

Views on TAP.

THE SPRING ISSUE

SP / 20

FREE

VIEWS ON TE ATATŪ PENINSULA — 4

High Price to Dumping

TE ATATŪ AND COVID-19 — 6

**Clinic Transforms to
Testing Station, Twice**

Busy during first lockdown, second
surpassed expectations.

TE ATATŪ AND COVID-19 — 6

Generosity Meets Need

TE ATATŪ AND COVID-19 — 7

**St Margaret's Embraced
by Community**

Emails, cards and letters of support
for residents and staff.

LOCAL ARTIST — 13

Winning Mural Raises Awareness

TEATATUPENINSULA.CO.NZ

TE ATATŪ PENINSULA TOWN CENTRE MAGAZINE



Published quarterly

Next issue: Summer

Advertising booking deadline:
Nov 1st, 2020

Delivered: Dec 1st, 2020 (approx.)

Disclaimer: Views on T.A.P. is the magazine of the Te Atatū 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:

For advertising enquiries or to submit editorial copy, contact Te Atatū 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 Atatū. Available in selected libraries, cafés, street boxes and visitor accommodation.

Published online at

www.teatutupeninsula.co.nz

Designed by  MakeReady

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
⅛ page	\$157.00 plus G.S.T

Non Members: Plus 10%

Business onTAP.
Te Atatū Peninsula

Te Atatū Peninsula Business Association Committee:

Chairperson Stephen Enger: Te Atatu RSA

Treasurer Peter Hohepa: Hohepa Chartered Accountants Ltd

Committee Members

Linda Clark: Hospice West Auckland
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

FROM THE EDITOR

Robynne Pringle

This issue features stories around the Covid-19 response, from our community.

While interviewing people for these stories, I was made aware that overall, the Te Atatū community by and large, responded in a way that we can all be proud. The Te Atatū Peninsula Business Association extends its best wishes to everyone and we hope that spring brings with it, a light at the end of the 2020 tunnel.

Read about Peninsula Medical's transformation into a Covid-19 testing station (p. 6), and how the community embraced CHT St Margaret's Hospital (p. 7). Find out how CARE Waitakere coped with increased need within our community, during the pandemic, on page 6.

You will notice that we have given this publication a new look. Views on T.A.P. reflects our new community branding – Life on T.A.P., which also features on our welcome signage which, by the time you read this, should be proudly welcoming everyone onto the Peninsula.

Also vibrantly displaying our new brand is our newly zhooshed up website: teatutupeninsula.co.nz

We now have an events page which we invite everyone to use.

We are working hard to get a comprehensive calendar of all local events and classes, and gatherings at clubs, churches, and community groups (all subject to gathering restrictions being lifted of course!).

Have you noticed how much household rubbish gets dumped in our town centres and reserves? This is a growing problem and often a costly burden for private property owners. When rubbish gets dumped behind shops, Auckland Council cannot pick it up – it falls to the private property owner to clean up the mess. Is this fair? Our hard-working retailers are really under the pump this year. Come on people, if you see someone dumping rubbish where they shouldn't, report it! Find out how on pages 4 and 5.

Despite everything, life goes on and there are positive happenings to report. We have a great new mural in the town centre – meet the artist Fiona Clarke on page 13, and The Trusts have a new CEO, who is also a new Te Atatū resident. We interview Allan Pollard on page 3 and hear about his busy role.

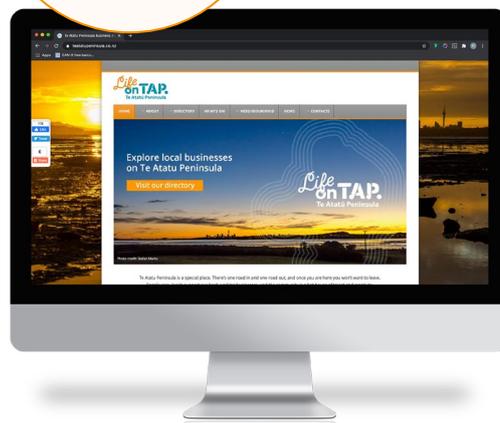
As usual we are delivering you a new recipe to try, some great advice on wine to go with it and even a suggestion of what book to read after dinner – I hope you enjoy our food, wine, and books columns on pages 14, 15 and 16.

Thank you everyone for supporting our local businesses, throughout Te Atatū. They are the heart of our community. We need them and they need us. More than ever, we need to think about how we can shop consciously and continue to help our valued retailers through this truly awful year. We all need to shop for groceries, vegetables, and fruit and if we are lucky, grab the odd coffee or takeaways. We can make sure that our hard-earned money stays in our community by shopping local, every time.

All the best.



▲ Read about Peninsula Medical's transformation into a COVID-19 testing station on page 6





- 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

©2020/PHOT

Trusts CEO Allan Pollard

New role, new home

For the newly appointed CEO of The Trusts, Allan Pollard, 2020 has been a year of change. Allan has come to his new West Auckland role from the Wairarapa, where since 2013, he was CEO of Trust House Ltd, a similar organisation to the Waitakere and Portage Licensing Trusts.

Originally from Scotland, Allan says he had been managing pubs and hotels in London, when he met his kiwi wife Kellie and moved to New Zealand in 1996. "I haven't really looked back since," he says.

Allan says his new role involves working with a leadership team to implement a broad strategy for the Waitakere Portage Licensing Trusts. They operate successful businesses, such as retail liquor stores, bars, a hotel and a property investment portfolio, to deliver support back to the community.

When asked to give a favourite example of that support, Allan talks about The Trust's one-off special donation to the Special Care Baby Unit redevelopment at Waitakere Hospital. This is a total donation of \$2 million, toward a \$5 million dollar fundraising project, which will increase cot space, improved facilities for families and embrace world-leading technology.

CONTINUES ON PAGE 4

With your gardens coming into bloom and your Home Looking Stunning



Sometimes it's best not to wait... Call Us Today!

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

RayWhite

"They do a really good job there," says Allan.

Another of his favourite projects, supported by The Trusts, is Give a Kid a Blanket, an initiative providing vulnerable children and their families with blankets and other warmth, for winter.

"That's really excellent grant distribution," he says.

He also highlights the Trusts' COVID response plan which sees \$700 000 being given back to the community, by way of donations and grants. Allan says this was implemented "really quickly."

