

Views on TAP.

THE AUTUMN ISSUE

AU / 22

FREE

TE ATATŪ PENINSULA TOWN CENTRE MAGAZINE

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TEATATUPENINSULA.CO.NZ



All That Shimmers is Not Gold

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FROM THE COMMITTEE

Here we are in a growing omicron outbreak and once again our local businesses are doing us proud. Throughout this demanding journey, our town centre businesses have held their own and navigated mandates and masks, lockdowns and levels. Our town centre is almost at full tenancy and unlike other areas, if any businesses leave, the business and premises seem to be snapped up.

In this issue we welcome Chunky Chook which has moved into 568 Te Atatu Road, formerly Jumbo Junior's. Fuze Café changed hands in 2021 and we welcome new owner Amy Ma. Change is also afoot at Te Atatu Chiropractic – Te Atatu Chiropractor Rob Stewart is retiring, but he is keeping the business in the family. Read more on page four.



Locky Docks are coming to Te Atatu. They offer secure parking and charging for bikes and scooters and you can read about the installations on page seven. Read about Bike Te Atatu's photo

competition on page 5, Rivercare Group's latest project on page 7, and catch up with what is happening at Te Atatu Tennis Club on page 11.



As you support our local businesses over the next month, please keep an eye out for our Autumn Promotion. Be in to win three prizes of \$500 cash!

Just spend anything at participating stores.

TAPBA has the keys to our new premises – the little brick house on Kaumatua Reserve, at the Northern end of the town centre. Once we have properly moved in, we will be there on weekday mornings. It will make such a difference being able to support our businesses from our very own base.

We are thrilled with our Whales Tales sculpture 'All That Shimmers is Not Gold' painted by artist Matthew Leggett. Matt depicted the unique qualities of oil and water, representing one of the most damaging and visible ways humans have impacted our marine environment. The sculpture, sponsored by TAPBA and The Point, will be in place until April 18th as part of an immersive public art trail of 80

First Business for Chef Amy

Introducing Amy Ma, the owner of Fuze Café, 566 Te Atatu Road.

Although Amy has been a cafe chef for 15 years, becoming the owner of Fuze Café half-way through 2021 was challenging. Because of COVID in particular, it has been "a little bit scary" running her own business for the first time.

Amy says because of the outbreaks people are less likely to sit down and eat at cafés and more likely to grab a takeaway and go.

"It's been quite tough," she says.

Amy loves to look after the locals and says

her most popular menu items are Eggs Bene, and her Pork Belly Salad. "And people love my French Toast" she says.

Amy has introduced delicious Millers coffee beans to the café and says it is currently unique to the area.

She lives in Henderson with her husband and two dogs Jia Jia, a husky and Yuan Yuan, a Labrador.

Amy is a keen dog lover and recently made a special cake for Yuan Yuan's birthday.

Unsurprisingly, dogs are always welcome at Fuze, and there is a full water bowl waiting for them outside ●





sculptures, brought to us by the World Wildlife Fund and partners, with proceeds going toward WWF's critical work. Check out www.whaletales2022.org and download the Whale Tales 2022 app to discover the trail. You can txt WHALE to 2923 to donate \$3 to World Wild Fund For Nature (WWF)-NZ, and you too can help protect the Bryde's Whale.

TAPBA would like to wish everyone all the best. Stay safe, stay well and let's all look forward to easier times, just around the corner.

From Te Atatu Peninsula Business Association ●



▲ Tank Zhang

Welcome to Chunky Chook

New to the town centre is Chunky Chook Crispy Chicken, now at 568 Te Atatu Road. Owner Tank Zhang is a proud Te Atatu Peninsula local and has been part of the neighbourhood with his wife and two pre-school children, for the last three years.

Tank gained experience through working for a franchise company, and he helped set up 10 different franchise shops. This led him to open a fried chicken shop in Queen Street in the city. When he saw the opportunity to set up a second outlet on the Peninsula, he jumped at it.

Chunky Chook specialises in fried chicken and Tank says this makes it different from other takeaway shops on the Peninsula, as chicken is the main item on the menu.

While he may look at opening a third outlet in two or three years' time, Tank says focusing on his Peninsula shop is now a priority.

"I want to offer a good quality for our local people," he says ●

A Wonderful Experience Awaits You At Pucker & Wink Beauty Lounge!

At Pucker & Wink we believe in the power of beauty and self-care to help people feel good, look good and simply have time out for themselves. Beauty that's good for the mind, body and soul.

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Perfect for over-plucked or sparse eyebrows, our Henna Brows cleverly disguise any gaps, making brows look full, luscious and oh so natural, perfect for that special occasion.

And if that man in your life has

eyebrows more like Martin Scorsese than Colin Farrell, we can help! Book him in for a brow shape, or how about 'the works' covering brows, nostrils and ears?

Our beauty services don't stop there - we take care of all your needs from top to toe!

Our popular facial treatments include the GINGER&ME Mindfulness Facial designed to treat the skin and the mind simultaneously. This signature facial is packed full of antioxidants, vitamins and minerals to rejuvenate your skin. Forget about the outside world as you pop on the GINGER&ME headsets and embark on a mindfulness journey, leaving you feeling calm, refreshed and energised.

We have been seeing fantastic results with our Dermalpen 4 Micro-needling Treatments. This ground-breaking technology makes a real difference to the appearance of scars, acne, and pigmentation and also works to treat fine lines and wrinkles. Buy three sessions and get one free! Pop in for a free consultation and see if this treatment is right for you.

