

Te Atatū

Te Atatu Peninsula Town Centre Magazine

VIEWS

SUMMER 2019

IN THIS ISSUE:

Foodbank CARE-ing for our families

Owha on the mend

Your Waitākere Ward Councillors

Photo credit: Robynne Pringle

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FROM THE *Editor*

We are racing toward the end of the year and into what promises to be a great summer. TAPBA has put up the Christmas tree on the grass outside the Union Church and we've also added some beautiful wreaths this year.



They seem to just appear, but there is actually a remarkable amount of generosity and work that goes into these things. Here are some people and organisations we would like to acknowledge:

- Henderson Massey Local Board, for funding our beautiful new wreaths – we really appreciate your on-going support.
- Kieran Nally of KJ Nally Barristers and Solicitors, for graciously allowing us to use his downstairs vestibule to hold the wreaths securely, while the installers went backwards and forwards to the cherry picker.
- AJ and his amazing team at Highwire Electrical, and volunteers Malcolm of Te Atatu Menswear, Lynda of Stitches Alterations and Peter of Hohepa Chartered Accountants, who put the Christmas tree up.
- Tasti Products who kindly store our six metre xmas tree and who will now be storing our ten large wreaths, free of charge.

During the year, the TAPBA committee meets at the Community Centre, monthly. These local businesspeople give their precious time free of charge and they are very appreciated. Thank you, to the committee members listed on the left of this page. Special thanks also, to the Te Atatu Peninsula Community Centre, for

allowing TAPBA to use their facility for our meetings.

It's nearly Christmas and while you are doing your shopping, make sure you enter our Summer Promotion. Just look for the poster and enter at participating stores for a chance to win one of three amazing technology prizes.

In this summer issue of the Te Atatu Views, check out our new businesses Ashton and Gray Hair Design and Radiant Nails and Beauty (p3) and meet the new owner of the re-branded 834 Barbers (P4). Read about the Foodbank's efforts to help out at Christmas (p13) and what our local Rivercare Group is doing to make sure our water is safe to swim in (P6).

We were all concerned for Owha the leopard seal when she was injured recently – find out how she's doing (P8). Waitākere Ward Councillors, Linda Cooper and Shane Henderson, tell us their priorities (P4) and Care Waitakere tells us how to take part in backyard trapping to help our environment (P 15).

I hope you enjoy this issue and on behalf of TAPBA, we wish you all health and happiness for the festive season.

Robynne Pringle

Editor

WELCOME to the Peninsula



Hayley and Lina.

Radiant Nails and Beauty

Te Atatu's newest nail salon has been opened by Sisters in Law, Hayley and Lina Nguyen. This is the second Radiant Nails and Beauty salon for the co-owners, who opened their first branch three years ago, in Mount Wellington.

Hayley and Lina, who also live together in South Auckland, say they went into business for themselves because they wanted to be able to treat their customers well. Lina says they ask about the condition of their customers' nails, see what is suitable, and if the nails are damaged or soft the customer is advised to avoid applying gel or nail polish.

"After a while of using gel, some people's nails can get softer," she says. "Some people can't use it. Instead we will do a basic manicure, with nail strengthener."

Hayley says there are different choices depending on your nails, including SNS or Signature Nail System, which is similar to acrylic nails, except that the nail colour is already in the powder and may be healthier for customer's nails.

Apart from nails, Hayley and Lina also focus on waxing, facials, lash extensions and pedicures. They say since opening in Te Atatu, local people have been supportive.

"It's exciting for us to be in the community," says Hayley.

Ashton and Gray Hair Design

The owner of Te Atatu's newest hair salon, is proud to say that 95% of the waste from the salon is 100% recycled, with just 5% going to landfill.

Hailey Howitt of Ashton and Gray Hair Design is a member of Sustainable

Salons, and believes the salon is the first Sustainable Salon member, in Te Atatu.

Hailey says the Sustainable Salons organisation is dedicated to making hairdressing salons, barbers and pet groomers, sustainable and Hailey says while it is well known in Australia, it is relatively new in New Zealand.

All the hair clippings from the business are used to make hair 'booms', which are used in the ocean to mop up oil spills.

Colour wastage from dyes and bleach is used in making tar seal, instead of going down the drain and used aluminium foil from colour foils is recycled and sold, with the profits going to provide needy kiwi kids with school lunches. Hailey says even

empty shampoo and conditioner bottles are recycled into glasses frames. To top it all off, Hailey's hair products are sourced from a 98 year-old family company from Holland. All the products are 100% cruelty free and the hair colours are PPD free - PPD is the ingredient that sometimes causes skin reactions.

Hailey grew up in Helensville and now lives in Ranui with her husband Bryn. She has been hairdressing for 11 years, having started in Kumeu, then also working in the Lincoln Road area.

After gaining 9 years of experience working for other salons, Hailey made the move to become self-employed and rented a salon chair in Hobsonville, but after searching for a nice location close to

the motorway, she settled in Te Atatu, opening her own salon at shop T6, 547 Te Atatu Road.

Hailey chose the salon name because Ashton and Gray are both family names, with Ashton (Hailey's maiden name) being a tribute to her father, who passed away recently.

Hailey says she is very grateful to the dedicated clients who have supported and followed her to Te Atatu, and she looks forward to getting to know her new local clients.



