

# Views on TAP.

THE WINTER ISSUE

WI / 21

FREE

TE ATATŪ PENINSULA TOWN CENTRE MAGAZINE

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## The Panic Buying Phenomenon

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## Friends of Harbourview

Fernbirds survival, connected with native plants.

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**Life on TAP.**  
Te Atatū Peninsula

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**Business on TAP.**  
Te Atatū Peninsula

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**Town Centre Manager:** Robynne Pringle

# Welcome to Wildflours Cakery and Coffee

by Robynne Pringle

**Te Atatu has a new cakery, offering delicious baking including keto, gluten free and vegan options, along with traditional treats.**

Wildflours Cakery and Coffee at 80 Gunner Drive, is the creation of Rachel Schneiderman and Ronda Pera. Both had already owned their own business – Rachel owned Cupcake in Karangahape Road and Ronda owned Walter and Rose, in Henderson Valley Road. Rachel who is from Western Springs, then worked in recruitment for a couple of years, deciding not to run another business unless it was with a business partner. But she says she hated sitting in an office and felt 'burnt out'. Fortunately for Te Atatu cake

## FROM THE EDITOR

*Robynne Pringle*

**Unlike many other small areas, Te Atatu Peninsula town centre has so far emerged from the COVID 19 pandemic, largely unscathed.**

This is due in large part, to the amazing support of our local community. Not only have we retained most businesses, but we are welcoming new ventures. In this issue of Views on T.A.P. we welcome several new names and three of them are under one roof! Printmark, Battery Repack and Computer Repairs at 80 Gunner Drive, are family run and focused on repairing, repurposing, recycling, refilling, and repacking. Great for the planet, and great for Te Atatu. Then right next door, we have exciting new cakery, Wildflours, and newest on the block, is second-hand store Between Sisters, at 2a Harbourview Road. Read about them all on pages 2, 3 & 4. A warm welcome to you all.

Also in this issue, we explore the topic of panic buying, why we do it and how we can reduce the anxiety around it (page 5). Sam Kim helps us choose wines to suit the mood and the season (page 7).

On page 16 Friends of Harbourview tell us which four, core species of native plants are needed to support our precious fernbirds, and on page 15 we hear about a collaborative project that uses children's art to get an environmental message across, for Community Waitakere.

Winter is always a bit slower for businesses, but fortunately, our town centre is a B.I.D or Business Improvement District, which means the local Business Association has the resources for marketing our area. If we can attract new visitors, this will boost trade for our local businesses. One of the ways we are doing this is to create a fabulous

new marketing video, featuring everything Te Atatu has to offer. Filming has started, so stand by for the finished product, which we will send far and wide. Also designed to attract visitors is our new walking and cycling map, Explore on T.A.P. This is nearly finished and will be available via digital download, for locals and visitors alike.

Meanwhile, our winter promotion is out this month – just shop at participating stores to enter, and be in to win one of three, \$500 prizes. Now wouldn't that put the win into winter! ●

Shop Te Atatu and put the Win into Winter!

TAPBA wants to help you beat the winter blues

Just spend anything in participating stores between June 1st and June 30th, enter our promotion and be in to win...

ONE OF 3 PRIZES OF \$500 CASH

\*Winners names published on line and in print.

Check out our website [www.teatutupeninsula.co.nz](http://www.teatutupeninsula.co.nz) for a list of participating stores and our facebook page [www.facebook.com/teatutupeninsula/](https://www.facebook.com/teatutupeninsula/)

Business on TAP.

All the best.

eaters, Rachel then met Ronda through her Henderson shop.

Ronda closed Walter and Rose following lockdown level four, which left her free for the new venture.

"She made me wait," says Rachel "but luckily she said yes, and so I quit my job and we found this place."

The business partners weren't sure about the small premises, but they went ahead and say that from the day they opened, they have been run off their feet.

Rachel says they have so many customers with dietary requirements, that the special offerings are selling out fast. For example, the day I visited the Keto Ginger Slice and Keto Lemon Blueberry Cheesecake Slice, had all gone.

With the partners at front of house, is Rachel's old friend Roger French. Ronda says Rogers' outgoing personality adds another element to the business, and together they are 'the three R's'. Ronda who



▲ Rachel Schneiderman and Ronda Pera



lives locally, says she loves the community.

"Since the shop has opened, community support has been amazing," she says. "We thought it would be sad if no one came and we were just sitting here. But after day two we had to regroup, because we were running the whole time. It's been fantastic!"

Call in to the store or you can visit <http://wildflours.co.nz/>, to order on-line

## Welcome to Printmark, Battery Repack and Computer Repairs

- *three businesses under one roof*

After nine years trading from Lincoln Road in Henderson, the family-run businesses have moved to the Peninsula. To Doug Winiata it was a natural move, as until recently, he had lived on the Peninsula for 23 years, with his three children all attending Rutherford College.