Also keep an eye out for the launch of our new Cosmedical skincare range, called Juvenate. Made in New Zealand and tailored to our unique climate and skin conditions.

Check out our menu at www.puckerandwink.co.nz and follow us on social media - we have seasonal promotions with fantastic savings.

We hope to see you soon.

P&W Team



Rob Retires

Welcome Trent & Jennifer

Trent Stewart and Jennifer Emery are partners in life and now partners in Te Atatu Chiropractic. Yes, after 20 years, Rob Stewart is retiring and passing the business onto Trent and Jennifer.

Everyone who has ever been treated by Rob and enjoyed his special brand of humour will miss him. But Rob is a master of succession planning, as well as a master of adjustment, and the practise is literally in safe hands.

Rob's son Trent worked at the clinic front desk for seven years while studying for his own Bachelor of Chiropractic, alongside partner Jennifer. Doctors Stewart and Emery acknowledge they have big shoes to fill, but they are ready to take on the challenge.

Trent says he and Jennifer are looking to carry on Rob's legacy.

"We want to provide quality chiropractic care for the community," says Trent.

Rob was a Te Atatu resident for many years and Trent remembers that a trip to the supermarket would take two or three hours.

"He would stop and talk with everyone he saw, because he knew everyone."



▲ Trent, Jennifer and Rob

"We want to provide quality chiropractic care for the community," says Trent.

Trent's style of chiropractic is similar to Rob's although they have different techniques, and Jennifer add another dimension.

Specialising in ankles, knees, and shoulders, Jennifer is particularly knowledgeable in the body's extremities.

"At the end of the day, we have the same goal. Straight forward manual adjusting," says Trent.

"Stepping into Dad's shoes was intimidating," says Trent, "but we have filled the space pretty well, and now it is second nature, because we love doing what we do." ●

Bus Interchange Night Works Planned

Recently Auckland Transport carried out work around the Titoki Street intersection renewing footpaths, installing new street-lights, building a raised crossing area or 'speed table' across Titoki Street, and a new bus bay on Te Atatū Road.

Now the focus is shifting to the new bus interchange by the Te Atatū off-ramp, with night-works scheduled until July. ►



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► This involves setting up a new road layout on the northern side of the Te Atatū off-ramp and immediate area of Te Atatū Road, followed by work starting on the southern side.

During the night they will be installing new-long term traffic management to allow crews to undertake work safely. Once this is in place, they will start work on the first of two bus shelters, upgraded amenities, and new footpaths and pedestrian crossings.

Night-time work was scheduled to start on the northern side at the end of February 2022 and the southern side in the week commencing 21 March, weather permitting, with the project expected to take until the end of July 2022 .

Most of the works will be done overnight from 9pm to 5am, Sunday to Thursday, with a small amount of daytime works as well.

The first two weeks of initial night works will be noisy as they break out the old concrete, however they expect the noise level to decrease once this is completed. Traffic management will be in place and some small detours necessary.

Motorists are asked to please follow the signage and allow extra travel time ●



Shop local and win with Buy-Cycle Te Atatū

It has never been more important to shop local and support our local businesses. And supporting local is what Buy-Cycle Te Atatū is all about – with the added bonus of the chance to win vouchers to spend locally.

By shopping, visiting local businesses and services, by bicycle in Te Atatū (Peninsula/South), and sharing a photo of your trip on social media using #BuyCycleTeAtatu you will be entered in the competition, and you can enter as many times as you shop locally.

The competition is open from 19th March to 17th April and all photo entries will be printed and put on display. The entries will be judged via an online poll and the winners will receive vouchers to spend at local businesses.

Buy-Cycle Te Atatū was previously run in 2019 where there were 117 entries, taken outside at least 42 different businesses.

Previous winners were recognised for their fun and creativity, so now is the time to get on your bike and support local.

Do you own a local business and are you keen to support this project? For more information email teatatu@gmail.com or see biketeatatu.org.nz/buy-cycle-businesses/ ●

Previous winners were recognised for their fun and creativity, so now is the time to get on your bike and support local.



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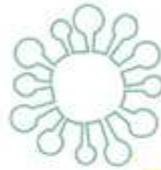
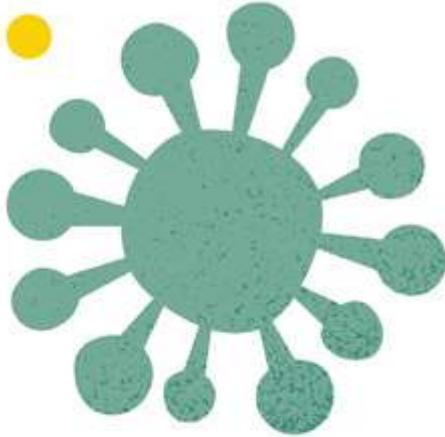
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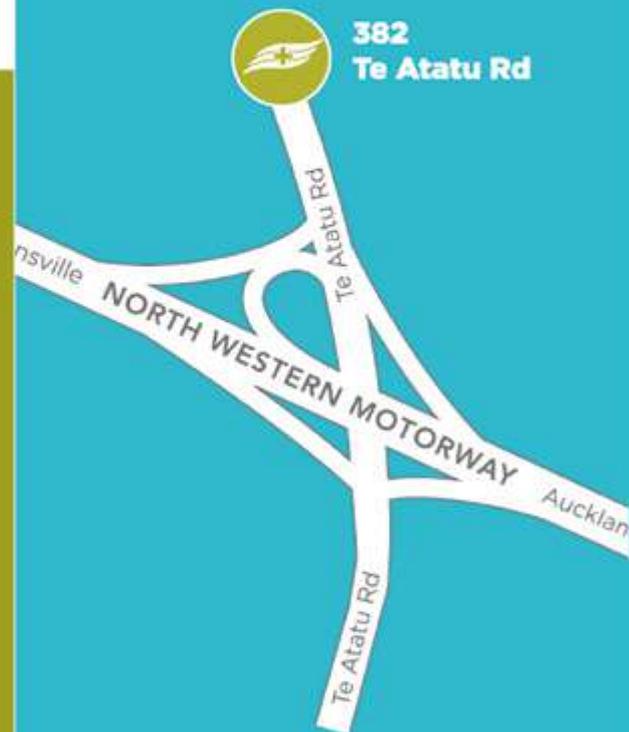
GP CLINIC	Mon-Fri 8.00am - 6.00pm
COVID-19 TESTING	Mon-Fri 8.30am - 4:30pm
COVID-19 VACCINATIONS	Mon-Fri 8.30am - 4:30pm