"Seeing that in action has really impressed me," he says. "I'm really proud of the quick call to action and delivery on that."

His recent career move has also brought Allan and his wife to their new home – right here in Te Atatu. The couple moved just before the second COVID-19 lockdown.

Asked for his first impressions of the neighbourhood, Allan is enthusiastic.

"I'm loving it," he says. "It's a great place." ●

▼ CEO of
The Trusts,
Allan Pollard



High Price to Dumping

Members of the public dumping household rubbish in our community are often passing on the cost to struggling business owners and charities.

Everything from rubbish bags to mattresses and broken furniture and appliances have been left behind shops and in driveways, leaving the shop owners to carry the burden, while items such as a fridge, motor vehicle seats and hazardous material containers have been left in local parks and reserves. Auckland Council will remove illegally dumped items from public land, but if the rubbish is on private land, it is the shop and property owners who have to pay.

Te Atatū Peninsula Business Association has to log requests with Auckland Council to get rubbish picked up from Council owned areas and has worked with business people to collect and dispose of items such as a large pane of glass for example, left partially concealed where members of the public could walk on it.

Te Atatū Union Church is one of the businesses affected. It receives donations of clothing and

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



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

household items like crockery for its op shop and Parish Administrator Dilys Davies says they are extremely grateful for these donations, which are usually brought into the shop. However, the church is also the victim of illegal dumping - a combination of rubbish and unsaleable goods left outside at night. This includes broken furniture, electrical appliances and old mattresses. The op shop can't take any furniture or electrical items, even if they are saleable and the burden of disposing of them is a mounting cost.

Dilys says the church used to have the use of a truck and just had to pay the tipping fee, but the truck is no longer available. Last year they paid a total of \$1,500 in tip fees out of their funds. This year it will be even more, as they will have to cover transport of the rubbish as well. Dilys says this is money that would have gone on the running of the church, mission work and community work such as morning teas.

"I want to say how much we appreciate the local community and how willing they are to support us, because it is huge," she says. "They are helping us to help the community and they are also recycling, which is good for the environment. But unfortunately, there are those who leave us their rubbish, and it's as simple as that."

An Auckland Council spokesperson says people who see illegal dumping should contact them immediately with as much information as possible, including times and dates, and descriptions of the offenders, and if known, a vehicle registration is very helpful.



▲ Some of the recent dumping found around Te Atatū

▶ Dilys Davies (centre) with op shop volunteers Margarete (left) and Susanna (right)

People can report dumped material to the council by phone 0800 NO DUMP, which operates 24 hours 7 days a week.

"We take illegal dumping incidents very seriously and offenders can face fines up to \$30,000. We want to encourage people to report it in to us, even if the investigation concludes that the dumping was on private property".

They say that more often than not, illegal dumping seems to happen at businesses on the weekends when people aren't around. Keeping your premise or car park secure is a first line of defence to protecting private property against illegal dumping. Gates or a chain across a car park may be enough to deter someone.

"Feedback we get from businesses is that a floodlight down the back or side of a business can also help. CCTV or a fixed camera can be an expensive option but gives you more evidence for prosecution. Motor vehicle registration is a key detail to help track down the persons who are responsible if you witness dumping taking place." ●



The signs of our success are everywhere.

BARFOOT THOMPSON & | Te Atatu
LICENSED REAA 2008

534 Te Atatu Road • 09 834 3570

Just a few minutes to the CBD and moments to swimming beaches, restaurants, this is the prime spot to enjoy Auckland's finest lifestyle. Perfect for those wanting a spacious family home in the Bays. The property offers multiple living areas, an open plan kitchen and dining area, a private north-facing outdoor area perfect for entertaining or dining and swimming pool surrounded by beautifully landscaped gardens.

AUCTION
 Sunday, 23 March at 2pm

Clinic Transforms to Testing Station, Twice.

An ideal location and a pro-active community turned Peninsula Medical into one of the busiest GP COVID-19 testing stations in Auckland, says Practice Manager Lesley Going.

Lesley says they thought the practice was busy during the first lockdown, but the second lockdown surpassed all expectations.

"The level was unbelievable really", says Lesley. "Last time we'd do a maximum of 75 swabs in a day. This time, on the first day we did 175, then 220 the second. The difference was, there was no warning, we just had to do it," she says. "We moved within hours to deliver more than what some CBACs (Community Based Assessment Centres) had been doing the last lockdown in one day."

Lesley says this time around, cars were backed up to the motorway and the practice had to call in the Police to help manage the traffic flow because the other services at the Centre were still trying to operate that morning. Then the following day, a further 220 swabs were completed without issue.



▲ Lesley Going at Peninsula Medical.

If you have any COVID-19 symptoms such as

- Cough
- Sore Throat
- Shortness of Breath
- Runny Nose
- Loss of smell
- Fever

please call your doctor, iwi health provider, or Healthline for free on 0800 358 5453.

Unite against COVID-19

Despite this demand, the maximum wait for those waiting to get tested, was estimated to be 50 minutes. Elsewhere in Auckland, people were waiting a reported four hours at CBACs.

Lesley explains that when COVID-19 first hit New Zealand, more testing was required than the DHBs could deliver, and medical practices were asked to step into the space. A number of practices around Auckland had the ability to provide the staffing needed, and to create definite separation from normal operations, so that people who needed immunisations or a maternity visit for example, were kept safe. Peninsula Medical's building lay-out made it viable for a testing station and the size and space of the practice allowed people who wanted to be tested, to drive through using the basement carpark.

"They didn't need to get out of their car," says Lesley. "It was covered, discreet, and private. We didn't have anyone with symptoms entering the building and we were able to manage staff separately."

Te Atatu Peninsula was the site of a significant cluster during the first lockdown and Lesley says running a testing station in this environment was a challenge, but local people behaved in a way that was respectful of the virus.

"Fear made people want to be tested and stay home and make sure they were safe and not spreading it in their own families."

"None of our staff or any of the testing staff in Auckland got sick," says Lesley. "That tells you how good general practice was, at doing what we needed to do. It's a huge testament to how well it was managed. I am so proud of the team at Peninsula Medical."

Lesley says the lesson this time is, we must keep testing even when we think there is no COVID in our midst. "If you have upper respiratory symptoms, a running nose, sore throat, cough, loss of smell or a fever, it is better to be tested. The sooner people are tested, the sooner we can stop the spread." ●

Generosity Meets Need

How CARE Waitakere copes with Covid-19.