"I recently moved to Helensville" says Doug, "but this is home, this is where my kids still live."

Doug, his daughter Emma and son Ryan, are all running related businesses, focused on sustainable practices – repairing, repurposing, recycling, refilling, and repacking.

Ryan's business is computer repairs, including utilising parts for new purpose-built computers in offices, schools, homes and businesses. Emma provides refills for printer ink and toner cartridges, enabling

Continued on page 4 ►

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▲ Doug Winiata

cartridges to be recycled, and Doug gives new life to power tools by repacking failed batteries, at approximately 60% of the cost of a new one.

At Computer Repairs Te Atatu, customers can bring in their lap-tops and p.c.'s if they break down or slow down and Ryan will analyse what the customer's needs are, then come back with a plan that is within their budget. All computer programs and files normally used by the customer will be reinstalled for them.

Tradies are regular customers at Battery Repack Te Atatu. Power tool batteries have just a three-to-five-year life, but Doug can take out the old power pack cells and replace them with new ones, duplicating the same pattern within the pack. He can also upgrade the pack for example, from three to five amps hours, increasing the run-time of the battery.

"The tradies love it," says Doug. "They are saving money and saving the planet."

To encouraging refilling, repacking, and recycling, Doug says the businesses try to stay as competitive as possible. For example, if Emma finds a printer ink or toner cartridge can't be refilled, she provides a compatible cartridge instead – a cloned version of the original but priced the same as a refill.

"Emma sells the original cartridges as well, but prefers refilled or compatible cartridges, as they are far more cost-effective," says Doug.

The businesses can be found at 80 Gunner Drive and you can check out what they have to offer, at [www.printmark.co.nz](http://www.printmark.co.nz), [www.batteryrepack.co.nz](http://www.batteryrepack.co.nz), and [www.crpeninsula.co.nz](http://www.crpeninsula.co.nz).

*"The tradies love it," says Doug. "They are saving money and saving the planet."*

# Between Sisters

Te Atatu town centre has a new second-hand store, offering a wide range of household items, books, clothes and toys.

Between Sisters is a new venture by locals Christina Porter and Stephanie Puluka. The business partners are both long-term Te Atatu residents and have raised their families here. Although they are not biologically related, Christina says the two close friends have always been like sisters, and Stephanie agrees. "The best sisters are the ones you choose yourself," she says. They say they have always wanted to open a second-hand store in Te Atatu and first talked seriously about it four years ago.

Christina says they had just decided to go ahead, when the COVID-19 pandemic happened. They had both gathered a large collection of stock before opening, and happily describe themselves as 'hoarders.' Since opening, they have also had donations dropped off by generous locals, and the friends say they are finding ways to give back to the community. For example, they offer free books for both children and adults.

The friends say the community response to their new store has been very positive, with lots of people popping in to say hello. Christina says she checked their COVID-19 contact tracing book to find that it had also become a comments book.

'All the comments are nice', she says.

You can check out Between Sisters, at 2A Harbourview Road, Te Atatu Peninsula, Tuesday to Saturday, between the hours 10am – 5pm.



▲ Stephanie Puluka (left) and Christina Porter behind the counter at Between Sisters.

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# The Panic Buying Phenomenon

When a lockdown is announced, what makes us want to rush off to the supermarket so we can stockpile pasta, flour and toilet paper? Is it a thoroughly human and ancient response? And what can we do, to not let it overtake us?

Local Registered Psychologist, Nadine Isler says panic buying is an anxiety-fuelled, fight or flight response. Whenever something happens that is considered a dramatic event she says, it understandably provokes a fear of the unknown.

"People often think that if they respond in a way they can control -such as buying a lot of toilet paper, then it will help with the overall event, which they can't control," says Nadine. "So, it's a way of feeling like we are getting control back. Even if it doesn't actually change anything!"

In a press release from May 2020, Countdown said country-wide during Level 4 lockdown, popular

products included flour, baking powder, yeast, avocados, canned vegetables, sharable chips, long-life milk and fresh poultry. Soymilk sales increased by 40 per cent and could have filled up more than 11,000 car tanks. Tuna sales increased by 30 per cent - equivalent to 200,000 tuna fish, and Countdown sold more than 21,000,000 toilet rolls (February to May). If these were unrolled and connected the distance would be almost equivalent to travelling to the moon and back.

But it wasn't just supermarkets dealing with a rush of shoppers - smaller retailers also felt the impact.