*Sat: Closed until further notice due to COVID-19

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peninsula medical

Locky Docks Coming to Te Atatu

Locky Docks bike and scooter parking is coming to Te Atatu Peninsula.

Locky Docks parking systems have been popping up all around Auckland, offering secure parking for all types of bikes and scooters thanks to a toughened steel locking arm and CCTV camera, along with electric charging for e-bikes and e-scooters. All at no cost to commuters.

Te Atatu Local Ben Cox is pushing to get Locky Docks into the Te Atatu community through his company 1 Red Jib, which focuses on projects that bring new cashflow to local businesses, while enhancing mental and physical wellness in the community.

His client Big Street Bikers is behind Locky Docks systems installations all over New Zealand and Auckland sites include Garage Project in Kingsland, Mt Eden Quarter, Les Mills gyms citywide, and at Unitec campus. Anyone at all can pull up and park for free, and you can even check out parking availability before you get there via the Bikeeep app. Ben says Locky Docks are a perfect example of his company's work because of the obvious advantages of physical exercise and the benefit to the environment of less cars on the road.

He says he is working with two private land-owners in Te Atatu Peninsula town centre and is at an advanced stage of discussions, but he is also keen to consider

more sites in the wider community. "We're working towards 50 Docks in Auckland by the end of this year and selfishly, I'm pretty keen to have a few out west in my back yard!"

Ben says the systems also come with electronic screens the property owners can use for advertising, potentially creating a revenue stream. Big Street Bikers are backed by sponsors, and as long as the installations are in a suitably public place, offering exposure for the sponsors via the screens, there is often no cost to the property owner to have the systems installed, and they will continue to be maintained free of charge.

Ben says he has been working with property owners for a long time, and because of the Covid-19 pandemic, tenants have been hit hard.

"When they can't pay rent, their shops close and the landlords who rely on the rents as income then can't pay their own bills. New sources of income for property owners such as digital billboards can earn them thousands a year," he says.

Ben says he has ridden an e-bike for a couple of years and since being involved with Big Street Bikers, he has learnt how ineffective normal bike locks are. He used to ride down to the town centre, chain his bike to a lamppost and visit several shops before returning to his bike.

"But I never leave my bike for too long now," he says.

Ben is hoping that will change soon when the first Locky Docks system is installed in Te Atatu ●



▲ Ben Cox at the Unitec Locky Dock installation



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**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

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**

ADULT & COMMUNITY EDUCATION COURSES

Life at "red" won't stop courses - Our doors are open and our courses will be operating during the red traffic light zone, for what we hope to be a fun, creative, skilful and restorative year for all!

Of course, all the standard restrictions and Covid guidelines will be in place and all students and tutors will be required to upload a valid Covid passport prior to attending the first class.

So, invest in your creativity and treat yourself or someone special to a new experience, hobby or skill which you can learn and explore in the relaxed sociable atmosphere of Adult Community Education.

For a full list of our 2022 Term 1 courses visit
www.rutherfordcomed.co.nz




After-School Science and Tech Classes



Weekly sessions on Wednesdays 3:45pm and 4:45pm, held at the Te Atatu Peninsula Community Centre.

With new topics each week, from coding, robotics, electronics, 3D Printing and more. These are sure to get young minds engaged with science and technology, outside the classroom!

Contact the Brain Play team for more information

www.brainplay.co.nz
info@brainplay.co.nz
Tel: 09 889 8280
Auckland based & online



**BUY-CYCLE
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Shop by bicycle in Te Atatu (Peninsula and South) from March 19 to April 17, take a photo of your trip, upload it to social media using the hashtag **#BuyCycleTeAtatu** and be in to win vouchers to spend at local businesses.