Hailey Howitt

We wish you a **M E R R Y**
Christmas

And a safe and happy
N E W Y E A R

Our office will close midday 24th December
2019 and reopen Friday 3rd January

Our salespeople and property managers will
still be there for you and available on mobile

We thank you for your
business in 2019
and look forward to
being of service to you
in 2020

NEW NAME

Familiar Face

834 Barbers

Te Atatu's longest established barbershop has a new owner and a new name, but there's still a familiar face to greet customers.

Bronson Gurnick (aka Waru) is the new owner of 834 Barbers in Harbour View Road. Bronson chose the shops' new name because as every local knows, 834 is the landline pre-fix for Te Atatu Peninsula.

Working with Bronson is fellow barber Te Arahi Harris and between them they have 25 years of collective experience. They say they offer premium cuts at community prices and are proud to promote their hot towel, wet shave service to customers.

Bronson has made some fresh changes to the shop and says they reflect his community focus; warm, welcoming and modern. There is new seating and an arcade machine outside for people to use, with TV's and new flooring inside.

He says as a third generation local, he likes to support Te Atatu, is honoured and feels privileged to be able to give back to the community.



Bronson (left) and Te Arahi outside 834 Barbers.



Your Waitākere Ward Councillors

Linda Cooper and Shane Henderson
Proudly representing the West

Our newly elected representatives on Auckland Council have known each other for ten years. So as soon they were elected, Shane Henderson and Linda Cooper got together over a coffee and talked about what their community had told them was most important to the West.

Something they were both wholeheartedly behind was securing a busway for the North West.

Linda and Shane feel that unless the West has a reliable transport corridor, we won't get industry and business wanting to set up here.

So they say they were pleased to hear that years of lobbying central government was beginning to pay off, with the announcement that a 'pop-up' busway is being considered for Auckland's North-western motorway.

"We need a busway," says Linda. "People need choices and we know that if people can get frequent, fast and reliable transport, they will

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use it. But we don't have that option in the North West yet. Without it, we're just stuck in our cars."

Shane says that Te Atatu Peninsula will always have transport problems because of the geographical limitations of having one way on and one way off and Te Atatu South also has similar problems. Shane thinks that we should be planning to cater for the huge catchment predicted in Kumeu, who will be using the North Western motorway because up until now they have had no access to reliable public transport.

"We need this rapid transit link," he says. "We need more people to be able to take public transport and for more people to take up walking or cycling."

Linda says although there is a train track in the North West, developing the existing train line in the short term is not feasible because it would need to be double tracked, with a new tunnel and rail cars. Linda says roughly 60% of West Aucklanders go out of the area to work and we're not going to get everyone out of cars.

"As a council we have to work on that. Other countries have been doing this for decades but it's not the norm for us."

Shane says another issue he and Linda agree on is the need for a second swimming pool, to take the pressure off the one in Henderson.

"We've been talking about this for years," he says. "We have one swimming pool for 250,000 people. It is so overused that it is often broken, but there is no other option. Sometimes kids are queuing into the carpark."

Even though Auckland has been a super city for nine years he says, and there are 27 pools across the Auckland region, plans for a second pool for the North West still don't exist.

"It's a huge focus for Linda and I."

Shane says another issue that for him, which eclipses all others, is climate change. He says water quality and maintaining the tree canopy is important, and that, with intense growth on the Peninsula residents need access to good public space.

Shane is alarmed that storms are becoming more frequent with the changing climate. He is concerned that most people in Auckland may not be ready for a civil defence emergency if one were to strike.

He also highlights how susceptible the harbour is to contamination from sewers leaking into stormwater.

"I went on to Safeswim yesterday (Auckland Council's live water quality website)" he says, "and most of the beaches were closed, because it rained."

Linda says the that former Waitakere City Council invested in the separation of our

sewer pipes and stormwater in most of the West. However, some of the inner-city suburbs did not do as much work, resulting in sewer overflows into the Waitemata harbour. The Central Interceptor Project, which will separate sewer and stormwater pipes, is slated to greatly improve the water quality in the Waitemata. The project has been pushed through as a high-priority and will now be completed 20 years earlier than originally planned.

Also affecting water quality, are some of the 40,000 septic tanks in the region. Some of those are not up to standard, and leak into our lagoons and waterways, says Linda.

Council is now doing a systematic review, making sure that everybody is up to date with their septic tank inspections. The new program, funded by the Water Quality Targeted Rate, means that septic tank owners will need to show Council a certificate of inspection. Council will soon be able to create a database to identify where issues that create water pollution are.

Shane and Linda say increasing population density adds urgency to all these issues. Auckland is growing by the size of Hamilton every three years, and a quarter of that growth is occurring right here in the West and North West.

