

# Views on TAP.

THE SPRING ISSUE

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TE ATATU PENINSULA TOWN CENTRE MAGAZINE



Published quarterly

Next issue: Summer

Advertising booking deadline:  
1<sup>st</sup> November, 2023

Delivered: 1<sup>st</sup> December, 2023 (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.

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#### 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](http://www.teatutupeninsula.co.nz)

Designed by **Pages Print**

Pages Design & Print Services Ltd.

#### 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 on TAP.**  
Te Atatū Peninsula

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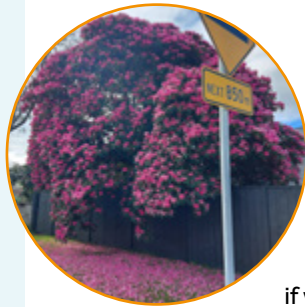
Helen Overington: Stitches Alterations

**Town Centre Manager:** Robynne Pringle

## FROM THE COMMITTEE

**Recent hot topics of conversation on the Peninsula are growth and traffic and the fact that we are dealing with a lot of both. While growth is inevitable for Auckland generally, a remarkable level of growth on a Peninsula leads to problems.**

One of those problems is congestion. This is the fifth year TAPBA has requested a review of our traffic and transport system. Another sad aspect of growth particularly in the face of climate change, is the loss of many of our beautiful mature trees. A fine example of an existing local magnolia features on our cover (photo courtesy of Kent Xie).



TAPBA is seeking to establish a town centre masterplan, to allow the community to have a say in what kind of town centre they want for the future. There are commercial properties which are earmarked for development, and if we want a town centre that is safe to live, work and play in, we need to do something about Te Atatū Road. It is not enough to look at one aspect, like light phases for example. We need to consider the whole traffic system and really think outside the box for solutions.

To this end, we have organised a public meeting to which we will invite key people from Auckland Council, Auckland Transport and Henderson Massey Local

### **PUBLIC MEETING**

**to discuss congestion, growth, and the way forward for Te Atatū Peninsula.**



**Sept 7th  
2.30pm**

**Te Atatū Peninsula Community Centre,  
Mātātā - Fern Bird Room**

Seats are limited. RSVP to: [manager@teatutupeninsula.co.nz](mailto:manager@teatutupeninsula.co.nz) or call/text 021 909 415

Board. It is on September 7th at the Te Atatū Peninsula Community Centre, 2.30pm in the Mātātā Room, and you are invited. Seats are limited though, so you must RSVP.



In this spring issue of Views on T.A.P. we welcome Churn Cafe & Thai Dining on P3, a popular new addition to our town centre.

You can also read about the unique exhibition of a group of West Auckland artists on P5. They identify as being neuro diverse and will exhibit their collection of self portraits in various mediums, at Te Uru Waitākere Contemporary Gallery, this September.

We are excited to feature our new column by local gardener Marisa Vodanovich! You can find Views on Gardening on page 12, along with Views on Food featuring Jackson's Pretty in Pink, Beetroot Pasta.

Would you like to volunteer for a good cause while adding a little adventure to your life? CPNZ is seeking adult volunteers of any age, for their Te Atatu/ Glendene community patrol. Read about it on page 11.

May you enjoy spring blessings, including (please) some decent weather.

TAPBA Committee •

**All the best.**

# Welcome to Churn

Churn Cafe & Thai Dining was eagerly anticipated by locals, who needed to wait two years before the doors finally opened.



The owners had many hoops to jump through with the large, complicated renovation, that required various consents. Co-owner and Chef Somjet says covid and flooding also came into play. Now that Churn is open, Somjet says the reception from the locals has been warm and welcoming.

The team members who mostly live locally, have more than 20 years experience in the Thai food industry and over 15 years in the coffee industry.

Somjet who chefed in Thailand, specialises in Thai street food such as Pad Thai and the menu is full of favorites such as currys, hot plate dishes and traditional stir fries.

They also take their coffee seriously at Churn, using Be Specialty beans and a Mavam espresso machine.

“It’s the only one of that brand in New Zealand,” says Somjet.

He says any diners with dietary needs such as vegan or dairy and gluten free, will be catered for.

“They just need to talk to us about any special requirements.”