More information at:
biketeatatu.org.nz/BuyCycleTeAtatu



BIKE ⚡ TE ATATU

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*** Updated Bus Route**



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

Common Routes

- Harbourview Carpark to Chapman Strand Reserve by Taikata Sailing Club **3.36km**
- Chapman Strand to Taipari Strand Reserve. Via Te Atatu Road - Matipo Road - Renata Crescent - into the reserve and boat ramp. **3.36km**
- South End Carpark to Harbourview Carpark **3.36km**
- Southern End Carpark to Southern path end - Return. **2km return**
- South End Carpark to Taipari Strand Reserve. Via Gloria Ave - Yeovil Road - Taikata Road. **2km return**

Total Peninsula Route 10.72km

Explore on TAP. Te Atatū Peninsula



- Shops
- Water
- Cycleway
- Parks/Fields
- Mangroves
- Walkways/ Bike paths
- School
- Bus Route
- Linking Paths

- TOWN CENTRE**
 - Supermarket
 - Library
 - Food and Drink
- COMMUNITY CENTRE**
- SCHOOLS**
 - Rutherford College
 - Te Atatu Intermediate
 - Rutherford Primary
 - Peninsula Primary
 - Matipo Primary
- Medical / Health
- Church
- Public Toilets
- Playground
- Club
- Pool
- Sports Facilities/Club
- Great Picnic Area
- Best City Views

Matipo School Demonstrating Kaitiakitanga

Matipo Primary School's Māori enrichment unit (Te Puāwaitanga o te Wairua) have committed to making a significant contribution towards the restoration of Tawa Esplanade Reserve. Students plan to raise eco-sourced harakeke/flax seeds, caring for the plants at school until they are big enough to be transplanted back to the reserve. Being located near the school towards the northern end of Matipo Road, makes the reserve a natural place for the tamariki to demonstrate kaitiakitanga.

Guiding the school on their conservation efforts are Rivercare Group, Community Waitākere's Wild About Te Atatū and Te Atatū Marae, who will ensure seeds are harvested in accordance with tikanga Māori and will also share stories of this amazing plant and it's interesting history.

The native species the tamariki grow will stabilise banks, remove and filter contaminants from water flowing into the awa, and provide food and habitat for native birds and invertebrates.



▲ Eco-sourced harakeke/ flax seeds

The Tawa Esplanade Reserve Restoration Project undertaken by Rivercare Group Te Wai o Pareira is a multi-stage project. The plan includes clearing weeds and planting natives, monitoring and trapping introduced predators such as rats and possums, water monitoring and more.

"There are many opportunities for education and we welcome community involvement," says Rivercare's Lila Kuka.

"Tawa Esplanade Reserve is a taonga, a treasure that has suffered neglect for many years. Our efforts on the land around there will help to restore the diverse life the reserve supports and will play a part in cleaning the water flowing into Te Wai o Pareira."

Lila explains that the stream begins as freshwater flowing from an inland puna/spring. The freshwater then merges with tidally fluctuating seawater in the estuary and this is where it joins Te Wai o Pareira.

"Each of these ecosystems supports a wide variety of life, she says. "When we restore habitat and do what we can to clean up the pollution, it becomes a self-supporting system working in harmony to restore the mauri or life force of this place. It is heart-warming having the tamariki involved in restoring habitat, for their future and their children's future and so on."

To keep up to date with progress and events at Tawa Esplanade, visit the Rivercare Group Facebook page or website and join the mailing list.

Rivercare Group Te Wai o Pareira
rivercaregroup.org



Gotta love this place

BARFOOT THOMPSON &

Te Atatū

Tennis Club Grateful for Support

Funding support has helped Te Atatu Tennis Club to thrive, despite the effects of COVID-19.

President Andrew Ritchie says the club relies heavily on funding and he wants to thank three main funders - Green Access Scaffolding, Aktive, and Henderson Massey Local Board.

Thanks to Green Access Scaffolding, the tennis courts now have new wind breaks wrapping right around two sides, stretching the length of one court and the width of five. The wind breaks were made in China and shipped here, taking five months. Andrew says they are impressive, featuring the club and sponsors' logos, and they raise the image of the club.

Andrew is also pleased to say that for the first time, the club's trophies have been taken out of a drawer and displayed, because Henderson Massey Local Board funding has enabled the club to purchase a trophy cabinet. The club has a big awards night in April or May, at the end of the season and he says it is fantastic to know the polished trophies are on display, along with historic documents and photos, some almost 100 years old.

"At interclub events, other people can now see a little of our history," says Andrew. "It helps us communicate with people, what has been important in our past."

Andrew says operational costs (e.g. power, internet, accountancy) are often not covered by funders, however Aktive, a fund which supports tamariki and rangatahi to enjoy active lives, has stepped up to help the club.

Andrew says like many organisations, they have been affected by COVID-19 and have had less revenue coming in.

"So that operational funding is really appreciated, and helps us a lot," he says.

However, despite lockdowns and restrictions, Andrew is pleased to see about a dozen new members recently join the club.

"There are a hardcore group of long term members, but there are also a good number of vibrant new people," he says. "It feels really great there at the moment." ●



▲ Te Atatu Tennis Club president Andrew Ritchie



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LOVING THE LIFE AT MIRIAM CORBAN

Keri never thought she would end up living on Lincoln Road.

“If you had told me I would be living here two years ago, I would have told you that you were bonkers.”

It was after the first Covid lockdown in March of 2020, that Keri decided she needed to make a few changes to her lifestyle.

“Spending all that time almost on your own got to be a bit of a drudge and I felt that being in an environment where there was a diverse group of mature people may suit me more.

“It was a huge step. We are all pretty set in our ways by the time we reach 70 and comfortable with our lives. It’s a big step to step outside of that and investigate moving into a new environment.

Friends of Keri’s were already living at Miriam Corban and convinced her to go and take a look.

“My friends had nothing but good things to say about living there. They loved it. So, I went along.”

After that first visit, she didn’t need any more convincing.

“I’m moving here,” she said.

Admitting to having preconceived ideas of Lincoln Road, she now says, like her friends, she loves living there too.