*"People often think that if they respond in a way they can control -such as buying a lot of toilet paper, then it will help with the overall event, which they can't control,"*

Te Atatu Butcher's Rose Nuon says in the first two lock downs, during Level 4 and 3, people did panic-buy at the shop.

"There was quite a big rush," says Rose "but people got used to it, and it levelled out because customers knew we would be open in Level three."

**Continued on page 12 ►**



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peninsula medical

**W**inter brings icy blue skies as well as dark grey moody clouds. With its unique vibe and sense of change, I think of drinking different wines to suit the mood and the season.

While drinking the same wine (same grape variety or same wine style) all year can be comforting and reassuring (goodness we've had some uncertainties over the last year and still going), it's also invigorating to dip your palate and dabble at new wines.

During last year I have been eating more salads, as I am on the wrong side of fifty, and before the good doctor tells me to eat more fibre. A generation ago, salad meant lettuce and tomato with a dressing. How different it is today. A substantial salad can be a meal on its own, or a hero at dinner whatever the season. You can use the rainbow of colours: pomegranate, orange segments, yellow capsicum, aubergine and all the leafy greens, and many more. When you add lentils, beans and roasted kumaras, they become hearty and filling, a winter comfort wonderland.

Sauvignon blanc and pinot gris are just the ticket if you are eating light refreshing salads. Rosé is a brilliant all-rounder, not just for summer but for all seasons. Most rosés are juicy and crisp-dry without being overly fruity or having oaky flavours, so they make excellent palate cleansers whether you are having a light or richly flavoured salad. Pinot noir is a great partner to roast vege salads, and if you want to expand your horizons,

try grenache from Australia, Spain or France. Grenache is a Mediterranean grape similar to pinot noir but more weight and oomph.

On a different subject, I do get asked about those medal stickers on wine bottles. There are so many different ones now. Some are not even award stickers, but most of them point to an award they have received, often from wines shows and competitions. The reputable wine shows are The New Zealand International Wine Show, New World Wine Awards, Royal Easter Show Wine Awards, Hawke's Bay A & P Wine Show and Marlborough Wine Show.

Then there are ones from magazines, and more recently stickers from wine reviewers (including mine – Wine Orbit). Confusing and tricky to know what they represent exactly. They do indicate a quality level but not the style or what they taste like. A chardonnay can be rich and buttery with lashings of oak and ripe fruit flavours. By contrast, it can be a light-bodied, linear style with delicate fruit notes with a flinty overtone. Two opposing styles yet both could be 5-star-rating (or gold medal) chardonnays. Having said that, medal stickers do provide some assurance when you are having to choose a wine from dozens of unfamiliar labels. Also, trust your palate and let it be the guide in your future wine choices. Have an open mind, try new labels, and you might discover exciting wines for the new season or to go with your winter salads.

Keep well and stay safe. Happy sipping •



**Sam Kim**

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*...try new labels, and you might discover exciting wines for the new season...*



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## 2021 NZ NATIONAL FLASH FICTION AWARDS

Te Atatū Peninsula Library, 595 Te Atatū Road – Tue, 22 June – 6pm-8pm

Come along to this free event for national writers and lovers of reading. There will be readings from writers who were long and short listed from the 2021 National Flash Fiction Day competition both in the adult and youth categories. It's going to be a great night!

- Awards announcements and readings of first, second and third place winners.
- Presentation of the Regional Award.
- Readings from Micro Madness winners
- Spot prizes
- Light refreshments
- Ample free parking

Find out more: ring 09 377 0206, or check for updates on <https://www.facebook.com/TeAtatuPeninsulaLibrary>



Founded in 2012, National Flash Fiction Day is New Zealand's celebration of the shortest form of fiction on the shortest day of the year: June 22. The National Flash Fiction Day Competition is a national writing competition with a maximum of 300 words per story entered. It is concluded with an evening of flash fiction readings by short-listed entrants and an awards ceremony. Join us along with this year's judges: novelist, memoirist and poet, Diane Brown; award-winning fiction writer and essayist, Paula Morris; and poet and playwright, Kerry Lane, for a celebration of local stories.



## Pasifika Beatz

Fun beatz for kids under 5 years.  
All welcome.

Pilot programme at  
Te Atatū Peninsula Library

- 10:30am Thursday 3 June
- 10:30am Thursday 10 June
- 10:30am Thursday 17 June
- 10:30am Thursday 24 June
- 10:30am Thursday 1 July

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10 years in the making, Pasifika Beatz is an exciting and long-awaited initiative created from the collaboration between Whānau Ōwhina Plunket, Ministry for Pacific Peoples and musicians Loopy Tunes.

Meeting a need in our multi-cultural community, Pasifika Beatz has produced 10 playlists celebrating 10 different Pacific cultures with songs for preschoolers and young children.