While the Covid-19 lockdowns have created unprecedented need for some local families, this has been met with an abundance of generosity from businesses, according to CARE Waitakere's hard-working staff.

Demand for the organisation's food parcels, budgeting advice and counselling service rapidly increased from April, but emergency funding and a boost of food donations during the first lockdown helped meet the need, say CEO Kathy Clist and Foodbank Coordinator Jo Faulder.

Foodbank staff are used to distributing parcels with little in the way of fresh produce. But there

was enough produce donated to the food rescue charity Fair Food, that CARE Waitakere's foodbank then had eight boxes of fresh fruit and vegetables to distribute to families, weekly.

Kathy and Jo say that as movements of exports out of the country were affected, more food products were donated to relief organisations, to avoid them being wasted. For example, CARE received a donation of pork from the Ministry of Primary Industries (MPI) because it could not be exported.

Multiple groups and organisations donated or shifted food donations and unused event

space was given to Fairfood, for storage of the donations. Jo says in this way, a lot more food donations than usual, became accessible to the organisation.

"Initially it was because there were no exports," she says. "But there has been a lot in the media about queues of people needing food parcels and now it feels like a lot of people are wanting to help."

"It's a tangible thing that people can relate to," says Kathy. "Most people of good heart want to help and given an opportunity, will participate. People could see how hard it was for those who had lost jobs," She says.

Kathy says like everyone else, their organisation has had to adapt. Volunteers cannot be used for any of the work at Alert Level three and four, and during the first lockdown, families in need of food parcels

▼ Jo Faulder and Kathy Clist



St Margaret's Embraced by Community

In the heart of Te Atatū, CHT St Margaret's Hospital was the site of a significant Covid-19 cluster.

During this time three of their loved residents died from the virus, and devastated nursing staff were put off on isolation leave, unable to say goodbye. But the hospital's Unit Manager, Tina Lock says through it all, they were embraced and supported by the Te Atatū community.

"Oh gosh they were fabulous," she says. "The Te Atatū community was extremely supportive."

Tina says they received many emails and messages of support, children made special cards for the residents and people asked what they could do to help.

In her role, Tina oversees all staff at CHT St Margaret's and says it was a very difficult time for them.

"It was an awful time quite frankly," she says. "Most of them were put off on isolation leave and felt guilty, because they wanted to be there to look after the residents. They had a conflict of emotions because they also had to keep their families safe. They were so upset".

To maintain staffing levels, the hospital used relief DHB staff and nurses from Senate Nursing Bureau.

"Looking back, the staff were extremely resilient," says Tina "but it took its toll."

Tina says it is a testament to the staff, that the St Margaret's cluster was not worse. They had received extra training before cases emerged, in PPE 'donning and doffing' and they practised at the beginning of every shift.

"They are experienced and dedicated and they did everything right."

Since then CHT St Margaret's has provided an Employee Assistance Programme, of counselling in a group session for the staff, free of charge.

This supportive environment is continuing, with all the staff meeting together to go over protocols, but also to check in with each other.

Tina says although the second lockdown went smoothly, it is hard for residents to not have their families visit. However, the hospital's two activities coordinators have a list of family contacts for each resident during lockdown, and with tablets and phones, facilitate facetimeing and Zoom and Skype calls. Each morning residents had activities in their suites and on Wednesdays for example, three of the suites used WhatsApp to play bingo between them.

Each of the eight suites has eight to ten bedrooms and their own lounge. During lockdown, residents were free to move about their suite, unless they had been to hospital, in which case they needed to isolate in their rooms.

"We're finding ways we can do things," says Tina. "Communication is huge, and that's something we learned from the first lockdown."

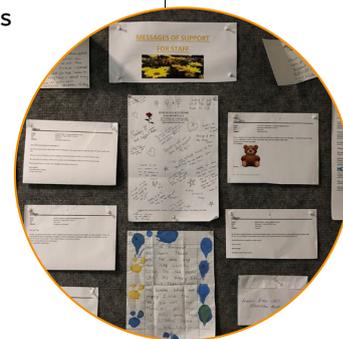
Tina says staff are now working on a plan to hold a community event there, toward the end of the year and will publicise details when they are available.

"We would like to welcome the community to St Margaret's." ●

...It is a testament to the staff, that the St Margaret's cluster was not worse.



▲ Tina Lock



▲ Messages of support for CHT St Margaret's



could not collect them. So, CARE Waitakere started a delivery system which was deemed an Essential Service, carried out by staff using their own cars for deliveries.

Demand has meant they have seen a lot of new clients for budgeting and counselling services which must be done remotely, via the video communications app Zoom, or phone. Fortunately, extra funding was received during the first lockdown, from the Ministry of Social Development (MSD) which covered urgent services such as parent coaching, to help people who suddenly found themselves with the whole family at home, trying to home-school children but without the skills and resources to cope. This funding enabled these extra services to be given free of charge.

"There were a lot of vulnerable clients who were even more vulnerable during lockdown, because they were isolated from society," Kathy says.

Demand for food parcels levelled out once the first lockdown was over, but there remained a steep increase in demand for services.

"As soon as we were back in the office, we were deluged with referrals for budgeting and counselling," says Kathy.

The latest August lockdown saw a welcome donation from MSD, of face masks for distribution to clients in need of them and a change to food parcel distribution, with the organisation allowing pick up's between 2-4pm each week-day, by arrangement. But the demand for food parcels, however, was once again ramped up with the move to Level 3 in Auckland,

with stores rapidly diminishing. When stocks of both fresh food and non-perishables are depleted at the foodbank, more stock must be purchased using cash donations.

With further job losses and economic downturn predicted, the demand for services may grow even more, but Kathy says CARE Waitakere will also grow.

"We have always sought to meet the community's needs in partnership with any other organisations in the space," she says. "We will grow to meet demand and that is what we've always done."

To donate to the CARE Waitakere Trust, ASB bank account, donate directly to account number 12-3038-0343475-03, using 'Food Bank' as the reference. ●

Keeping you and your family safe

Serving our community in times of need



Respiratory Clinic Open Daily

A safe and separate clinic for those with respiratory infection symptoms



peninsula medical



Peninsula Medical Centre

382 Te Atatu Rd, Te Atatu Peninsula

www.peninsulamed.co.nz

Phone 09 834 6300



Essays Have Flow-On Effect for Orangihina Stream

Students from Te Atatū Intermediate School have entered an international writing competition – Young Reporters for the Environment, with essays written about protecting Harbourview Orangihina.