“It’s a busy road, but it’s actually really great and you don’t notice it. I can’t even hear much from my apartment.

“The supermarket and the shops are handy, I walk there. Lincoln Road has everything that I need within walking distance. Also, the motorway is right there, and the hospital is up the road. It couldn’t be more convenient for me.”

Keri had thought about living in a retirement village for a while and had looked at four others before Miriam Corban, without feeling like she had found ‘the one.’

“Dealing with Ryman was just different. My sales advisor Craig was outstanding and there was absolutely no pressure or effort to lock me into anything. It was all very easy, and I had no time limits at all which was seriously the best part. I can’t thank him enough for all his care and calmness in working through the whole process with me. Our Village Manager Greg is also a bonus, nothing is too much for him and his team.

“In fact, the whole thing was simply a no brainer in the end.”

After initially being hesitant to make the final decision, fearing she would lose her independence, she now says that she should have done it sooner.

“A lot of us here have had the same discussion and we personally feel a lot of people leave it too late to move in.

“This is not a place where people are waiting to meet the maker. People here have lives, some work jobs, some volunteer, some are very fit and energetic.



Miriam Corban Village is like a big family, says Keri

There are so many different types of people in here.

“I’ve made long lasting friendships and management and staff here are amazing, it is like a big family. That’s the top of the list of positives about this village – the friendships I’ve made.”

Aside from the great personal benefits, Keri said her lifestyle has changed too, but for the better.

“I’m no longer worrying about maintenance, or mowing lawns, there is always available help, and I have a brand-new apartment with a modern kitchen. There is secure undercover parking and I generally feel very safe here.”

“What more could I want really?”

Apartments selling now.

Call Craig or Rochelle for more details.

MIRIAM CORBAN VILLAGE

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RETIREMENT LIVING

Wine and Cheese.

If you are of a certain age, you'll remember those 'wine and cheese' evenings of the '70s and '80s. Typically, cheese (always cheddar, cut into small cubes) would be served on toothpicks with equal-sized pickled cucumbers, or cherry tomatoes, olives, or even pieces of pineapple (it's not as bad as it sounds). We have come a long way since then. Cheese selection has become immensely interesting and diverse, so too have wine's expansive range available today.

Which wine to serve? It depends on the cheese of course, but there is one ultimate wine. Sweet wine rules them all. It goes beautifully with soft cheeses and all the way to hard cheeses and pungent blues.

Unfortunately, sweet wine is not in favour these days, as many of us are trying to reduce the sugar intake, and also good sweet wines are very expensive. Not to worry, here are some tried-and-true examples using mostly table wines with a few sweet wine options.

Starting with cheddar, an aged one preferably, the classic match is cabernet sauvignon blend, hopefully well matured also. Other strong reds work well too, such as Shiraz, Malbec and Zinfandel. A satisfying way to finish a meal for sure.

A soft cheese, brie or camembert, goes smoothly with Chardonnay or sparkling wine. Creaminess of the wine complements the texture of the cheese, and the combination is not heavy.

Goat's cheese and Sauvignon Blanc is another proven winning combo. A great way to serve is to spread the cheese onto a sliced sourdough or ciabatta



Sam Kim

wineorbit.co.nz

Speaking of strong, blue cheeses (Stilton, Gorgonzola etc.) need sweetness in wine to balance the pungent sharp taste in cheese

(much better than crackers, as bread's texture is better suited), then grill it briefly, just to warm the cheese and maybe a slight toasting on top. Eat with a cool glass of refreshing Sauvignon, it's addictively good.

Fresh mozzarella with basil and tomato, needs a crisp dry white wine. Dry Riesling is fabulous, and so is Pinot Grigio (drier, lighter style of Pinot Gris). If you fancy neither, crisp-dry sparkling wine will also do the trick.

There's a saying, 'grows together, goes together'. With hard Italian cheeses, Parmigiano-Reggiano or Pecorino, an Italian red (Chianti/Sangiovese or Nebbiolo) pairs brilliantly. If you want to stay local, try Pinot Noir instead.

Love Rosé? This popular drop suits semisoft to medium-hard cheeses like Gruyere, Havarti and Gouda. Popular style Rosés are light and dry with vibrant mouth-feel, and are a great match to these not-too-strong cheeses.

Speaking of strong, blue cheeses (Stilton, Gorgonzola etc.) need sweetness in wine to balance the pungent sharp taste in cheese. Apart from sweet wine, there are other options: Ports (Ruby, Tawny, Vintage), sweet Sherries and Australian Liqueur Muscats and Tokays.

Don't forget the condiments and accompaniments – nuts, honey, fruits (fresh and dried) and a quality chutney (see Robynne's plum chutney for inspiration) – to elevate your experience.

Serving a modern cheeseboard with two or three different wines is a fun way to experiment and get conversation flowing, whether it's at the start or the finish of a meal.

Stay safe and happy sipping. •

VIEWS ON FOOD

Plum Chutney

Robynne Pringle

If you are lucky enough to have a plum tree, or you enjoy shopping at country fruit and veggie stands, this recipe is a keeper.



Plum chutney is lovely to have on hand through winter, for cheese and crackers, as a condiment to meat and as a side to curries. This old recipe has a slight heat to it from the cayenne and a gorgeous savoury sweetness which is very moreish. The

chutney seems to get better and better if you leave it for a while, but good luck with that.

This recipe was in imperial measurements and has been converted to grams and kilograms as near as possible, but the old measurement is alongside for reference.

