community Patrol covers Te Atatu Peninsula, Te Atatu South, Glendene and Sunnyvale.



If you're interested in joining, you need to be able to pass a Police check and commit to at least one x 3 – 4 hour patrol each month. Uniform and training provided.

Email: cpnzteatatu@gmail.com or phone 021 1399 127



Police



Winter's been a bit later arriving this year but it's finally here, along with the expected longer, wetter and colder nights. Following, is some basic prevention advice from Police to help you get through the winter months without being victimised:

Burglaries

- Put yourself into the Burglars shoes. If you can easily break into your home so can a burglar.
- Lock your door and Windows
- Record serial numbers and photograph expensive items. Engrave your expensive tools with your driver's license number (a number unique to you for life)
- 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

Thefts from cars

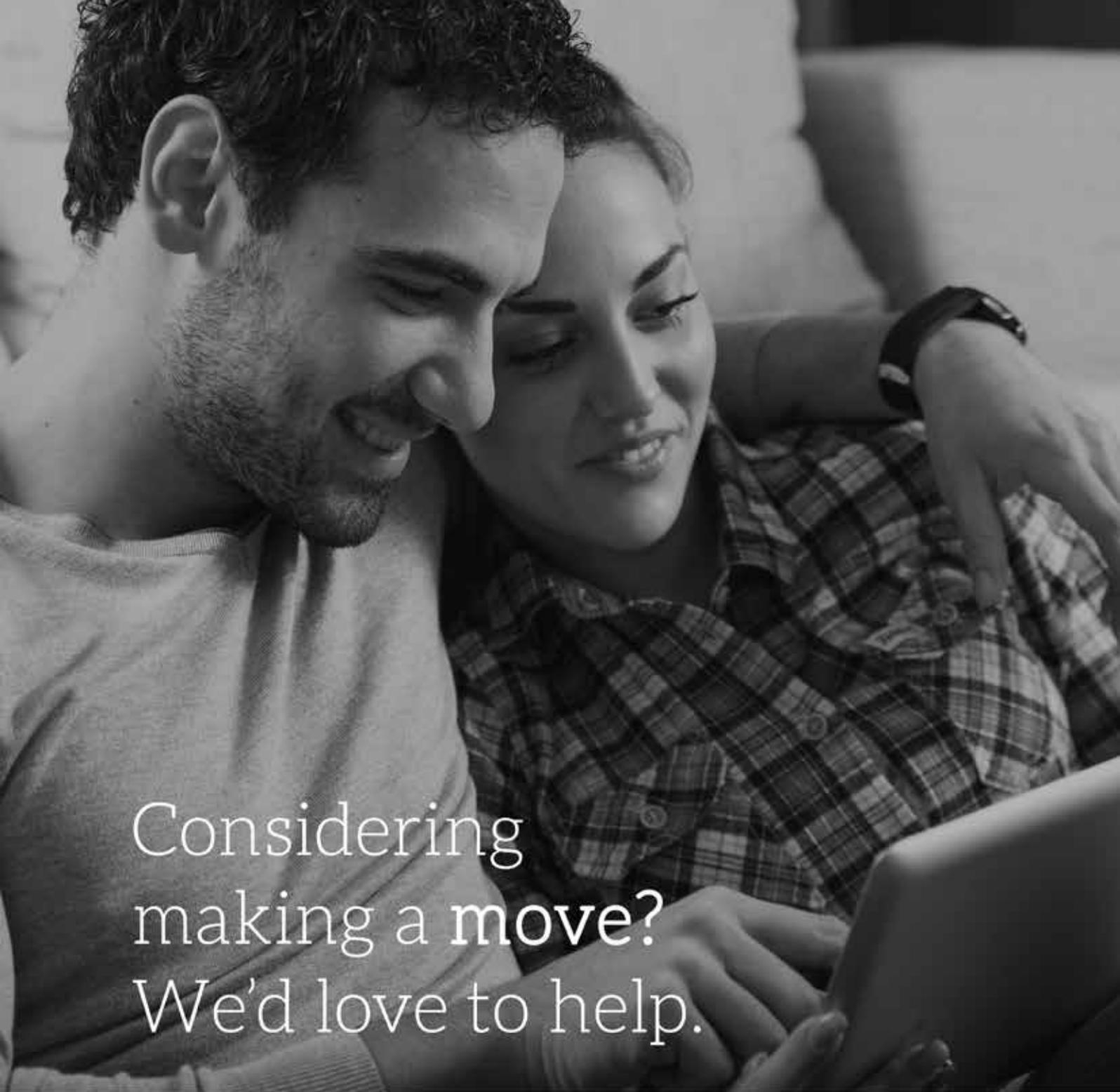
Some simple advice to help minimise the risk of you being victimised by a thief:

- Lock your vehicles and consider getting a car alarm fitted if your vehicle doesn't already have one.
- Don't leave anything valuable in your vehicle. Irrespective of whether you are parking on the street or within your property.
- Park in well-lit areas.
- Don't ignore car alarms (the next one that goes off could be yours)
- Consider installing motion sensor outdoor lights on your property.

Renovations **Commercial**
Maintenance **After hours call outs**
New Builds **No job too small**

CONTACT BEN TODAY FOR A FREE QUOTE 021 0232 6040

bcelectricaltd@gmail.com
www.bencableelectrical.co.nz
15a Tiroroa Avenue, Te Atatu South 0610



Considering
making a **move**?
We'd love to help.

Whether selling or buying, our multi-award winning sales team will work closely with you to ensure your next property move is your best property move! Call us today to experience our industry leading levels of service and commitment to our most important client - you.

Spin to Win

One of our sellers for the calendar year will win \$20,000 as our way of saying "Thank you" for choosing to sell with Harveys Te Atatu.

(Terms and conditions apply)

Reward for Referral

Refer family and friends to Harveys (Elysium Realty Limited), and when they list & sell with us we'll send you a \$500 Prezzy Card.



DYNAMIC. DEDICATED. EFFECTIVE.

ELYSIUM REALTY LIMITED MREINZ | 530 TE ATATU ROAD, TE ATATU PENINSULA, AUCKLAND 0610 | 09 834 6155 | HARVEYS.CO.NZ

Licensed Agent REAA 2008



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
Anytime Fitness	543 Te Atatu Rd	950 8540
Barfoot and Thompson	534 Te Atatu Rd	834 3570
Ben Cable Electrical	15a Tiroroa Ave	800 223 123
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 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
Kowhai Painting Co. Ltd	41 Waimanu Bay Dr	027 534 0027
L.A. Inspection Services Ltd	550b Te Atatu Rd	834 0346
Loader Legal Ltd	93 Bordeaux Pde	360 0436
Loaves and Fishes Catering	570 Te Atatu Rd	817 2285
McDonald's Te Atatu	543 Te Atatu Rd	215 5542
Meyers Plumbing	8 Kawai Rise	027 279 5912
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 Rd	837 1919
Odessa's Mini Mart	607 Te Atatu Rd	834 2544
Opal Dental	518 Te Atatu Rd	834 6359
Orient Bakery	560 Te Atatu Rd	834 8382
Park in the Bar	3 Pringle Rd	834 7396
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
Refill Nation	571 Te Atatu Rd	09 218 6849
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
Songsun Emporium	552 Te Atatu Rd	834 8620
Spynedoctors chiropractic	80 h Gunner Dr	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 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 Fish and Chippery	568 Te Atatu Rd	834 3638
The Property Market	571 Te Atatu Rd	965 3656
The Sugar Grill	571 Te Atatu Rd	834 0333
The Well	2A Harbour View Rd	022 355 7031
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
Village Wines	571 Te Atatu Rd	834 7825
Vivo Hair and Beauty	546A Te Atatu Rd	834 6020
Waitakere Foot Podiatry	543 Te Atatu Rd	834 0198
Waves Laundromat	Unit 2 543 Te Atatu Rd	c/- 834 6058
West Auckland Counselling	552 Te Atatu Rd	834 7322
Westpac Bank	568a Te Atatu Rd	834 1505
Wine Villa	544a Te Atatu Rd	834 4992