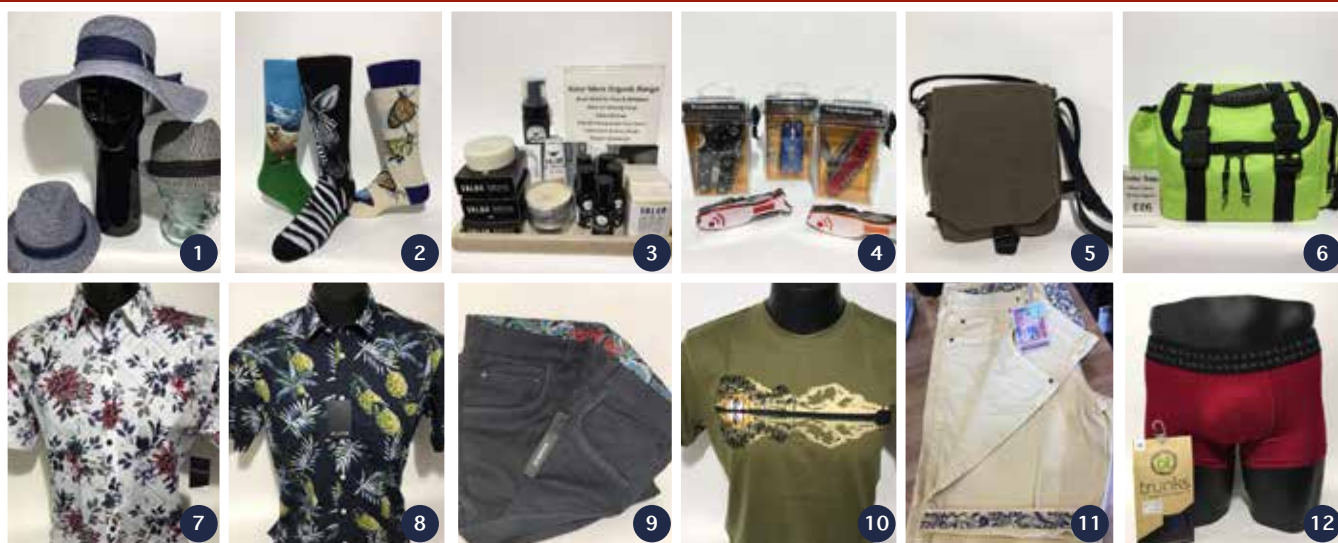
"Sometimes it's about protecting things we already have," says Shane. "We just can't take our eye off the ball".

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Rivercare Group

Forging Regional Path

Rivercare Group Te Wai o Pareira's 'citizen science' collaboration with Auckland Council, is forging a regional path that will engage more community groups in water quality testing.

The group now has 12 of its volunteers trained and working with Auckland Council's Safeswim team, to take water samples from Te Wai o Pareira/ Henderson Creek and develop a data collection system that can be rolled out for use with other community groups.

Safeswim Programme Manager Nick Vigar says the Rivercare Group is carrying out key work, developing a new data system that can be used easily, in more Council/community collaborations.

"If it goes well, we are looking to scale it up across the region," says Nick. "We are



Volunteers at a Safeswim training session.

really using the Te Wai o Pareira group as guinea pigs, putting together a data system that can be used easily. They are the key group helping us to get our systems in place and once they are, we can expect to see it scaled up around the region with a number of groups."

Nick says they are already working with two other Auckland groups and half a dozen other groups are interested in being involved. They intend to launch the programme wider early in 2020. He says the programme will be of value in areas where the water quality is poor and there are people who want to be in a project that mutually benefits the Council and the community.

"It's amazingly positive. We really get a win, win," he says.

Brendan Callaghan, leader of the Rivercare Group's water testing initiative,

Continued on page 16

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Owha

On the Mend

Despite suffering a serious injury thought to be caused by a gunshot, Owha the Leopard Seal is healing well.

Brittany Mathias of leopardseals.org says the injury occurred between 23rd and the 25th of October and left Owha with a clean circular wound above her left nostril that punctured into her airway.

"We've had confirmation from four vets that the wound is most likely the result of a bullet wound, caused by a .22 calibre rifle," says Brittany.

The first ten days after the injury was the most worrying for the organisation and Brittany and her colleague Rick Bout, monitored Owha constantly. Owha was initially observed favouring the right side of her body and not going under the water during the first few days, and it was feared that fluid might have been entering her airway through the injury site, which could

cause pneumonia. There was also concern that if there was a bullet inside her, it could cause a serious infection.

"But since then we have witnessed her going underwater and feeding," says Brittany "She is behaving quite normally."

Since her injury, Owha has been sighted around West Harbour Marina in the Upper Waitemata Harbour, and between Te Atatu and Kelston/Avondale area, in the Whau River. "The fact that she's swimming around is really good. It's a sign that she's healing on her own."

Meanwhile, Brittany says DOC staff are following up some leads, and there is an on-going investigation into what they believe happened.

"We are absolutely devastated to think someone could do this to an animal, in their natural environment" she says. "We understand that living alongside a large curious animal can be difficult and cause issues. However, we are really lucky to have a leopard seal living in our back yard and we need to respect that this is their home too."

"Owha is very curious and very mischevious. She will often follow people in their boats to see what they are doing. She has been living in an urban environment for the past three years and is very used to people. However, most people have never come across a leopard seal before and are therefore often frightened by her," says Brittany.

Owha has never been aggressive towards humans, but one of her favourite things to do is bite inflatable dinghies and fenders.

Close encounters and property damage should be reported to the LeopardSeals.org email address (info@leopardseals.org) to assist research into Owhas behaviour.

When leopard seals lift themselves out of the water to relax, it is referred to as 'hauling out'. If you see Owha on a pontoon doing this, Leopardseals.org ask that you follow the following guidelines:

- Always stay at least 20m away.
- Keep your dogs on a lead and hold the hands of small children.
- Always keep a clear path between the seal and the water.
- Never attempt to feed or touch a seal.
- Never attempt to move Owha, instead find alternative routes
- If Owha is hauled out on the Taipari pontoon, please launch your boats from the adjacent boat ramp instead.
- If you come across Owha while out on the water, try and remain at least 20m away. If she does approach you, do not panic and treat her with respect.