INGREDIENTS

1.8 kgs (4lbs) of plums
 500 grams (1lb) chopped onions
 900 grams (2lbs) brown sugar
 28 grams (1oz) peeled, chopped garlic
 2 rounded cups (1lb) raisins
 2 tsp salt
 1 tsp cayenne
 1 tsp ground cloves
 Approx. 4 or 5 cups brown vinegar

METHOD

Halve plums and remove stones, add all ingredients to large sauce pot or preserving pan and add enough brown vinegar to almost cover the other ingredients.

Simmer slowly for about two hours, stirring frequently. The chutney should be a thick consistency almost like jam.

Put into sterilised jars and cover tightly. Keep for two weeks before using •



Stress & COVID-19

What we are seeing for many of us are increases in the less than healthy behaviours people use to cope. The number of people complaining of depression, anxiety and related issues has increased considerably, as has our alcohol and drug consumption and domestic violence reports and lots, lots more.

Interestingly a small number of people are actually enjoying restrictions. I've heard from some people who live with chronic depression and anxiety that they are enjoying the excuse to isolate and withdraw – however that's not the experience of most of us.

I really don't like the words "Mental Health". Pretty much everything we lump under the 'Mental Health' umbrella are really emotional injuries - we just can't see the bruises.

So how to cope with this?

1. Allow ourselves the space to not always cope. If we had been beaten by people with baseball bats we'd be expecting to be in pain, we'd expect to not function quite as well, and we'd expect to need some sort of help. This is no different. Don't beat yourself up if you're not achieving as much as you think you should or coping as well as you think you should be.
2. Decrease your exposure to the news, especially about Covid. Anxiety loves to be fed. Why ask for more of a beating than we need to.
3. Exercise regularly. It helps burn up our stress chemicals and it therefore reduces our stress levels, reduces anxiety and lifts depression.
4. Get outside. Vitamin D from the sun helps stimulate our feel good hormones, connecting with the earth helps ground us and time in nature can help on many levels including soothing us.
5. Do something regularly to relax – even if it's only to take the time for a few deep breaths. Taking a long slow breath in, holding it for a few seconds then a long slow breath out helps calm the nervous system.
6. Reduce screen time overall. Screens are very activating.
7. Stay connected with others. We can still connect with people by phone, video, social media, etc.
8. Get enough sleep – avoid the temptation to stream movies etc late into the night. Try to keep to your usual bed routines.
9. Check in with other people who may not be coping – either practically or emotionally.
10. And most importantly of all don't take anything I'm saying too seriously. It's ok, and can even be therapeutic to have unhealthy binges at times – just try to keep them occasional.

Peter Milne

West Auckland Counselling Ltd
www.counsellorman.co.nz •

Tēnā koutou,
I hope you are all having a great summer even though Covid has put a dampener on a lot of things.

With the driest time of year upon us we need to be vigilant with fire safety.

Along with the fire safety messages we have been discussing in previous articles, we would bring your attention to the many scrub fires we have along roadsides and in particular next to the motorway on and off ramps.

Many of these fires are caused by cigarette butts that are tossed out the windows of stationary cars while people are waiting at the traffic lights in peak hour traffic.

These fires cause mayhem across the motorways with smoke impinging on driver vision and people slowing down to have a look, not paying attention to their driving. This is incredibly dangerous and can result in high speed crashes and loss of life.

It is also very dangerous for Firefighters to extinguish fires on the motorway.

If you are a smoker, please DO NOT throw out your lit cigarettes out the window. Please ensure your cigarette is completely out.

If you have a family member that is a smoker, please remind them to make sure their cigarette is extinguished if they are going to dispose of it while stopped.

Of course the safest way would be to use your ash tray.

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

Thank you

Ngā manaakitanga tatou
Te Atatū Fire Station



He Waka Eke Noa

(Everyone in one canoe, no exceptions) •



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.

If you're interested in joining, you need:

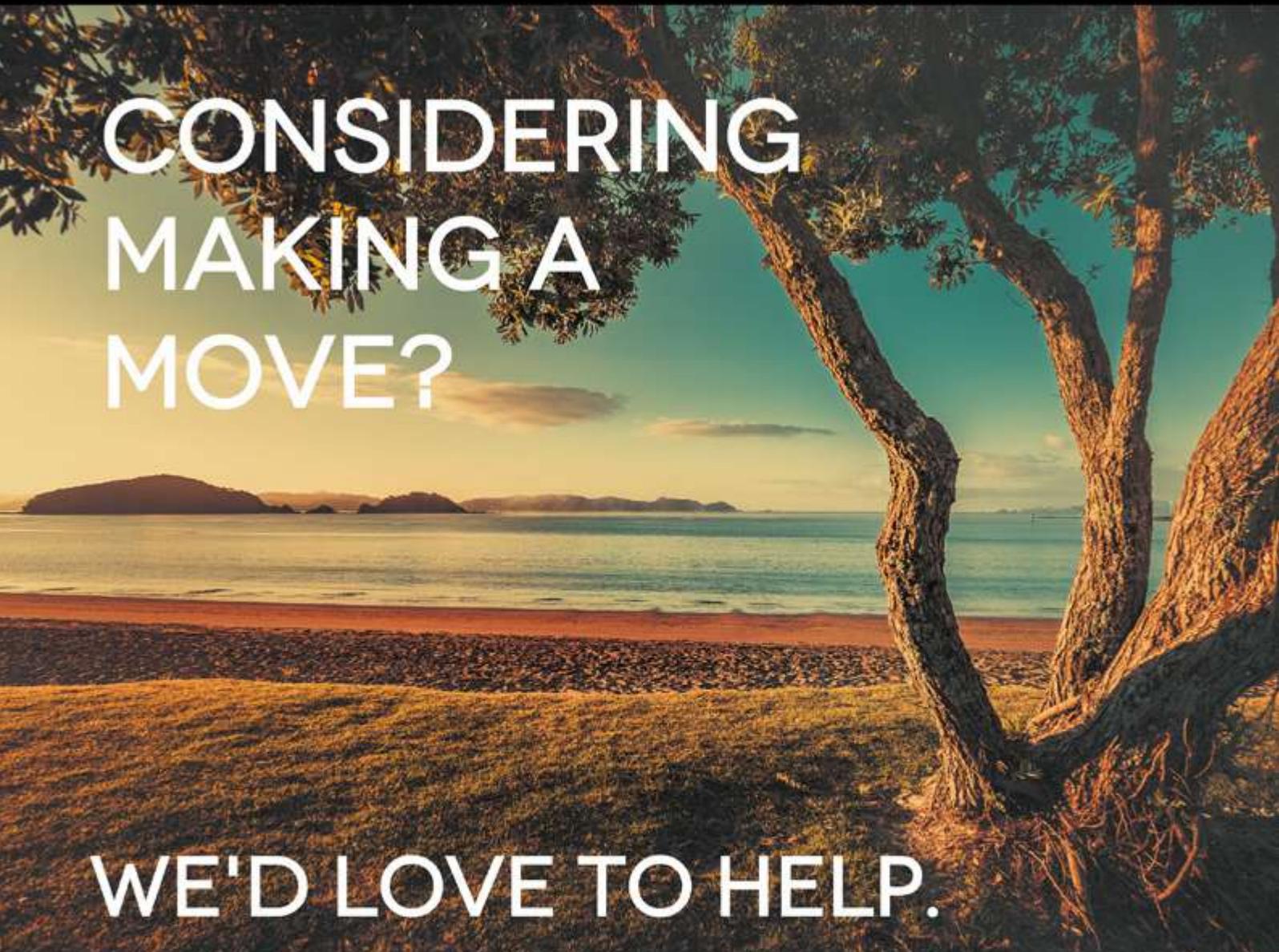
- To be able to pass a Police Check
 - Access to a personal email account
 - To be able to commit to at least one 3 – 4 hour patrol each month.
- Full training given.