After an entertaining and successful launch at Te Atatū Peninsula Library on Friday 7 May, Pasifika Beatz will be rolling out five music sessions throughout five weeks as part of their pilot programme. Each session will focus on a different Pacific culture – the first, coinciding with Samoan Language Week and the last with Matariki.

Come along with your little ones and join the fun learning some new songs as well as some classic songs in another language. Songs and videos on Youtube and Spotify!

### Wellbeing, Cooking, DIY, Digital Technology and 100s of classes for Adults

Wow, what an amazing start to the year, we have already held over 100 courses in the first 3 months, accommodating over 1000 students!

Term 2 courses (May/June) are already starting to fill fast and more than 2 dozen popular courses are already full with waitlists. This year we are offering everything from NCEA English, to Arts & Crafts, Cooking, Languages, DIY and much more. For a full list of all our courses and more information visit us at [www.rutherfordcomed.co.nz](http://www.rutherfordcomed.co.nz)

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### 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.

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Workshop Series I		Series II	
When:	Thursday 15 July 2021	When:	Thursday 22 July 2021
Time:	9.30-12.30 PM	Time:	9.30-12.30 PM
Where:	Te Atatu Peninsula Library		

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**Toko i te Ora**  
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Meetings are on 3rd Sunday of each month at Te Atatu Peninsula Community Centre 2.00pm-4.00pm.  
 Starting back in February 2021.  
 Contact email: [TM-TeAtatu@mwwl.org.nz](mailto:TM-TeAtatu@mwwl.org.nz)

**TE ATATU FLORAL AND GARDEN CIRCLE**  
 Third Tuesday of the month (February to November) from 7.30pm  
 Te Atatu Bible Chapel  
 Cnr Waipani and Beach Roads, Te Atatu Peninsula

Visitors welcome - \$2 at the door

Our aim each month is to have either a floral demonstrator or an experienced garden speaker

For more club information please email [teatatufloralandgardencircle@gmail.com](mailto:teatatufloralandgardencircle@gmail.com)

# TE ATATU TENNIS CLUB

**Are you aware of the local gem hidden behind Hammer Hardware?.**

Te Atatu Tennis Club has been established for over 100 years and is a big part of our community here in Te Atatu Peninsula. However many locals are still unaware that it is there and open for new memberships. The club is situated at 572C Te Atatu Road, behind Hammer Hardware.

Our family friendly tennis club offer a great range of coaching, club nights and social activities suitable for all ages and skill levels. Our members range from 5 years of age right through to those in their 80's.

The club offers coaching for all ages through Seed Tennis. Contact Hugo at [www.seedtennis.co.nz](http://www.seedtennis.co.nz) for all coaching enquiries.

The Tennis Club premises is also open to the community for hire. The clubrooms can be hired by the hour or day/evening for events such as birthdays, fundraisers, anniversaries etc. For only \$250 you can hire the club for the evening (plus a refundable bond of \$300).

The club has recently installed a new Book-A-Court system. This allows members and non-members alike to book the club tennis courts for casual use through the



club website ([www.teatutennis.co.nz](http://www.teatutennis.co.nz)). For only \$20 an hour, non-members can hire a court. When making a booking it will issue a PIN code, which can then be entered at the court gate to provide access during the booking period.

Both Tennis NZ and The Trusts Community Foundation have sponsored this new system to enable the tennis courts to be opened up for wider community use. A huge thank you from the tennis club and the whole community to these two sponsors.

We have a range of membership options available including family, adult, and junior memberships. So whether you're looking to meet new friends for a social hit around or seek a more competitive environment then this is the club for you.

Come and be a part of what we've spent the last 100 years creating.

General Enquiries - Rob Meakins: 021 169 3973,  
Club Hire - Text Ana: 021 104 2529  
or email: [info@teatutennis.co.nz](mailto:info@teatutennis.co.nz)

## Te Atatu Peninsula Bowling Club

**Thanks to its hard-working members, Te Atatu Peninsula bowling club played a huge part in hosting the Aotearoa National Bowls Tournament, on Waitangi weekend.**

This 47th annual event, was originally to be hosted by the Wainuiomata region, but when this fell through, Tamaki Makaurau offered to host at short notice.

Te Atatu Peninsula bowling club was selected as the headquarters for the tournament, with neighboring clubs at Pringle Park, Pt Chevalier and Glen Eden used for the qualifying rounds and to host teams. With this commitment from the region's four clubs, the organising committee was formed, and the planning began.