All seals in New Zealand are protected in New Zealand by the Marine Mammal protection act 1979.

Anyone who thinks they have seen Owha should call the sighting hotline 0800 LEOPARD, which is monitored 24 hours a day.

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TE ATATŪ PENINSULA COMMUNITY CENTRE

What's new @ Te Atatū Peninsula Community Centre

Is it Spring yet? Those occasional bright-blue, sunny days certainly make it seem so! Why not pop into the Te Atatū Peninsula Community Centre and Library after a peaceful bike-ride? If four wheels are more your style we also have plenty of free carparks behind the centre on Pringle Road. It's nice and cool inside and our free WIFI means that it's the perfect place to work away from home, hang-out or wait for your ride.

Is the silly season already starting to overwhelm you? Then why not come along to a free **Meditation for Relaxation** session. On Tuesdays from 7-8pm in the Kōtare-Kingfisher room, sessions are led by Buddhist teacher Monica Ortiz. For more information visit www.meditateinauckland.org

The change of season is the perfect opportunity to dig out those trainers and get active! We're running an awesome **Multi-Sport Programme** on Thursdays from 3-9pm in the Kotuku-Heron Hall. Sports include basketball, volleyball, badminton, table tennis, pickle ball and dodge-ball. This is suitable for anyone over the age of 12, families are welcome to attend and all equipment is provided.

Little ones can get involved too! **Sports 4 Tots** uses structured play and a range of activities for children to help them to develop improved motor skills, co-ordination and self-confidence. Communication and social skills, friendships, an understanding of teamwork and a sense of belonging are a bonus too. This free, on-going programme runs from 10-11am on Thursdays in the Kōtuku-Heron Hall with sessions for 2-3 year olds and 4-5 year olds. For more information: charmaine.hakaraia@aucklandcouncil.govt.nz

On Monday evenings we host two-hour **Life-Drawing** classes facilitated by local art teachers and artists Juliette Hedworth and Rebecca Ter Borg. Drawing from life is great practice for hand-eye co-ordination for all artists, whether beginners or advanced. The class is already very popular, high-school students and even famous cartoonists have been taking part! This class is held on Monday evenings from 6-8pm in the Kōtare-Kingfisher room. High-schools and tertiary art schools no longer offer classes in drawing from life so this class has already proven to be in high demand. If you'd like to come along please bring \$5 to help cover the model fee.

Back by popular demand, in Term Four we continue to run our free **Arabic for Beginners** classes on Wednesdays

in the Tūturiwhatu-Dotterel room from 6pm. These classes in written and spoken Arabic are a great opportunity to have fun learning a new language and understanding different cultures. Look out for our tutor Kefaya's fabulous pop-up **Middle-Eastern Cooking** classes.

Celebrating special events at the Te Atatū Peninsula Community Centre

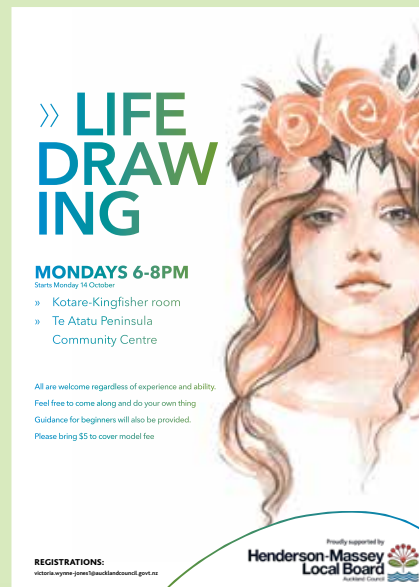
The yellow of kōwhai flowers and daffodils was the inspiration behind our special display timed to coincide with the annual **Spring Festival**. The ladies from **Caffeine and Craft**, our weekly craft gatherings made beautiful yellow ornaments that were complemented by yellow cranes made by Ger from the up-cycling group **Re-Creators** with her son Roan. The Spring Festival itself was a huge day with market stalls, a bake-off, Spring Fairy visits and even a vegan pot luck dinner!

October saw the Te Atatu Peninsula Centre and Library celebrate "Delicious Diwali." Over the course of a week the centre was all decked out in festive colours, sparkle and bling. Sweet treats, luxurious spices as well as cute and sustainable up-cycling craft activities filled the centre in honour of the festive season of optimism and hope that is **Diwali**. There was kitchari, warming chai and cashew barfi for all!

Finally, our beloved community centre is turning five this year! On Saturday 23rd November from 10-1pm we will be hosting a free event for the whole family. Te Atatu Peninsula Community Centre's **Fifth Birthday Celebrations**, like any good fifth birthday party will involve: bouncy castles, face-painting, balloon-making, games, a photo-booth, smoothie bikes and so much more! For more information see the event Facebook page. There will be spot prizes for the best costume so get creative!

Stay connected to the Te Atatū Peninsula Community Centre

If you'd like to stay in touch be sure to like Te Atatū Peninsula Community Centre on Facebook or follow us on Instagram @tatpencc. Ka kite anō!



Te Atatu Union Church



Christmas Carols

Sunday 8 December at 6.00pm
at the Te Atatu Union Church

Christmas Services

Christmas Eve
Tuesday 24 December at 11.00pm

Christmas Day
Wednesday 25 December at
9.30am

New Year's Eve
Tuesday 31 December at 10.00pm

All Welcome



Community message board



NCEA, DIY, Gardening, Languages, Art and 100's of others Adult classes

Why not make 2020 the year to learn something new, enjoy a bit of 'me' time away from the responsibilities of work and family or if you need to up-skill for work or a new career there are plenty of interesting courses available to assist you.