Churn is open from 7.30 until two for breakfast and lunch, and then from 5pm until late for dinner, Wednesday to Monday (closed Tuesday). ●



*They also take their coffee seriously at Churn*



You’ll spot us in your favourite café, cross paths with us at the supermarket, and exchange a friendly wave while stuck in the same traffic. We walk our dogs on the same streets and attend the same school and community events with our families.

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# I AM - exhibition

Self-portraits of a collective of local artists, will feature in an exhibition held at Te Uru Waitākere Contemporary Gallery, from September 23rd.

The exhibition is unique as the 22 artists all live in West Auckland and identify as being neurodiverse. It will feature a series of self-portraits in various mediums - ceramics, textile, water colour and collage. There are ceramic vessels featuring faces in relief, and pieces created from the moulds of faces, which are then raku fired and displayed on stands. Textiles include self-portraits on linen, which have then been stitched.

The artists are supported by art mentors at Two4Nine Gallery in Te Atatu South - Sammy Milne and Steve Aitken, as well as Suzanne Larmer, Support and Development Leader at West Auckland organisation, A Supported Life.

*Suzanne says mentors Sammy and Steve both have a wealth of experience, knowledge and passion for arts, and mentoring people to achieve their artistic goals.*

She says the exhibition will allow viewers to view the artistic abilities of the artists while also being invited to pause and get to know the artists themselves."



◀ Self Portrait by Samuel Willcox.

*Not just as artists," she says, "or the label of disability, but on the common ground of humanity, where the artists share their likes, their passions, moments in life that have shaped them".*

"We anticipate that viewers will find they have more similarities than expected and hope in turn this gently challenges some of the social barriers this demographic face in day-to-day life".

To view the exhibition event page, go to:

<https://www.eventbrite.co.nz/e/i-am-tickets-664312776397>



▲ Tutors Steve Aitken and Sammy Milne.



Brendon Baverstock, artist at work. ▲



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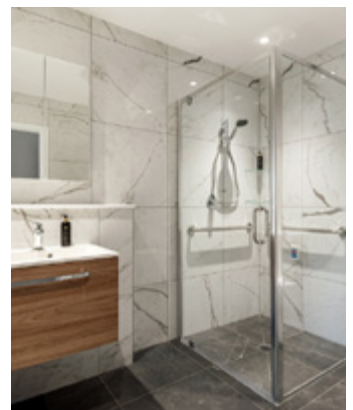
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## MIRIAM CORBAN VILLAGE

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# Rainy winter invites wetland restoration plantings in Harbourview

By Michael Coote

Seemingly endless rain-soaked weather over recent winter months has turned much of Harbourview-Orangihina Park into a flooded landscape. Surface water lies heavily upon the vast expanse of the lower terrace marshes and wetlands that border the Whau River estuary. Ground there has turned into saturated bog and liquid mud. Gumboots are recommended footwear for the intrepid few who venture out into the homeland of the park's threatened endemic fernbird population under such adverse conditions.

But venture out is what people have done in June and July of this year to undertake another annual round of fernbird-friendly native restoration plantings. Led by Friends of Harbourview in association with Auckland Council, groups of community volunteers have braved Harbourview's inundated swamplands to plant many hundreds of native shrubs and rushes that its fernbirds rely upon for shelter, nesting and insect food supplies. These volunteers are a mix of people from Te Atatu Peninsula and further afield. They all share in common an interest in increasing the amount of plant canopy suitable for the local fernbird population to survive within. An interest strong enough to get them out into the field on some of the coldest and wettest winter days.



▲ Planting day (Photos Kent Xie)

The flooded ground has been a mixed blessing. On the one hand, it is very soft to dig into with a spade if you pick the right spot. On the other hand, the holes dug often fill instantly with dark muddy water and it can be hard to tell whether the plants put into them are actually set in the soil properly

or merely lying in a shallow puddle that will vanish with the onset of hotter summer months leaving their roots exposed high and dry. It is a bit hit-and-miss planting under such extreme conditions, but overall winter is the optimal time for native restoration work in Harbourview as the roots of newly introduced plants are kept moist ready to awaken into early growth during warmer spring months.