Email: cpnzteatatu@gmail.com •



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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	Orient Bakery	560 Te Atatu Rd	834 8382
About Face	84 Gunner Dr	834 4018	Peninsula Bakehouse	548 Te Atatu Rd	834 0688
Absolute Plumbing and Gasfitting	6 Mickle Street	021 137 2810	Peninsula Gardens	18 Neil Ave	212981928
Allworkz Electrical Ltd	4 Holman Road	0508 ALLWORKZ	Peninsula Hair Ltd	574 Te Atatu Rd	834 5120
Anytime Fitness	543 Te Atatu Rd	950 8540	Peninsula Law	631 Te Atatu Rd	834 5389
Ashton and Gray Hair Design	T6, 547 Te Atatu Road	835 2247	Peninsula Medical Centre	382 Te Atatu Rd	834 6300
Barfoot and Thompson	534 Te Atatu Rd	834 3570	Peninsula Roast	572b Te Atatu Rd	834 0525
Battery Repack	80G Gunner Dr	834 7246	Peppermint Twist Icecream	607 Te Atatu Rd	834 9941
Ben Cable Electrical	15a Tiroroa Ave	800 223 123	Pform.nz	TAP Community Centre	0800 736 766
Café Anatolia	543 Te Atatu Rd	834 7991	Pita Pit Te Atatu	543 Te Atatu Rd	834 6058
CareVets	520 Te Atatu Rd	834 4430	Pizza Landing	578c Te Atatu Rd	834 7492
Cassidy Eyecare	84 Gunner Dr	834 9070	Printmark	80G Gunner Dr	836 7246
Chil Body and Hair	84 Gunner Dr	834 4206	Pucker and Wink Beauty Lounge	3/460 Old Te Atatu Road	21608380
Chunky Chook	568 Te Atatu Rd	834 3638	Radiant Nails and Beauty	571 Te Atatu Rd	214 7001
Clearstone Legal	1/547 Te Atatu Rd	973 5102	Ray White-Buy West Realty Ltd	1 Rhone Ave	834 6789
Computer Repairs	80G Gunner Dr	2108747216	Reds Traditional Barbershop	3a/571 Te Atatu Rd	973 4014
Countdown Te Atatu	571 Te Atatu Rd	255 2420	Refill Nation	571 Te Atatu Rd	218 6849
Dan and Anna Superette	568a Te Atatu Rd	834 6356	Remedy Natural Helath	Suite 3, 552 Te Atatu Rd	0272 REMEDY
Demolition Deli	570b Te Atatu Rd	834 4698	Restore Wellbeing	Suite 3, 552 Te Atatu Rd	600 1166
Dominos Te Atatu Peninsula	543 Te Atatu Rd	948 0744	Right Cuisine	543 Te Atatu Rd	838 8948
Dream Nail and Spa	538 Te Atatu Rd	834 4924	Rodgers Reidy (NZ LTD) Insolvency	Lvl 1 547 Te Atatu Rd	834 2631
Emperor Motors	4a Harbourview Rd	834 8649	Sam's Roast	1/570 Te Atatu Rd	834 6638
Et Tu Bistro	532 Te Atatu Rd	834 5327	SBA (Small Business Accounting)	611 Te Atatu Rd	834 0584
Fresh Beer Brew Company	532 Te Atatu Rd	950 5110	SD Bakery and Café	572 Te Atatu Rd	834 3278
Fuze Café	566 Te Atatu Rd	834 8536	Shahi Dawat Restaurant	547 Te Atatu Rd	834 1239
G4U Dollar Store	556 Te Atatu Rd	880 4321	Spynedoctors chiropractic	80 h Gunner Drive	0800 SPYNED
GM Legal	3/1-3 Rhone Ave	839 4000	Stitches Alterations	607 Te Atatu Rd	834 4688
Go Bananas Childcare Te Atatu	543 Te Atatu Rd	0800 462 626	Supa Fruit Mart	3/1 Rhone Ave	834 2473
Gold Star Takeaway	564 Te Atatu Rd	834 8838	Sushi Ami	5/80 Gunner Dr	834 0010
Golden Key Takeaways	546c Te Atatu Rd	834 6690	Sushi and Bento	546b Te Atatu Rd	834 1060
Golden Touch Barber	3/538 te atatu Road	020 4093 7797	Tank	543 Te Atatu Rd	834 0200
Greens	572 Te Atatu Rd	834 6176	Tass Print	534 Te Atatu Rd	834 6338
Haddad Takeaways	538 Te Atatu Rd	834 6429	Te Atatu Butcher	1/1-3 Rhone Ave	834 5158
Hammer Hardware	568a Te Atatu Rd	834 6210	Te Atatu Chiropractic	550a Te Atatu Rd	834 0440
Happy Island Variety Store	552 Te Atatu Rd	027 3058016	Te Atatu Discount Superette	542 Te Atatu Rd	834 2089
Harcourts Te Atatu	568a Te Atatu Rd	839 1333	Te Atatu Engraving & Gifts	562 Te Atatu Rd	834 6143
Harveys Real Estate	530 Te Atatu Rd	834 6155	Te Atatu Fisheries	613 Te Atatu Rd	834 6998
Highwire Electrical Ltd	2 Waikura Dr	027 244 9473	Te Atatu Health	544b Te Atatu Rd	900 11 11
Hohepa Chartered Accountants	42 Spinnaker Dr	834 3712	Te Atatu Memorial RSA	1 Harbourview Rd	834 3698
Hospice Op Shop	568 Te Atatu Rd	834 1291	Te Atatu Menswear	548 Te Atatu Rd	834 6470
iClean Services	737a Te Atatu Rd	211802659	Te Atatu Peninsula Laundry	3/570 Te Atatu Rd	027 2338908
Jenny Craig	84 Gunner Dr	834 8924	Te Atatu Tavern	3 Pringle Rd	834 7396
John Chan Takeaways	578b Te Atatu Rd	834 5246	Te Atatu Union Church and Op Shop	2 Taikata Rd	834 3228
K&A Bargains	542a Te Atatu Rd	834 8986	Team Gopal - Creative Mortgages	1 Rhone Avenue	021 666 490
Khawhom Thai Restaurant	80 Gunner Drive	834 9998	Thai Flavour	572a Te Atatu Rd	834 0646
KJ Nally Barristers and Solicitors	534 Te Atatu Rd	834 9995	The Delicious Bistro	547 Te Atatu Rd	834 6635
L.A. Fire Systems Ltd	550b Te Atatu Rd	834 0346	The Great Scott Company	107 Tiroroa Ave	021 555 388
Loader Legal Ltd	93 Bordeaux Parade	360-0436	The Green Florist	540 Te Atatu Rd	2000 552
Loaves and Fishes Catering	570 Te Atatu Rd	817 2285	The Property Market	571 Te Atatu Rd	965 3656
McDonald's Te Atatu	543 Te Atatu Rd	215 5542	The Sugar Grill	571 Te Atatu Rd	834 0333
Meyers Plumbing	8 Kawai Rise	027 2795912	Three Monkeys Tattoo	84 Gunner Dr	834 4206
Mi Physio	543 Te Atatu Rd	264 0105	Top Well Bakery	3/82 Gunner Dr	834 2328
Mr Illingsworth	571 Te Atatu Rd	953 4377	Uneek Cutz	6/547 Te Atatu Rd	834 0100
Mortgage Supply	3/1 Rhone Ave	834 8682	Unichem Peninsula Pharmacy	550 Te Atatu Rd	834 6303
My Laundry	3/570 Te Atatu Rd	021 022 92894	Village Wines	571 Te Atatu Rd	834 7825
My Massage	4/556 Te Atatu Rd	021 556 880	Vivo Hair and Beauty	546A Te Atatu Rd	834 6020
Newdays Espresso	578a Te Atatu Rd	834 8883	Waitakere Foot Podiatry	84 Gunner Drive	834 0198
Noodle Canteen	554 Te Atatu Rd	834 1328	Waves Laundromat	Unit 2 543 Te Atatu Rs	c/-834 6058
NZ Home Loans	28 Vera Road	027 2056393	West Auckland Counselling	552 Te Atatu Rd	274395957
Odessa's Mini Mart	615 Te Atatu Rd	834 2544	Wildflours Cakery and Coffee	6/80 Gunner Dr	2041155245
Opal Dental	518 Te Atatu Rd	834 6359	Wine Villa	544a Te Atatu Rd	834 4992