Tamaki Makaurau organizing committee comprised Barry Aspin (President Aotearoa Bowls Board - ABB), Doreen Jensen Secretary, Martin Mackenzie, (Auckland Bowls) Peter Blucher, (ABB Board member and President Te Atatu) Marion Hakaraia and

Robyn Reihana also from Te Atatu. Ian Mckenna (President Pt Chevalier) and club members, Willis Wichman (President Pringle Park) and club members, and Siosiana Simpson (President, Glen Eden) and club members. The major sponsors for this year's tournament were Te Puni Kokiri and Waitakere Community Trust and West Auckland Trust services

Eighty-four teams were registered at the end of 2020 but with the COVID scare in January 2021, this was reduced to 77. By mid-January 2021, we were ready to host the 308 players with at least 100 supporters and whanau, who would arrive on the sparkling shores of Waitemata, to compete for the precious Taonga (prizes) of Aotearoa National Bowls.

The players and teams were representative of their rohe (districts) from Tainui, Taitokerau, Tamaki Makaurau, Taranaki, Te Tairāwhiti, Te Waipounamu, Waiariki, Rangitane Waipounamu Whanganui and, Whanganui A Tara. On the 5th of February we opened for registrations, and the Powhiri started at 5.00pm. On the 6th the games began and by the afternoon of the 7th, our two champion teams were found.

Winner in the Men's section from Tamaki Makaurau was skipped by Kerry Chapman, Gene Wickcliffe as 3, Tony Balogh in 2 and Johnny Mitchell as lead. (Gene, Tony, and Johnny are member of

Pringle Park bowling club).

Winner of the Women's section also from Tamaki Makaurau, was skipped by Mackenzie Blucher (from Te Atatu bowling club), Leslie McLinden as 3, Jacqueline Broderon in 2 and Claire Tawharu as lead. Well done, Tumeke!

A heart-felt thank you to Kaumatua Fred Holloway for the opening karakia (prayer) and closing karakia for the tournament. Timi Tairi, Skesh Taumaunu and the group from Te Kotuku for leading the haka powhiri at the opening, the presentations, and the poroporoaki (closing) of this tournament. Kia ora to all the bowling and non-bowling volunteers, and Bobby from Affordable taxis for the safe transportation of players between venues and another local, Moana Hangi for the main hakari (kai). Thank you to Mark O'Connor, (President New Zealand Bowls) and Mark Cameron (CEO New Zealand Bowls) for attending and finally, to our fellow bowling clubs Pringle Park, Pt Chevalier and Glen Eden - your hospitality was amazing.

***Ehara taku toa, he takitahi, he toa takitini.***

(My success should not be bestowed onto me alone, as it was not individual success but success of a collective)

Te Atatu Bowling club executive committee



*New stage release!*

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▲ Rose Nuon of Te Atatū Butcher

Continued from page 5 ►

Rose says the most popular items were mince, chicken breast and stir fry, with mince as the top seller. She says fortunately, despite the panic buying, no-one was aggressive to the staff.

"Everyone understood if we ran out of something, and they just grabbed something else."

Nadine Isler says running out of food taps into one of our most primal fears. Food is needed for survival and without it we will not last long. Providing for our families is the way we can make sure that those closest to us, the ones we are responsible for, will survive.

She says while this response is very normal, in modern times we have rational reasoning we can rely on. So even if our first response is to panic-buy, we should be able to take a moment and realise this is not necessary or helpful.

"This is similar to the very normal 'fight' response - if someone says something insulting to you, your first inclination might be to lash out and hurt them physically, but then your rational reasoning should take over and stop you before you do this."

Nadine says the reason why some people experience this more than others, perhaps has something to do with the perception of the event in question. She says if you feel very anxious about what is happening, then you will be more likely to respond

to this anxiety. Additionally, if you often 'act first, think later' you might be at the head of the supermarket queue before you have really questioned your own behaviour.

Countdown Te Atatu's temporary Store Manager Nicole Butler says panic buying happens very quickly after lockdown is announced.

"it is almost immediate," she says. "But we reiterate to people that if they shop normally then nothing will run out."

Nicole says while the supply of a few products may have changed, because of suppliers being impacted by COVID, Countdown always has more than enough stock to supply New Zealand.

She says due to the experience of getting through the lockdowns, management now know how

*Have dry goods and water and so on, stored away ahead of time in case of emergency, rather than only heading to the shops when something has already happened.*

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customers are going to respond, and they know how to support their staff through it.

"We know what the impact is going to look like, we know how to get the queues up quicker and the more you experience it, the better you get at it," she says.

Nicole was working in the South Island during the first lockdown and says while behaviour varies from place to place, as a whole they saw an increase in aggression toward staff and other customers during the COVID outbreaks, and there was more of that behaviour in Auckland, than other places.

But she says that kind of behaviour has always been something Countdown management cares about.