With the help of their teacher Lyn Northwood, the four Year 7 and 8 students have had their essays submitted to the competition, but their long-term goal is to protect the Orangihina Stream from pollution.

They are trying to initiate a school, and potentially community-wide concept, that would see people pledging to pick up 10 pieces of litter daily. Lyn says any students who make the pledge to join the initiative will have their names highlighted on the schools' electronic signboard, on Harbourview Road. She says hopefully the project will also be taken up by the wider community, and anyone interested in taking part can email Lyn at lyn.n@teatatu.school.nz

In the following column is one of the entrant essays, by year 8 student, Grace Oloi. ●

Despite plastic waste being a prominent topic in the media for several years now, there is a lack of discussion around ways to reduce the problem.'

▲
Orangihina
Stream

We need to make a change, before it's too late.

By Grace Oloi, Te Atatū Intermediate School

Plastic waste is a massive problem across the world, and New Zealand is no different. From cigarette butts to fast food packaging, each day the amount of plastic littered into our precious oceans is increasing exponentially. We need to make a change.

Despite plastic waste being a prominent topic in the media for several years now, there is a lack of discussion around ways to reduce the problem. Whilst people today are willing to pay that little bit extra for biodegradable options, we need to remember that biodegradable waste can still find its way into marine life and their ecosystem.

In the area I live there's a beautiful estuary called Orangihina. It is located on the eastern edge of Te Atatū Peninsula in West Auckland. The reserve looks out onto the harbour and Auckland city, giving Orangihina its more commonly known name, Harbourview Reserve.

With huge grass patches and public toilets, the park is a great spot for gatherings and picnics. Unfortunately, this increases the chance of litter being dropped and making its way into our oceans. I have been looking at ways that we can reduce plastic waste, for our environment and for Orangihina's benefit.

Although Orangihina is known for its scenic area and views, the estuary plays a big part in helping to clear out and prevent any litter from making its way into Auckland Harbour. Its healthy ecosystem has the ability to filter through any dropped litter and store it in the estuary to decompose.

As the amount of plastic waste that is discarded increases, the harder it is for the estuary to do its job effectively, and the ecosystem will slowly start to die. This is why it is crucial for us to be mindful of the environment around us, especially areas that are sacrificing themselves for other places to be free from litter - like Orangihina.

I decided to visit Orangihina to see for myself how big the problem was and what the main types of litter were. Not surprisingly, a majority of what I saw were cigarette butts and fast food packaging.

According to multiple international studies, cigarette butts were the most littered item in 2018. They are extremely harmful to our environment, causing seven litres of toxic water around a single butt when dropped into the ocean. And whilst it doesn't look like it, cigarette butts are actually made out of a plastic called cellulose acetate, meaning when someone obviously tosses a cigarette out the window and into our environment, it's not just the nicotine and other chemicals that are in cigarettes being emerged into our air. The cigarette butt itself will take years to decompose, and when the cellulose acetate finally does decompose, it leaves tiny bits of plastic which end up in our waterways and marine life.

Other than completely banning smoking, which some may argue is unrealistic, the next best option could be to make biodegradable cigarette butts mainstream.

CONTINUES ON PAGE 12



Waitemata Bridge Club

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



Night classes and Weekend Workshops 13yrs+

Night school, evening classes, continuing education – whatever you call it, adults coming to Rutherford College in the evenings and weekends to learn together has been a tradition for more than 60 years. It may be to gain new skills, meet new people, follow a passion or to become more involved in the community – there are many reasons why adults come to courses and we are proud to still provide a huge range of after-hours programmes. It's a part of our culture. We have even added family friendly courses.

Our 2020 programme offers over 300 courses, so take a look at what's available for the rest of the year– if you can't find what you want, give us a call and we'll do our best to set it up.

Phone **09 834 4099** or visit www.rutherfordcomed.co.nz



Events subject to Government COVID-19 gathering restrictions. Please check with event organiser regarding cancellation/postponement.

School holidays at Te Atatū library

It's not long until school's out and we have two weeks of holidays.

If you're looking for something to do, rock into your local library and grab an activity.

New activity everyday

Find out more: call **09 377 0209** or visit

aucklandlibraries.govt.nz



Find out more:
aucklandlibraries.govt.nz | 09 377 0209
[aucklandlibraries](https://www.facebook.com/aucklandlibraries) | [auckland_libs](https://www.instagram.com/auckland_libs)



Call for Volunteers!

Are you keen to get outdoors and do you bit for local conservation efforts?

Forest and Bird Waitakere are looking for volunteers to assist with clearing rat traps in Harbourview Orangihina Reserve, Te Atatu Peninsula.

The reserve is home to many rare and threatened native bird species and rats area a major threat. Reducing rat numbers will help them thrive!

The group meets once a month on a Saturday, but traps can be cleared in your own time when it suits you. Perhaps a family or group of friends might want to join up?

All training and equipment is provided and no experience necessary.

For more details please contact Raewyn Michael – projectorangihina@gmail.com



Te Atatū Pony Club

Te Atatu Pony Club offers weekly group lessons (called rallies) to our members on Thursdays from 6-8pm across the season (Oct - March) in a supportive, fun, and family oriented environment.

Membership enquiries welcome from riders under 25 with own horses who want to participate in pony club activities and work towards NZPCA riding and horse management certificates. Parental commitment and involvement required for riders under 18.

Both grazing and membership are subject to available capacity within our grounds and coaching groups. We maintain a waitlist when full.

For more information please visit our website teatatuponyclub.co.nz or email teatatupony@gmail.com



Te Atatu Pony Club

teatatupony@gmail.com
www.teatatuponyclub.co.nz
 465 Te Atatu Road, Te Atatu Peninsula



Life On TAP. Te Atatū Peninsula

Are you planning a community event, class or gathering?

Are you looking for a cooking class? A kids' event or a gardening club?

Now there's one place to look for all local community notices, events, classes, churches and clubs.