The full 2020 programme will be available both online and via hard copy mid December 2019. Booklets will be distributed to West Auckland households late January

The programme at Rutherford College offers both night classes and weekend workshops for adults as well as daytime ESOL classes and family friendly courses for children 13yrs+ when accompanied by an adult.

We would like to thank the Community for your ongoing support and participation.

Have a safe and happy holiday season.

Adult and Community Education Rutherford College
Phone 09 834 4099. www.rutherfordcomed.co.nz



TE ATATU FLORAL AND GARDEN CIRCLE

Come along and join us for an evening with like-minded floral and garden enthusiasts. We meet on the third Tuesday of the month (February to November) at the Te Atatu Bible Chapel on the corner of Beach and Waipani Roads, Te Atatu Peninsula from 7.30pm.

Our aim is to have a floral demonstrator or garden speaker each month.

Visitors are most welcome
- \$2 at the door

For more club information please email
teatatufloralandgardencircle@gmail.com

7th DEC
9AM - 2PM

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RESTORE > REVIVE > RESELL

TE ATATU PENINSULA COMMUNITY CENTRE

Xmas Gift Making

FREE

For Term 4, The Re-Creators will teach kids how to upcycle discarded materials and transform them into beautiful arts and crafts that they can gift to friends and family members this Christmas, or proudly display in their homes.

Every Thursday, from **3:30pm-5pm**.
Contact mel@therecreators.co.nz to register and provide details of your child's name, age, as well as an emergency contact number.

Follow us on Facebook [@therecreatorsnz](https://www.facebook.com/therecreatorsnz) to find out more about events we do at TAPCC!

EMAIL: [MEL@THERECREATORS.CO.NZ](mailto:mel@therecreators.co.nz)



Te Atatū Branch
Te Rōpu Wāhine Māori
Toko i te Ora
Māori Women's Welfare League

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And Whānau to achieve their goals and aspirations

Meetings are on 3rd Sunday of each month
at Te Atatu Peninsula RSA Restaurant
2.00pm-4.00pm.
Starting back in February 2020.
Contact email: TM-TeAtatu@mwwl.org.nz

Meeting space available at The Well!

Are you a small not-for-profit, community group, or sole practitioner looking for a local meeting place, either as a one-off or on a regular basis? The Well is a cosy, centrally located space available to hire on a limited basis at a very reasonable rate.

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Views on Books

with Abigail Johnson

Hi neighbours,

Welcome to summer. If you're anything like me, you've probably already compiled a mental list of books to get your hands on over the next few months – perhaps, if you're lucky, to be read while lounging around at a generous friend's bach (here's hoping!).

Titles might include the joint winners of the 2019 Man Booker Prize. They are *Girl, Woman, Other* by Bernardine Evaristo (the first black woman to win the prize) and *The Testaments* by Margaret Atwood (her long-awaited follow-up to 1985's *The Handmaid's Tale*). Both are on my list.

If you're after a local read, perhaps you've got your eye on *Protest Tautohetohe* by Stephanie Gibson, Matariki Williams and Puawai Cairns – the latest offering from Te Papa Press. *Protest Tautohetohe* chronicles New Zealand's history through the lens of protest, with a focus on so-called 'objects of resistance'.

Or perhaps, like me, you've got your eye on some of the remarkable non-fiction currently on the bookshelves. I've just

finished reading *She Said* by Jodi Kantor and Megan Twohey, and I'm still not over it. Kantor and Twohey are the Pulitzer Prize winning reporters who broke the Harvey Weinstein story for the New York Times. *She Said* chronicles exactly how they did it.

Both a fascinating insight into the world of investigative journalism, and a bone-chilling exposé of Hollywood's corrupt power dynamics, *She Said* is currently at the top of my recommendation list. Kantor and Twohey spent months compiling the story – from travelling to Ireland to track down Weinstein's former assistant, to sitting down with Gwyneth Paltrow in her Hamptons home, trying to convince her to go on the record.

It reads like an All the President's Men-style thriller, most especially in moments when Weinstein himself shows up at the Times office, flanked by lawyers, demanding to know who has come forward. Turns out nothing's a secret in this business.

Whatever you've got on your reading list this summer, I hope Santa keeps it in mind. Have a wonderful summer and a very merry Christmas.

And as always – happy reading.



PAMPERING PERFECTION AT

PUCKER &

wink

BEAUTY LOUNGE

Pucker and Wink, the Peninsula's exciting new beauty lounge, is now open for business.

The bright pink carpet rolled out at the recent official opening gave a hint of the gorgeous environment awaiting visitors to Pucker and Wink. The vision of long-time Te Atatu local and trained beauty therapist, Cathy Draper, Pucker and Wink is all about beauty that's good for the mind, body and soul.

'We want people to enjoy a great experience,' advises Cathy. 'We provide a gorgeous setting and a full range of skin and facial treatments. All you need to do is sit back, relax and enjoy.'

Cathy has a love of skincare and the GINGER&ME mindfulness facials certainly are a standout treatment. Designed to work on the skin and

mind simultaneously, these calming facials promote healthy skin as well as a healthy mind.