"We want people to be kind to our team, because their well-being is being impacted, and we are here to serve the community after all."

Nadine Isler says to avoid getting panicky, making sure you are well informed by reliable

sources instead of buying into fear-mongering, would help. She suggests that being prepared year round is helpful.

"Have dry goods and water and so on, stored away ahead of time in case of emergency, rather than only heading to the shops when something has already happened. That should help you feel a bit more prepared and less like you need to act urgently."

Nadine also suggests asking yourself what you are thinking about, when you are tempted to panic buy - what is your fear, is it rational, and are your actions helping?

She says panic buying is a dangerous response because it is self-fulfilling - the more we buy, the less there appears to be, and the higher the prices can go. So, where there previously wasn't a toilet paper shortage, by buying all that is left, suddenly there becomes one.

"It's important to remind ourselves of the part we play in this cycle."



▲ Registered Psychologist Nadine Isler

• Special thanks to Nadine Isler BA(Hons), GradDip(Psych), MSc(Psych), PGDipPsychPrac, MNZPsS, who was juggling a toddler and a new-born while answering questions ●



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# Signs Use Children's Voices to Make Change

The art-work and words of local children are helping prevent the dumping of green waste, around one of our key waterways.

In a collaborative project between Community Waitakere, artist Helen Ollivier, and children from Flanshaw Road School, ten unique signs have been crafted and placed in strategic spots along Henderson Creek (Te Wai o Pareira) and its tributaries.

The colourful signs featuring the children's own words and art-work are placed from Sherwood Reserve to Tui Glen in Te Atatu South, imploring neighbouring residents to stop dumping green waste along the stream banks.

Community Waitakere's Ecological Restoration Coordinator, Simon Grant says while artist Helen Ollivier of Wild Things Art Classes provided the framework for the signs, it is all the children's art-work, and although they received guidance around the sign messaging, that is also in their own words.

He says the idea came from the children's involvement in Project Twin Streams (PTS), which is a large scale environmental restoration project, engaging the community around restoring the streams in their local neighbourhoods. More than 800,000 native trees and shrubs have been planted since the project started in 2003 and the Flanshaw Road School students have been part of it, working hard to plant the stream banks in Sherwood Reserve.

Simon says it is important to keep respecting the environment and the children who did that work. Dumped green waste smothers native vegetation and spreads the very weeds that PTS is trying to eradicate, and often it is invasive weeds like Moth Plant, which do more damage.

"But it also makes the place appear to be uncared for," he says, "and this in turn encourages other people to dump household waste like computer screens and old furniture."

Simon says the signs capture the voice of the children, speaking directly to the local residents and while he knows some people may still dump their green waste, the signs will hopefully make them think more about it.

"It will be interesting to see how much difference it makes, by making the message more personal •



▲ Simon Grant with one of the new signs

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▲ *Plagianthus divaricatu*  
(swamp ribbonwood)



## Friends of Harbourview

Residents of Te Atatu Peninsula are privileged to have a colony of rare and endangered endemic fernbirds living on the lower terrace land of Harbourview-Orangihina Park.

These speckled, sparrow-sized birds also dwell on nearby Pollen Island and Traherne Island. Fernbirds are secretive creatures but can often be heard making their distinctive clicking calls and occasionally seen perched in bushes of the lower terrace wilderness.

The type of fernbird found within our neighbourhood is the North Island form *Bowdleria punctata* subspecies *vealeae*. There are four other subspecies of fernbird living in the South Island and its offshore islands. There used to be a different species confined to the Chatham Islands, but it was driven to extinction by around 1900, killed off by feral cats and taxidermy collectors.

Fernbirds were once extremely common in New Zealand but have fallen into serious decline due to the widespread destruction of their preferred wetland habitats. We should count ourselves extremely fortunate that the lower terrace wetlands of Harbourview-Orangihina Park are still largely intact, otherwise the fernbird population there would have been wiped out by now.

Somehow Te Atatu Peninsula's fernbirds have managed to tough it out despite the presence of many introduced predators such as rats, cats, stoats, hedgehogs and dogs, even though they are ground nesting. In large part this continued survival is due the persistence of "fernbird-friendly" native vegetation in their habitat.

This distinctive vegetation group provides fernbirds with all their basic needs. Native invertebrates that specialize in living on its characteristic blend of plants provide the food that insectivorous fernbirds eat. These plants form dense tangled thickets, allowing fernbirds cover in which to hide, elude predators, and conceal their nests, eggs and chicks.