This year Friends of Harbourview trialed starting the annual planting cycle in June rather than July as previously to see if there was benefit to beginning earlier. The two areas planted into, known as Fernbird 2 and Fernbird 3, have been repeatedly planted already in previous years as part of a long-term project for incrementally building up the extent of fernbird-friendly canopy in Harbourview. A proportion of the plants put in each year do not survive, and so in part the annual round of restoration work is dedicated to replacing them. But to a greater extent, the work is committed to steadily expanding the range of fernbird-friendly plants. A significant proportion of previously planted trees and

rushes have survived and many now flourish.

The easiest place to see the results is at Fernbird 2, which is primarily based on the rising bank of land below the gravel path that runs from the Harbour View Beach Reserve carpark up to a wooden bridge that crosses a small creek by a large pohutukawa tree. The fernbird-friendly shrubland put into that area by Friends of Harbourview's community volunteers over a number of years has proven a great success. All that is needed now is for Harbourview's fernbirds to take the hint and move in, if they have not done so already.●



*"The work is committed to steadily expanding the range of fernbird-friendly plants. A significant proportion of previously planted trees and rushes have survived and many now flourish."*



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either a floral demonstrator or an  
experienced garden speaker

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



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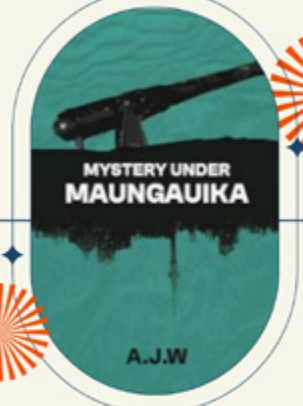
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Henderson-Massey Local Board 


# AUTHOR TALK



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*Andrew Wassenaar!*

A class trip to an abandoned military installation. Rumours of secret tunnels. There are volatile secrets hidden deep inside the old maunga, and somebody wants to keep them that way...

Sat 21st October **Te Atatū Peninsula Library** 2pm - 3pm

Henderson-Massey Local Board 

## 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](http://www.teatatupeninsula.co.nz) and click on What's On.To post an event, email [manager@teatatupeninsula.co.nz](mailto:manager@teatatupeninsula.co.nz) with your details.

## Taipari Strand Native Restoration Planting

**Date: Saturday, 9 September 2023**  
**Starting Time: 10 am**  
**Meet: Riverside carpark by pontoon in Taipari Strand**

A Saturday morning native planting session for community volunteers to participate in. Managed by Friends of Taipari Strand and supported by Auckland Council. Native plants and spades provided. Volunteers should bring gumboots and gardening gloves. Children welcome if under close supervision by responsible adults.

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Thurs 26 October 10am-10.30am  
Thurs 30 November 10-10.30am

Henderson-Massey Local Board  

# Spring Clean For Hospice

Now is a great time to clean out your wardrobes, kitchen cupboards, spare rooms and garages! And by donating your quality, preloved goods to West Auckland Hospice Shops, you are helping your community and the environment by reducing waste into landfills.



Drop your goods into the local Hospice Op Shop - household goods, appliances, clothing, bric-a-brac, linen, furniture and toys are all gratefully accepted. Hospice also offers a free pick-up service for large items or bulk loads – just phone 0508 4 HOSPICE / 0508 446 7742 and we will arrange a time to collect your goods free of charge.

Hospice Shops generate vital revenue that enables our doctors, nurses and social care teams to provide free specialist palliative care to those in need in West Auckland. ●

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# Join the Adventure: Become A Guardian of Our Streets!

by Niki Bailey

*We're the guardian angels, the ever-watchful eyes that scan for any suspicious activity, ensuring the streets remain safe for all.*

You've undoubtedly noticed our Te Atatu / Glendene Community Patrol car cruising through the neighbourhood, a reassuring presence that watches over Te Atatu Peninsula, Te Atatu South and Glendene. Our mission also goes beyond these borders as we extend our vigilant eyes to Sunnyvale, Henderson and Lincoln Road.

What exactly do we get up to you may ask? Let's take you on a thrilling ride through the heart of community service. Picture this - our dedicated volunteers patrolling in pairs and embarking on exhilarating journeys in our unmistakably marked car, for two to four hours. As the sun dips below the horizon or the moon takes the night's stage, we're out there, ready to face the unexpected - day and night.