Offering a special youth menu, Pucker and Wink also supports teenagers in their beauty journey. Affordable beauty treatments are now available to youngsters aged up to 18 including ball makeup, nails and tanning. Why not get a few friends together and enjoy a teen spa pamper party.

Cathy has personally selected only the best beauty and skincare products. The emphasis is on high quality and cruelty-free natural products that deliver results without any unwanted nasties.

What's more, the beauty lounge is a member of the NZ Beauty Association and adheres to its strict hygiene as well as health and safety standards.



Pucker and Wink stocks a wide range of luxury pampering products including hand creams, moisturisers and beautiful makeup which make ideal Christmas gifts or stocking fillers. You can also spoil someone special in your life this holiday season with a treatment or cash-value voucher.

Cathy and her friendly team are looking forward to welcoming you to Pucker and Wink. 'I've been a local for 18 years now and I'm really excited to bring my beauty vision to this great community.'

You'll find Pucker and Wink opposite Servo cafe at Shop 3/460 Old Te Atatu Road. Get in touch on 09 213 0809 or book online at www.puckerandwink.co.nz

Foodbank

CARE-ing for our families this Christmas

Just one stroke of bad luck can change a thriving family to a family in distress. This Christmas the CARE Waitakere Foodbank will be there for our local families and individuals, who have hit one of life's speedbumps.

Foodbank Coordinator Jo Faulder says volunteers plan to provide between 100 and 110 food hampers, and CARE Waitakere is busy seeking donations of food and finding hamper sponsors. If they can gather enough support, volunteers plan to hold packing nights in the first two weeks of December, to make up the hampers.

However, Jo says need for assistance has increased this year and the Foodbank does not have its usual reserves.

"Often we can go into the foodbank and grab stuff off the shelves, but we're not going to have that backup of foodbank resources," she says.

Jo says the families and individuals who need a helping hand often have become financially unstuck because of an unforeseen event.

"They might be unemployed, have suffered an illness or have a sick child and been unable to work, or be in work but have had a massive, unexpected bill," she says. "There's a lot of working poor. It only takes someone to be made redundant, or their car breaks down and they can't get to work."

Jo says CARE Waitakere is very grateful for the local support they receive.

"Things are tight for many people, but they are still willing to help, and I find that amazing".

The Foodbank has been donated 120 blue tubs, by The Warehouse Group and Jo will be giving these out to individuals and businesses who have offered sponsorship, so they can use the tubs as their hamper.

If you would like to make Christmas better for a local family in need, there are a few options to consider. You can:

- Make up a hamper with your family, workplace or school
- Sponsor a hamper for \$100 - \$150 or make a monetary donation to help fill gaps.
- Volunteer your time to help pack



(from right) Jo Faulder drops off hamper tubs to Liz Robb Markham and Jess Pronk of Mortgage Supply.

Mortgage Supply is one of the local businesses sponsoring Foodbank Christmas hampers, and Mortgage Adviser Jess Pronk is coordinating their effort- a generous eight hampers! Director Dave Windler is filling three of them and the other five are being sponsored between Jess Pronk, and the rest of the staff in the office, and adjoining business GM Legal.

hampers or coordinate donations

- Donate individual hamper items of food or vouchers

Donations can be delivered in business hours to CARE Waitakere Trust at 64 Waipani Rd, and delivery outside business hours can be arranged with Jo Faulder, by emailing foodbank@carewaitakere.org.nz

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More Choices for Women

As of 1st November 2019 Long-Acting Contraceptive devices Mirena and Jaydess are now funded (previously \$300+ for the device)! This means more women will have the option of choosing these highly effective contraceptives without the cost of the device.

Dr Richard Busfield has extensive experience in Women's Health, fertility counselling, and is able to insert contraceptive devices (including Jadelle).

Book an appointment to see Dr Busfield to discuss options.

Please note, fees apply for consultations. Funding does not cover insertion of devices.

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peninsula medical

Towards a *Pest Free* Te Atatu Peninsula

Imagine a Te Atatu Peninsula free of rats and possums. A peninsula full of native birds and a safe haven for the many migratory birds that arrive each year from all over the world to feed around our shores.

As part of the ambitious nationwide goal of creating a Pest Free New Zealand by 2050, Community Waitakere is working with a number of local residents and organisations to reduce rat and possum numbers on the Peninsula.

There are currently around 60 properties on the Peninsula signed up to the initiative, and residents have begun trapping rats in their back yards with their subsidised rat trap (\$10), thanks to funding from the Henderson Massey Local Board. The trap comes in a child and pet safe wooden enclosure built by the Henderson Men's Shed.

"People with traps are already signing up their neighbours and 60 will quickly double, and then double again", says Peter Hosking,

Community Waitakere's Community Coordinator for Pest Control. "It won't be too long before some neighbourhoods are rat free and enjoying an enriched dawn chorus."

Local Forest and Bird volunteers are also working to control pest numbers in Harbourview Orangihina Reserve, with nearly 100 rats trapped in the last few months alone. The reserve is home to a

number of secretive and endangered native birds including the mātātā (fernbird), mohu pererū (banded rail), pūweto (spotless crane) and the critically endangered matuku (Australasian bittern).

If you are interested in getting a trap for your backyard, or joining local volunteer pest control efforts please email peter@communitywaitakere.org.nz



*A backyard trap in use.
Pic credit: Peter Hosking*



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Views on Wine

with Sam Kim
www.wineorbit.co.nz

Summer time. We have been patiently waiting all through the miserably wet winter and much of the fickle spring days for sunny warm days. Hopefully we'll have plentiful sunshine through the whole summer.