To find an event go to www.teatatupeninsula.co.nz and click on What's On. To post an event, email manager@teatatupeninsula.co.nz with your details.



The Chapel

We are looking forward to greeting everyone again at our groups and activities at Te Atatū Peninsula Community Trust, our little community hub located at The Chapel on Beach Road.

"It got really lonely being at home, not even seeing my grandchildren, and not being able to attend my normal activities" one senior shared with us as she excitedly returned after our last lockdown.

"We've been waiting for classes to restart and the little ones look so happy to be back doing music again," a local caregiver told us rejoining Mainly Music.

We have a variety of groups and activities for you to get involved in each week at The Chapel – Mainly Music, Toy Library, Baby Sensory, Brickworks Drama, ICONZ boys club, Communicare Friendship group, Te Atatū Floral & Garden group, Stampin' Up, Chinese language classes, Hospice Craft group, Bellyful cookathons, parenting classes and more.

When we reopen, you'll be greeted with a smile and a chat as we help you find something you enjoy. We are already planning for our free community event in November too.

More than ever, as new needs emerge during Covid resurgence and recovery, we believe it is through connection and working together our community will thrive.

"Ka whati haeri te rau harakeke i tona kotahi, ka whakatairanga taumaha aha, nga rau harakeke kite taura."

"One strand of flax is easily broken, but many strands woven into a rope can lift any weight."

For details of group dates and times visit peninsulacommunitytrust.co.nz

Follow us on Facebook and Instagram to stay connected

'Green butts' or biodegradable butts are an alternative to the normal plastic butts that a majority of cigarette manufacturers use. Biodegradable butts are far better for our environment, but more costly for cigarette companies. Governments could consider providing tax incentives to cigarette companies that use biodegradable butts. If more and more smokers use biodegradable cigarettes, the butt itself wouldn't stay around for as long, so there is less chance over time for them to be blown into our oceans.

Business owners could even consider offering a price discount for customers who bring in their own containers to encourage people to have the mindset of reusing and recycling.

As I saw at Orangihina, packaging is another huge environmental problem. From fast food packaging, online shopping packaging or even the packaging around day-to-day items you buy at the grocery store, so much of it ends up in our environment. We know that packaging is a critical and necessary part of a product, but most companies only design and produce single-use packaging and although it looks sleek and inviting, our environment thinks differently. Companies such as McDonald's are contributing to this issue, and it could be said that they aren't doing

much to solve it. Is all of their packaging necessary? Is there a way to reduce the amount of plastic when designing the packaging? To go even further, fast food companies could allow their employees to have a day off every month to volunteer and help clean up litter around our roads or estuaries. Or perhaps they could consider sponsoring an initiative such as Plastic Free July that supports keeping our environment clean. With the budget from a large company like McDonalds behind it, there would be more funding to increase awareness of the initiative to get the public involved and interested.

This issue isn't just with fast food, but with the packaging around sushi and Asian takeaways. The amount of single-use plastic surrounding the sushi, then the plastic knives and forks all gathered up into a plastic bag is shocking and none of it is recyclable. A great alternative to solve this problem could be to have a BYO system for containers to store either sushi or Asian takeaways. Business owners could even consider offering a price discount for customers who bring in their own containers to encourage people to have the mindset of reusing and recycling. This will also look good for the businesses who implement this.

Although there are many ways that companies can work to reduce plastic waste in our environment, there is also so much that we can all personally do to help. One of them being participating in initiatives like Plastic Free July. Plastic Free July is one of the biggest plastic-free initiatives worldwide and is helping increase awareness of plastic pollution and educate people from all over the world about the impact that plastic waste is making on the environment. The challenge is designed to give you ideas on how to reduce the amount of single-use plastic you are using daily, and ways to recycle it. This Australian campaign started in 2011 and now has over 250 million participants in 177 countries, and is still growing.

At Te Atatū Intermediate, Kaitiakitanga, meaning guardianship and protection, is one of our school values and currently one of our main focuses. To implement Kaitiakitanga into our daily lives, teachers at Te Atatū Intermediate are encouraging us to take part in an initiative called 10 a day, challenging us to pick up 10 items of dropped litter everyday. Not only is this cleaning up our planet, we are displaying several UN's Sustainable Development Goals such as Life Below Water (goal 14) by preventing litter into our waterways and into marine life.

Initiatives like these are helping us change the planet and potentially achieve our goal of becoming free from any plastic waste.

Sometimes however it is one step forward, three steps back and 2020 is a great example of that. With the global pandemic we are facing, personal protective equipment (PPE) is becoming the most littered item of 2020. Littered PPE is a huge risk for not only animals and the environment but also causing danger to us if contaminated.

Biodegradable cigarette butts and our fast food outlets showing more corporate responsibility will help, but it's just the beginning. We need to make a change now more than ever. Estuaries like the beautiful Orangihina are suffering because of our actions, it's our duty to turn that around and show more respect for our environment. ●



Opal Dental

Gentle and Caring Family Dentistry

Dr Charlene Borges (Bsc, BDS, Otago, RACDS)
and Associates

General Dentistry	Free dental care for high school students
Cosmetic Dentistry	
Implant Dentistry	ACC treatment
Facial Enhancement	WINZ quotes

📍 518 Te Atatu Rd, Te Atatu Peninsula
☎ 09 8346359 ✉ reception@opaldental.co.nz

www.opaldental.co.nz

Winning Mural Raises Awareness

The stunning new mural in Te Atatū's town centre, was a winning entry by local artist Fiona Clarke, in a nation-wide mural competition.

Now gracing the wall of G4U in Te Atatu Road, Fiona's design was one of just ten, accepted from 71 designs, submitted to the 2020 Resene Nature Murals Competition, as part of the Paint New Zealand Beautiful programming, run by Keep New Zealand Beautiful.

Artists were invited to submit environmentally themed designs to become a mural in their community. The artists also needed to have a wall available to paint the mural on and permission from the owner, to install it.

The ten winners from around the country received a \$750 Resene



▼ Fiona's winning mural can be found on the wall of G4U Dollar Store at 556 Te Atatu Rd

paint voucher, a drop cloth, and a high-vis vest to help create their mural. Once the murals were completed the artists each received a \$1000 grant.

Fiona's submission included the environmental message incorporated into her design: "My piece initially came about from a conversation with my kids, we spoke about how our planet needs to be looked after and treasured and how great it would be to preserve its beauty. We need to stop waiting for someone else to fix things, each of us have a responsibility to make small changes to protect the Earth so that generations to come can still enjoy it."