Across the lower terrace of Harbourview-Orangihina

▲ *Muehlenbeckia complexa* in blossom  
- cityscape

*Article by Michael Coote, Convener of Friends of Harbourview. Photographs by Kent Xie, Volunteer Co-ordinator of Motu Manawa – Pollen Island Restoration Group.*

Park and on Pollen Island and Traherne Island, fernbirds can be found associated with four core species of supporting New Zealand native plants. All these plants are saline tolerant as might be expected in an environment that is frequently inundated with seawater.

Swamp ribbonwood (*Plagianthus divaricatus*) is a dark looking, whippy, spiky low shrub that forms dense colonies. It is the favoured shelter for fernbirds to inhabit and the most likely bush to see them perched in.

Coastal tree daisy (*Olearia solandri*) is a woody tree groundsel that has its natural strongholds on Pollen Island and Traherne Island, with less frequent occurrence in Harbourview-Orangihina Park. Old specimens have gnarly trunks shedding peeling grey bark but their young twigs are an attractive bright yellow.

Pohuehue or mattress plant (*Muehlenbeckia complexa*) is a densely interwoven small-leaved vine that forms thick mounds out in the open but otherwise twines through other shrubs and trees. It has tiny green nectar-rich flowers irresistibly attractive to bees and is the host plant for caterpillars of the native copper butterfly.

Oioi or jointed rush (*Apodasmia similis*) grows in close swards that can be difficult to penetrate. It displays beautiful orange coloration in Harbourview-Orangihina Park.

These four native plants are natural associates and it is on them collectively that fernbirds rely for their continued existence in Te Atatu Peninsula. The primary limitation on fernbird population in the park is the total area of cover that these plants provide. The key to having more fernbirds in our suburb is to plant more fernbird-friendly vegetation on the lower terrace of Harbourview-Orangihina Park.

Friends of Harbourview and Motu Manawa – Pollen Island Restoration Group organize regular volunteer planting bees for fernbird-friendly vegetation in Harbourview-Orangihina Park. Three such planting bees will be conducted in June, July and August.

Winter months are best for getting the plants established before summer droughts set in. Interested volunteers can visit the Facebook pages of the two groups for more information or email [harbourviewpark@gmail.com](mailto:harbourviewpark@gmail.com) •

# Pumpkin Quinoa Winter Salad

Robynne Pringle

**Leafy green salads** don't quite cut it for me in winter. I still need some raw options from time to time, but I enjoy the comfort of caramelised roasted vegetables in salads. Quinoa adds a hearty element to this one, and the sweetness of honey gives it a boost.

**INGREDIENTS**

- 500g Pumpkin peeled and cut into small pieces
- 2 tbsl extra virgin olive oil
- 2 tbsl balsamic vinegar
- 1 tbsl honey heated until liquid
- 1 cup quinoa
- 1.5 cups vegetable stock
- 1 cup halved cherry tomatoes

- 1 cup of baby spinach leaves
- ½ cup parsley
- 150 grams crumbled feta cheese
- 1 sliced avocado

**FOR DRESSING**

- 50 mls cider vinegar (or more balsamic)
- 50 mls extra virgin olive oil
- 50 mls lemon juice
- 1 tbsl heated honey

**METHOD**

Toss pumpkin in first measure of oil, balsamic and honey, and bake at 200°C until cooked and caramelised, approx. 25 mins.

Bring quinoa to a boil in the stock, then turn down heat to low, cover and cook for 10-15 minutes until water absorbed. Take off heat and leave covered for a few minutes.

Toss pumpkin with rest of salad ingredients, fluff quinoa up with a fork and combine with salad.



In a lidded jar, combine dressing ingredients and shake up. Sprinkle over salad and season with salt and pepper.

For a special occasion or just because you feel like it, add 1 cup halved grapes, half a cup of chopped medjool dates, omit the feta and instead top with slices of fried haloumi cheese •



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**I**would like to introduce myself to the community. I am the new Sergeant in charge of the Massey Community Police Station. This covers a number of suburbs in the West Auckland area, including Te Atatu Peninsula. I live locally, I love this area and am committed to keeping the community safe. Many of you will already know your local Community Constable, Sam Yerro.

With the arrival of winter be sure to expect longer, colder and wetter nights. Police would like to help you follow some basic prevention tips to get through the winter months without being a victim of crime.

### Burglaries

Think about being in the burglar's position. If you can easily break into your home, so can a burglar. Remember to lock your doors and windows when leaving or heading to bed. In relation to expensive items in your house, be sure to record serial numbers and even photograph them. If you have expensive tools, be sure to engrave them with your driver license number. Also, before leaving home it is important to keep your valuables out of sight. Consider investing in an alarm system, and security cameras, and consider installing motion sensor outdoor lights on your property as a deterrent for any thieves.

If you haven't already you can join your local Neighbourhood Support Group or Community Patrol (CPNZ).