Summer entertaining should be without much stress. Choose the right wine for the occasion and that's one problem sorted. Easier said than done of course. I usually stick to the tried and true when entertaining a large group, or people you don't know well. The most popular whites are sauvignon blanc, pinot gris and chardonnay; shiraz and pinot noir for red; and rosé has become a favourite for many. Sauvignon blanc offers lively fruit flavours with mouth-watering acidity. It is punchy and zesty, while some people dislike this vibrant wine as it can be acidic, sauvignon can go so

well with fresh seafood, many salads and even sushi and sashimi. Pinot gris is fruit forward, and rounder than sauvignon, making it less distinctive and sharp, which some people find boring, while others love it for its neutral friendly feel.

Chardonnay is the trickiest of them all. It can be water-white and lean, some taste like fruit salad, others can offer opulence with lashings of toasty oak and butterscotch richness. Therefore, food matching depends on the style of your chardonnay. Fresh, light dishes with a crisp chardonnay; grilled fish with garlic butter sauce or the good old fish 'n chips with a richer chardonnay. Only way to find your favourite is to try different labels. As they say, it's a long road to find a perfect chardonnay.

Pinot noir and shiraz are on opposite ends in body and fruit intensity, yet I love them both. Pinot noir for its supple mouthfeel, silky texture and juicy fruit flavours. Drinking a good pinot is like having a warm cuddle. Pinot goes so well with roast vegetables, mild vegetarian curry, roast chicken and duck. I try to go for ones with some bottle age, 2017 or older, as they offer greater complexity

and silkier texture with less up-front fruit vibrancy. And you don't need to have an outrageous fortune to drink pinot these days. There are many well-priced ones offering excellent drinkability.

While pinot noir delivers soothing comfort, drinking shiraz on the other hand, is like hopping into a roaring V8 for a ride around a racetrack, at least it should be. Dense and rich with plush mouthfeel, a good shiraz offers mouthfilling deliciousness that suits flavoursome dishes - anything charred and barbequed, pizzas, and finger-licking-good fried chickens. And it can be a splendid way to finish a dinner party with strong cheeses. When the daytime temperatures are in the high 20s, put these high-octane reds in the fridge for a half an hour, it will taste fresher and fruitier without the warm alcohol coming to the front of your palate.

Have a go at trying new wines and combinations with different foods. It's the best way to discover new favourites and surprises. But please have sense and sensibility, and not drink excessively.

Happy sipping.

Rivercare Group - Continued from page 16

says the volunteers received training and equipment allowing them to take the water quality samples. Now, usually when there has been high rainfall, alerts are sent through to their mobile phones, and water quality is monitored at four sites - two at Taipari Strand and two at Chapman Strand.

He says water quality information on the Safeswim site was previously available only for the harbour side of Te Atatu, but not for Te Wai o Pareira/Henderson Creek.

"The data we are collecting will ensure that locals will know whether it's safe to swim on the Henderson Creek side and it can be used a lot more. It is deeper and more accessible than the harbour side," says Brendan.

Rivercare Group Te Wai o Pareira was formed and held their first public meeting in February 2019 after group member Russell Cavanagh, found a major raw sewage discharge into the Huruhuru Creek in October 2018. Many of the public swim, sail, row, kayak and fish in the waterway and along with advocacy and awareness raising, the group aims to restore the awa to a healthier state so it can once again support abundant life.

Citizen science such as the Safeswim collaboration, is one of the main objectives the group aims to establish under its three strategic pillars which include, Action, Awareness and Accountability.

"The data we collect is information we can use to help people understand the water quality of Te Wai o Pareira/Henderson Creek and start thinking about how we can improve the health of the waterway," says Brendan. "Each different aspect of the groups' work, the clean-ups, Safeswim work and collaboration with other groups are about working together to raise awareness of the importance of this environment and how to protect it."





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Views on Food with Robynne Pringle

Aunty Nell's' Pavlova

If you come from a family of cooks, you will have family recipes that get passed down, often from mother to daughter. Christmas is a great time to bring out these recipes and make something special for your family get-together. I got this recipe from my Grandma and she got it from her Aunty Nell. It is a very simple, all in one pavlova recipe.

Ingredients:

4 eggs, separated
1 tsp vinegar
1 1/2 cups of castor sugar
1 tsp vanilla
4 tbsp boiling water

Method:

Place all ingredients and four egg whites in a bowl and beat fast, for ten minutes until thick and glossy. Spread on wet greaseproof paper, on an oven tray.

Bake for one hour at 150 C then turn off the heat, and leave the pavlova sitting in the oven for an hour. When the pavlova is cool, dress it with whipped cream and fresh fruit, such as fresh berries.

Garlic Aioli

Don't throw away the egg yolks, instead use two of them in a home-made aioli. This delicious garlicky dressing is a perfect dip for chips or vegetable sticks and delicious with fish.

Ingredients:

1-2 crushed garlic cloves
2 egg yolks
1 tbsp fresh lemon juice
1 tsp Dijon mustard
1 1/2 - 2 cups of extra light olive oil or another mild tasting oil such as canola or grapeseed.
1/2 tsp salt or to taste
1/2 tsp sugar

Using a beater or food processor, beat garlic, yolks, lemon juice and mustard, then start adding the oil very slowly in a thin drizzle. If you add the oil too fast, it will not emulsify, and the oil will stay separate from the other ingredients. Keep drizzling in the oil while beating fast, until the mixture starts to thicken, then you can add the oil slightly faster, until it is all mixed in.