Fiona hopes her mural will remind people to think about the environmental effects we are creating for our planet.

"We have to be mindful about this in our daily lives," she says.

Fiona says she would like to create more art installations around Te Atatū, to add to what we already have.

"We have some community art-works, but it would be great to have a little more if we can," she says.

➔ To find out more about this local artist, visit her website: www.fiona-clarke.com

Selling or buying a property?

Are you looking for an award-winning team with over a decade of experience in Te Atatu, who always put their clients' interests first?

Team Mason - Mason Zhang, Lily Mei and Jerry Zhang

Team Mason are based at Harcourts Te Atatu South Office. Hardworking and always willing to go that extra mile, the team is bilingual and at ease dealing with both local and Asian markets. While the real estate market is anything but consistent, Team Mason's commitment to providing clients with the highest level of service and knowledge, remains unwavering. Their high level of repeat clients is testament to this. It has been estimated that up to 5% of the value of your property is determined by your choice of agent and how they perform – based on today's house prices 5% can represent a lot of money.

Mason Zhang's architectural background ensures added expertise with subdivisions, family homes & investment properties. Mason is proud to be Harcourts Shelter Realty's No.1 Sales consultant and in the top 15 Sales consultants in Harcourts' Auckland Northern Region.

It costs no more to hire the best....



Team Mason – Jerry, Lily and Mason

Contact Mason Zhang Licensed Agent REAA 2008

Shelter Realty Ltd
Harcourts Te Atatu South Office

288 Te Atatu Road

M: 021 866 922 P: 09 834 3055 F: 09 834 5901

Harcourts
Shelter Realty

Licensed REAA 2008

Spring Risotto

Robynne Pringle

Spring is always a bit dodgy, weather-wise but there are promising signs everywhere, of the season to come. This recipe combines the comfort food aspects of risotto with a fresh spring flavour. Make sure you add the peas and zucchini in just before the end, so they don't get too soft. Zucchini is expensive to buy right now, so by all means, use baby spinach instead or when spring really does get here, opt for fresh asparagus.

I was instructed by an Italian woman who adhered to the 'do not stir' rule, however many chefs tell you to stir continuously. You are aiming for a creamy



consistency, without the rice losing its inner firmness. I feel that stirring continuously risks making the whole thing gummy. Hint: Make sure the wine and the stock are warm and don't leave your pan – stand over it.

INGREDIENTS

2 tbsp olive oil
 1 medium white onion chopped
 1 cup arborio rice
 1/3 - 1/2 cup white wine, warmed
 1 litre vegetable stock, warmed
 2 cloves of garlic
 1 medium zucchini cubed
 Half a cup of frozen baby peas
 3 or 4 springs of fresh thyme or 1 tsp of dried
 Zest of one lemon and a squeeze of the juice
 Knob of butter (optional)
 1/2 cup grated parmesan
 Freshly ground black pepper

METHOD

Cook onion and garlic in the oil at a medium heat until soft. Add the rice and toss to coat but do not brown. Add the wine and cook off, then thyme, zest and black pepper.

Add stock one cup at a time, at medium heat, so that it is cooking off reasonably quickly, stirring occasionally just to keep the liquid evenly distributed and never letting it dry out.

When you have about one cup of stock left, add the zucchini, peas, and lemon juice, and add the remaining stock. Do not completely cook off this last stock. At this point, you should have a soupy, creamy risotto with the rice cooked but not without texture. If you think your risotto is not creamy enough, add the butter and stir in.

Turn off the heat and stir in the grated parmesan.

Serve immediately with crusty bread, black pepper and more grated cheese, as a lunch, a side dish or a vegetarian main. •

Membership
is easy.
You can join

Have your own
function, no charge
- this is your club

Games at no cost.
Darts
Pool
Snooker
Why pay \$2
a game?

Thursday & Friday
courtesy vehicle
pick up & drop off

We are Te Atatu and
we are here for you

JOIN LIFE AT

The
Razza

Food glorious food!

Catering to your needs

Club Member Benefits
Insurances
Banking

Friendly
Environment

Tournaments
throughout the country

Communities
within
Communities

Sport on the
Big Screen

Entertainment

Contact
office@teatatura.co.nz
834 -3698

Have we been fooled like an old fool? Or have we cracked a secret code to a dark mystery world of wine bargains?

I'm not sure. I've been working in the wine business since the late '80s, and the perpetual search for finding a tasty wine at a great price continues, whatever the price point.

There have been increasing number of non-branded wines on the market – so called 'cleanskin', BOB (Buyer's Own Brand, i.e. exclusive to a particular retailer) or 'mystery' labels.

It's a strange concept, as we are brainwashed to love certain brands of cereal, milk, pet food and many other consumer goods, and wine being one of them. Marketers and advertisers spend many millions of dollars and countless hours to come up with the perfect pitch to convince us to buy THAT product. Nothing wrong with that of course, but we know better, don't we? Indeed there are some excellent 'budget' products without the fancy or famous brand names or packaging.

So what are these 'cleanskin' wines, and can we trust them, should we buy them? Like many things in life, it's a trial and error. The chance of success increases exponentially if you trust the seller. When you shop at a butcher, greengrocer or a vendor at a farmers' market, you may be more willing to take a small risk of buying something new, because you've bought other products from them before.



Sam Kim

wineorbit.co.nz

One thing to remember is to buy ['cleanskin'] wines that are relatively young...

It works like this, usually. A winery may bottle most of their wine under their own brand, but sometimes they have too much wine, so they might bottle some of it under 'cleanskin', which means the wine will not have a 'brand' on the bottle but have bare necessary legal requirements, such as volume, alcohol level etc. This allows the winery to sell their branded wine at a higher price point, and sell off the remainder, still the same wine, at a lower price without damaging the image of the winery's brand.

One thing to remember is to buy wines that are relatively young. For example, sauvignon blancs, pinot gris and rosés need to be young. They are like vegetables, fresher the better. Stick to younger vintages such as 2020 or 2019. Don't get tempted into buying ultra-cheap mature wines. There are some delightful older examples but chances are they have lost freshness and become dull and flabby.