### Vehicle crime

The last thing anybody wants first thing in the morning, is to find their vehicle window smashed and anything of value stolen from the car overnight. With the winter nights being at the longest, this increases opportunities of thefts from vehicles as there is less chance of being seen while people are tucked in at home. Remember to lock your vehicles and if you don't have one, consider getting an alarm fitted. Remember not to leave anything valuable in your vehicle whether you are parking on the street or within your property. When parking on the street, try to park in well-lit areas. To prevent vehicle theft, consider using a steering lock as a deterrent. If you hear a car alarm being activated, just be reminded that the next one that goes off, could be yours.

#### Remember.

- If it is happening now call 111.
- If it has already happened, call 105.

Tristan Field

**Sergeant**  
O/C Massey Station •



**T**ēnā koutou,

It's sometimes hard to know what to say to children about dealing with fire emergencies. Here are some safety topics to discuss with them.

If a fire starts in a room, a person has about 3 minutes to get out before the room is engulfed in smoke or flames that will kill them.

Teach your children to get out and stay out if there's a fire. If they see a fire or hear a smoke alarm, tell them to:

Get out of the house FAST (using your escape plan)

Shout "Fire Fire Fire!"

Go to the safe meeting place



▲ The Safety Family - Photo courtesy of [www.fireandemergency.nz](http://www.fireandemergency.nz)

#### Talking about fire

When talking about fire, children might ask about people dying in fire emergencies. You should provide truthful answers without making the child afraid.

You can tell your child about firefighters and how they rescue people in fires. However, sometimes firefighters might not arrive in time to rescue everyone. A fire can also be burning so fiercely that it's not possible to rescue people.

That's why it's so important to **have smoke alarms** and an **escape plan** to know what to do in a fire. Remember, get out, stay out. Follow this link for information like where to install, how to maintain your smoke alarms [www.fireandemergency.nz/at-home/smoke-alarms/](http://www.fireandemergency.nz/at-home/smoke-alarms/)

On another note, we have had a number of car accidents on our roads lately, so please drive to the conditions this winter. Stay safe and well!

#### Ngā manaakitanga

Te Atatū Fire Station

He Waka Eke Noa

(Everyone in one canoe, no exceptions) •



## 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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<b>Barfoot and Thompson</b>	534 Te Atatu Rd	834 3570	<b>Peninsula Law</b>	631 Te Atatu Rd	834 5389
<b>Battery Repack</b>	80G Gunner Dr	836 7246	<b>Peninsula Medical Centre</b>	382 Te Atatu Rd	834 6300
<b>Ben Cable Electrical</b>	15a Tiroroa Ave	800223123	<b>Peninsula Roast</b>	572b Te Atatu Rd	834 0525
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<b>Loaves and Fishes Catering</b>	570 Te Atatu Rd	817 2285	<b>The Sugar Grill</b>	571 Te Atatu Rd	834 0333
<b>McDonald's Te Atatu</b>	543 Te Atatu Rd	215 5542	<b>Three Monkeys Tattoo</b>	84 Gunner Dr	834 4206
<b>Meyers Plumbing</b>	8 Kawai Rise	027 2795912	<b>Top Well Bakery</b>	3/82 Gunner Dr	834 2328
<b>Mi Physio</b>	543 Te Atatu Rd	264 0105	<b>Uneek Cutz</b>	6/547 Te Atatu Rd	834 0100
<b>Mr Illingsworth</b>	571 Te Atatu Rd	953 4377	<b>Unichem Peninsula Pharmacy</b>	550 Te Atatu Rd	834 6303
<b>Mortgage Supply</b>	3/1 Rhone Ave	834 8682	<b>Village Wines</b>	571 Te Atatu Rd	834 7825
<b>My Laundry</b>	3/570 Te Atatu Rd	021 022 92894	<b>Vivo Hair and Beauty</b>	546A Te Atatu Rd	834 6020
<b>My Massage</b>	4/556 Te Atatu Rd	021 556 880	<b>Waitakere Foot Podiatry</b>	543 Te Atatu Rd	834 0198
<b>Newdays Espresso</b>	578a Te Atatu Rd	834 8883	<b>Waves Laundromat</b>	Unit 2 543 Te Atatu Rs	c/-834 6058
<b>Noodle Canteen</b>	554 Te Atatu Rd	834 1328	<b>West Auckland Counselling</b>	552 Te Atatu Rd	834 7322
<b>NZ Home Loans</b>	28 Vera Road	027 2056393	<b>Wildflours Cakery and Coffee</b>	6/80 Gunner Dr	2041155245
<b>Odessa's Mini Mart</b>	615 Te Atatu Rd	834 2544	<b>Wine Villa</b>	544a Te Atatu Rd	834 4992