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Our building may be wrapped up for winter,
but our door is still open

Community Safety

Fire

Tena kotou,

Can you believe it! Only weeks till Christmas! Here are some reminders for our christmas break.



If you purchase a real Christmas tree, it's a good idea to saw the stump and put it in a bucket with water, so the moisture keeps the tree from drying out fast. Christmas lights are fine to be used on a multiboard, as they don't draw too much power, like irons, fridges, microwaves etc. These should always be plugged directly into the wall outlet.

Hopefully our heaters will be put away for the rest of the year, but summer does mean we may be using our BBQs more. Ensure your BBQ fittings are tight and secure, and there's at least 1 metre of clear space around the BBQ. Use the soap bubble test to make sure there are no leaks.

Most fire fatalities occur in rental properties without working smoke alarms. For this reason, we are asking that you make sure, not only that you have smoke alarms (landlords must supply them for tenants) but that they are working. It's the tenants responsibility to maintain the installed smoke alarm(s), including replacing batteries (if required), for the duration of their tenancy.

Have a wonderful holiday, stay safe.

Ngā manaakitanga tatou,

Te Atatu Fire Station

He Waka Eke Noa

(Everyone in one canoe, no exceptions)

Police

With summer on its way that means more daylight and more opportunity for those small getaways that have been planned. Police notice an increase in daytime burglaries during this period. Burglaries are often crimes of opportunity that usually occur while you are away from home. To reduce these there are a few simple steps you can take. Make sure all windows and doors are locked, if you haven't already, think about investing in a good quality deadlock. Window safety stays are also a good idea. This also includes garages if you have them, especially if there is internal access.



Visibility also plays a large factor, a burglar's risk of being seen entering or leaving a property influences target selection so if you have plants and hedges that need trimming now would be a good time to do so.

Regarding valuables, whether they are in a vehicle or in your home, be sure to keep them out of sight and lock away valuable jewellery.

Remember, be a good neighbour, communicate often and establish trust. Get to know them whether it be on either side or across the road, as good neighbours will keep an eye out for your property when you are away.

And finally. If you aren't already aware, the new non-emergency number is 105.

- **Call 105 if it's happened already** to report non-emergencies to Police
- **Go online to 105.police.govt.nz** to report and get updates on certain types of non-emergency situations (currently lost property, intentional property damage, shoplifting, general theft and theft from a car)
- If a crime is taking place or there's a threat to life or property, **it's an emergency so call 111**



Te Atatu/Glendene Community Patrol

Community Patrols act as the eyes and ears of the Police while patrolling in pairs in a marked car

VOLUNTEERS NEEDED

Our patrol covers Te Atatu Peninsula, Te Atatu South and Glendene.



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Business Directory

834 Barbers	2 Harbourview Rd	834 8704
About Face	84 Gunner Dr	834 4018
Absolute Plumbing and Gasfitting	6 Mickle St	021 137 2810
Access Law	PO Box 45111, Te Atatu	027 427 7462
Allworkz Electrical Ltd	4 Holman Rd	0508 ALLWORKZ
Anytime Fitness	543 Te Atatu Rd	950 8540
Ashton and Gray Hair Design	T6, 547 Te Atatu Rd	835 2247
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
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	973 5102
Columbia Bakery	572 Te Atatu Rd	834 3278
Countdown Te Atatu	571 Te Atatu Rd	255 2420
CoWorkWest	741F Te Atatu Rd	021 135 8676
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	546c Te Atatu Rd	834 6690
Golden Touch Barber	3/538 Te Atatu Rd	020 4093 7797
Greens	572 Te Atatu Rd	834 6176
Haddad Takeaways	538 Te Atatu Rd	834 6429
Hammer Hardware	568a Te Atatu Rd	834 6210
Happy Island Variety Store	552 Te Atatu Rd	027 305 8016
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	617 Te Atatu Rd	021 130 5098
K&A Bargains	542a Te Atatu Rd	834 8986
Khawhom Thai	80 Gunner Drive	834 9998
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	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	27 251 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
Newdays Espresso	578a Te Atatu Rd	834 8883
Noodle Canteen	554 Te Atatu Rd	834 1328
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Peninsula Physiotherapy	382-386 Te Atatu Rd	834 9329
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Pita Pit Te Atatu	543 Te Atatu Rd	834 6058
Pizza Landing	578c Te Atatu Rd	834 7492
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Radiant Nails and Beauty	571 Te Atatu Rd	214 7001
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	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)	611 Te Atatu Rd	834 0584
Shahi Dawat Restaurant	547 Te Atatu Rd	834 1239
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
The Fish and Chippery	568 Te Atatu Rd	834 3638
The Great Scott Company	107 Tiroroa Ave	021 555 388
The Property Market	571 Te Atatu Rd	965 3656
The Sugar Grill	571 Te Atatu Rd	834 0333
The Well	609 Te Atatu Rd	22 355 7031
Three Monkeys Tattoo	84 Gunner Dr	834 4206
Top Well Bakery	3/82 Gunner Dr	834 2328
Uneek Cutz	6/547 Te Atatu Rd	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
Wine Villa	544a Te Atatu Rd	834 4992