Chardonnays and pinot noirs do benefit from some bottle age but not too much. High-end wines can age more than ten years but we are talking \$70-plus wines. Under \$20, I'd stick to 2017 or younger.

Heavier reds such as cabernet, merlot, malbec and shiraz can show gorgeous savoury/spicy notes with maturation beyond five years but if you are used to drinking younger reds, stick to youthful vintages.

I am happy to report that buying wines without a 'brand' can be a terrific way to save money, if you are willing to take occasional disappointments.

Happy hunting. ●

Birthday Celebrations at Pucker and Wink

Pucker and Wink is celebrating a significant milestone. October marks a year since the Peninsula's premier beauty salon first opened its doors for business.

And what a year it's been!

Like many local businesses, the lockdown was a challenge for Pucker and Wink.

'We have a large following of over 1000 on social media,' says owner Cathy Draper. 'Thankfully, we were able to keep in touch with our customers throughout the lockdown, and so we've bounced back pretty quickly.'

'We are very grateful to all our customers and the local community who have supported us throughout our first year,' says Cathy.

Pucker and Wink is also a firm believer in giving back to the community. They have teamed up with another local business – the Mortgage Supply Company – to acknowledge unsung heroes who work tirelessly for the community.

The Community Spirit Award is a monthly initiative and is all about locals thanking locals. Nominations are invited

through the Te Atatū Peninsula community Facebook page. And the lucky winner gets to enjoy Pucker and Wink's signature treatment, the ultra-relaxing mindfulness facial.

Pucker and Wink has a diverse range of loyal customers. The youngest is only five, and the oldest is in their late 80s! Taking care of yourself is important at any age. We all deserve some time out, and Pucker and Wink's extensive treatment menu means there's the perfect treatment for everyone.

Top choices include spray tans, dermaplaning, eyelash tints and extensions, alongside the ever-popular pedicures and manicures that offer the ultimate in luxury pampering.

New employee Krystle specialises in special occasion make-up. And with school ball season fast approaching now's the time to book an appointment.

However, the beauty lounge isn't just for women – it's also a big hit with men. Beauty therapist Courtenay specialises in men's waxing services, and men's facials are also popular.



'We have specials and promotions that change each season, so check out the website or follow us on Instagram and Facebook for all the latest deals,' advises Cathy.

'And we now have an online store set up, so spoil that special someone in your life with a treatment or cash voucher.'

'The team at Pucker and Wink looks forward to welcoming you soon,' concludes Cathy.

You'll find Pucker and Wink at shop 3/460 Old Te Atatu Road.

Appointments can be booked online at www.puckerandwink.co.nz or phone 09 213 0809.

Hi neighbours,

So, where were we? Last time we spoke I believe this thing called the "Coronavirus" was barely being whispered about. Since then, we've been through various alert levels, vastly stepped up our hand-washing regimen, and (more recently) taken to wearing masks. At the time of writing, a three-day lockdown had been announced across Auckland. Who knows what we'll be doing by the time you're reading this? I can only hope that we'll be in a more stable position by then, but as we know by now, nothing is certain.

If there's one thing I can tell you for sure, it's that living through a pandemic wreaks havoc on the nervous system. It's been well-reported that sleep becomes disrupted through times of stress: we find it hard to nod off at night and dreams become strange. If any of that sounds



Abigail Johnson

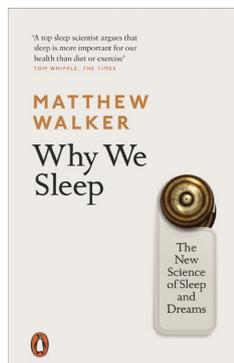
familiar, you might be interested in *Why We Sleep; The New Science of Sleep and Dreams* by Matthew Walker.

Why We Sleep is a quiet revelation of a book: almost everyone who reads it commits to an eight-hour nightly session. According

to Walker, skimping on sleep (getting less than eight hours a night) is carving years off your life.

With years of medical research to support his claims, Walker explains how good, quality sleep will drastically improve your life. He laments the modern notion of "sleeping when you're dead" and explains that a lack of sleep will indeed deliver you to a much earlier grave (while greatly degrading your quality of life along the way). Good sleep, on the other hand, protects the immune system, improves memory, and prevents us getting sick.

Good sleep, on the other hand, protects the immune system, improves memory, and prevents us getting sick.



▲ *Why We Sleep: The New Science of Sleep and Dreams* by Matthew Walker
Penguin Press

If you're a night-time reader (like I am) you may find *Why We Sleep* becomes quite a long read. That's due, simply, to the amount of times you'll put it down and (happily) fall asleep.

Without wanting to overstate it, I found the book life-changing. *Why We Sleep* is available at the library and most bookstores.

Until next time – stay safe and stay kind. Happy reading. ●



Absolute
Plumbing & Gasfitting Ltd
A BETTER SERVICE



Providing residential and light commercial plumbing and gas services to Te Atatu Peninsula and Te Atatu South in a timely and affordable manner.

Including but not limited to inspections, maintenance, repairs, new builds and renovations. A service customers will use again!

Contact Mike Miller,
Certifying Plumber and Gas Fitter
Mobile +64 21 1372810

www.absolutepg.co.nz

www.facebook.com/

TE ATATU Engraving & Gifts

Trophies & Cups, Watch Services, Gifts & Cards



Etching glass and crystal.
New cups, trophies, awards, medals, pet tags, pet collars and leads.

KEY CUTTING SERVICE.

WATCH SERVICES AVAILABLE

- Watch & Remote battery replacement
- pressure testing
- link addition and removal
- buckle and wristband replacement




562 Te Atatu Road,
Te Atatu Peninsula Ph: 834 6143
Hours: Mon-Fri 9am-6pm • Sat 9am-4pm
Email: info@teatatuengraving.co.nz
www.teatatuengraving.co.nz

**RYMAN
PIONEERS**
A new way of living

**AVAILABLE
NOW**
In Henderson

LIFESTYLE COMES WITH CONVENIENCE ON LINCOLN ROAD



The first stage of apartments are now complete at Miriam Corban Retirement Village and residents are already enjoying the village community.

Secure the apartment of your choice now and have six months to sell your current home.

- Two and three-bedroom layouts
- Shops and cafes located within a short walking distance
- Spacious open plan living, perfect for entertaining
- Priced from \$690,000
- Fixed base weekly fee of \$129 and our deferred management fee is capped at 20% - one of the lowest in the retirement sector*

*Some conditions apply

Call Amy or Craig for more details or visit our sales office, open 7 days a week.

MIRIAM CORBAN VILLAGE

229 Lincoln Road, Henderson, 838 0880

rymanhealthcare.co.nz


**RYMAN
HEALTHCARE**

Tena kotou, did you know that one in four house fires start in the kitchen? We have had a marked increase in unwatched cooking, causing concern.

When you're cooking:

- Don't drink and fry. Alcohol is involved in half of all fatal fires. Instead, pre-prepare a meal, get takeaways, or use the microwave. Never attempt to drink alcohol or take medication that makes you sleepy, when cooking.
- Don't leave the room when cooking. If you have to, always turn off the stove first. Unattended cooking is the leading cause of house fires in New Zealand.
- Keep curtains, tea towels, oven mitts and any flammable items well away from the cooking area, when you're cooking.
- Ensure the stove is turned off at the wall when not in use, especially when leaving home.

Electric blankets should be placed flat on beds and we should make sure that controls and cords are not twisted or caught between the mattress and the base of the bed. At the first sign of wear, electric blankets should be checked by a qualified electrician. By rolling your electric blankets loosely with nothing on top of them, you will keep them in good shape for next year.



Most fire fatalities occur in rental properties without working smoke alarms. Landlords have a number of responsibilities when it comes to providing adequate smoke alarms in rental properties. It's the tenants responsibility to maintain the installed smoke alarm/s, including replacing batteries (if required), for the duration of their tenancy.

If you have any questions or queries about anything fire safety related, don't hesitate to call your local fire station (0800-3545-170).

Ngā manaakitanga
Te Atatū Fire Station

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



Don't drink and fry. Alcohol is involved in half of all fatal fires.

Photo by Frederick Medina on Unsplash

COVID has changed the face of the world. As such, a number of the usually planned Police and community events have been cancelled or postponed. However prior to this lockdown we managed to get in a safer plates event in the Peninsula.



Safer Plates is a Neighbourhood Support and Police partnership initiative where we swap out the standard screws that affix your license plate to your vehicle with security screws, which are much harder to remove. At the same time we bring along our engravers and will engrave your driver's license number on power tools, as well.

Why are doing this? Essentially to prevent license plates being stolen from vehicles and then being used to commit petrol drive-offs or other offences involving vehicles.

All done with prevention in mind of course. At the end of the day it makes much more sense to prevent an offence than to deal with the aftermath of someone having the misfortune of being victimised.

This isn't an issue confined to the Peninsula, it's a nationwide problem. But these small screws are a great way of preventing it.

You can help as well by:

- Locking your vehicle, installing a vehicle alarm
- Reporting suspicious activity via 111 or the 105 number.
- Parking in well-lit areas with good visibility of your vehicle.
- Keeping an eye out for your neighbour's vehicles as well.

Best regards

Greg Wilson Youth and Community Manager Waitamata West (Relieving) ●



- ⇒ 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

HARVEYS

REAL
ESTATE
EST. 1918

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.

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.

Business Directory

834 Barbers	2 Harbourview Rd	834 8704
About Face	84 Gunner Dr	834 4018
Absolute Plumbing and Gasfitting	6 Mickle Street	021 137 2810
Allworkz Electrical Ltd	4 Holman Road	0508 ALLWORKZ
Anytime Fitness	543 Te Atatu Rd	950 8540
Ashton and Gray Hair Design	T6, 547 Te Atatu Road	835 2247
Barfoot and Thompson	534 Te Atatu Rd	834 3570
Ben Cable Electrical	15a Tiroroa Ave	0800 223 123
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
Dan and Anna Superette	568a Te Atatu Rd	834 6356
Delicious Café	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
Emperor Motors	4a Harbourview Rd	834 8649
Et Tu Bistro	532 Te Atatu Rd	834 5327
Fresh Beer Brew Company	576a Te Atatu Road	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 Road	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 3058016
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
iClean Services	737a Te Atatu Rd	027 453 3836
Jenny Craig	84 Gunner Dr	834 8924
John Chan Takeaways	578b Te Atatu Rd	834 5246
Jumbo Jnr's Fish and Chippy	568 Te Atatu Rd	834 3638
K&A Bargains	542a Te Atatu Rd	834 8986
Khawhom Thai Restaurant	80 Gunner Drive	834 9998
KJ Nally Barristers and Solicitors	534 Te Atatu Rd	834 9995
L.A. Fire Systems Ltd	550b Te Atatu Rd	834 0346
Loader Legal Ltd	93 Bordeaux Parade	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 2795912
Mi Physio	543 Te Atatu Rd	264 0105
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
NZ Home Loans	28 Vera Road	027 2056393
Odessa's Mini Mart	615 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 Gardens	18 Neil Ave	021 298 1928
Peninsula Hair Ltd	574 Te Atatu Rd	834 5120
Peninsula Law	631 Te Atatu Rd	834 5389
Peninsula Medical Centre	382 Te Atatu Rd	834 6300
Peninsula Roast	572b Te Atatu Rd	834 0525
Peppermint Twist Icecream	607 Te Atatu Rd	834 9941
Pform.nz	TAP Community Centre	0800 736 766
Pita Pit Te Atatu	543 Te Atatu Rd	834 6058
Pizza Landing	578c Te Atatu Rd	834 7492
Pucker and Wink Beauty Lounge	3/460 Old Te Atatu Road	09 213 0809
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 Drive	0800 SPYNED
Stitches Alterations	607 Te Atatu Rd	834 4688
Supa Fruit Mart	3/1 Rhone Ave	834 2473
Sushi Ami	5/80 Gunner Dr	834 0010
Sushi and Bento	546b Te Atatu Rd	834 1060
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 & Op Shop	2 Taikata Rd	834 3228
Team Gopal - Creative Mortgages	1 Rhone Avenue	021 666 490
Thai Flavour	572a Te Atatu Rd	834 0646
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
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 Rs	c/-834 6058
West Auckland Counselling	552 Te Atatu Rd	834 7322
Wine Villa	544a Te Atatu Rd	834 4992
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 Rs	c/-834 6058
West Auckland Counselling	552 Te Atatu Rd	834 7322
Wine Villa	544a Te Atatu Rd	834 4992