Our main mission of course is to keep our community safe. We're the guardian angels, the ever-watchful eyes that scan for any suspicious activity, ensuring the streets remain safe for all. That's not all! We're also your go-to heroes for those unexpected woes like flat car batteries. Say goodbye to troublesome supermarket trolleys that wander off on their own - we report those. And stolen vehicles? We're on the lookout.

Now, here's where it gets rewarding. We've recently been part of two searches for missing individuals. Back in January/February we were in the heart of things on that fateful night of the floods. The rain might have poured, but our dedication didn't waver. We helped out at the Civil Defence Centre, supported residents by driving through the

CONTINUED ON PAGE 13

## PENINSULA MEDICAL

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# Views on Gardening

with Marisa Vodanovich

**It feels like we've been living through the longest winter ever, but Spring is beginning to signal its arrival with tulips, daffodils and bluebells starting to pop up their cheery faces.**

Home gardening, of both flowers and fruit and vegetables, has gained popularity on the back of all those Covid lockdowns and now, given the tougher financial times too, it seems an even better idea to grow some of your own food, not only save a few dollars but also to bask in the glory of home-grown produce – you can't beat the taste or the freshness!

Spring is the time to start sowing seeds and popping new seedlings into the ground as the daylight hours lengthen and the ground starts to warm up. Don't forget, daylight savings will be starting soon too!

First things first though; at the farmlet we've been busy giving back to our soil by fertilising with sheep pellets, lime, blood and bone as well as adding compost and mulch to inject a replenishing boost before we start planting. If you've noticed a soggy/boggy patch in your garden it's a good idea to fork through some gypsum to improve that area's drainage while you're at it.

It's hard to believe, but when summer does come, and they're forecasting it's going to be a dry one, you'll be thankful for having laid in your compost and mulch now. It will save you loads on your water bill come summer.

Avoid planting your seedlings in the middle of the day as that will put them under stress from the sun and the heat of the day. Aim for early morning or late in the day to give them the best start. Also, give your

## Things to do in the garden in Spring:

- It's not too late to plant potatoes so you'll have some homegrown ones for your Christmas lunch!
- If you want to start from scratch, you can sow seeds indoors for your tomatoes, basil, chilli and a variety of herbs. Transplant the seedlings in late September when they have at least 3 – 4 leaves and are big enough to handle.
- For a pop of colour and to draw in more pollinators you can start sowing flower seeds like zinnias, sweet peas, poppies, cornflower and sunflowers now.
- September is a good time to plant beans, beetroot, broccoli, capsicum, carrots, courgettes, cucumber, lettuce, mesclun, rhubarb, rocket, sweetcorn, tomatoes and watermelon seedlings.

seedlings a good watering after planting into the garden bed or pots. Your local garden centre or home improvement retailer will have loads of seeds, seedlings and soil and fertilising supplies to help you get started.

*Happy Spring gardening!*

**Marisa**

For more inspiration visit: [www.urbanfloralfarmlet.co.nz](http://www.urbanfloralfarmlet.co.nz) •

## VIEWS ON FOOD

## Jackson's Pretty in Pink, Beetroot Pasta – Serves 5

**Pink! Goes with everything! If you're looking to add a little pink to your plate, I have the recipe for you. It's bright, it's fun, its nutritious, what more could we want?**



Beetroot, which gives this show-stopper its bright hue, is packed with nutrients, including fibre, betalains (a potent antioxidant), and vitamins C, B6, and folate. Made creamy with butter beans and cashews, which provide protein and healthy fats. Together, this trio of ingredients creates a super nutritious meal & most importantly tastes delicious!

### INGREDIENTS

400g Farfalle Pasta  
2-3 small-medium beetroot  
1 can of organic butter beans (drained and rinsed)  
1 bulb of garlic  
1/2 cup of soaked cashews (soak the cashews for a few hours in water and then drain)  
Extra virgin olive oil  
Juice of 1 lemon  
Salt and pepper to taste  
Feta (optional)  
Pine nuts (optional)  
Parsley or Basil (optional)

### METHOD

**Step 1: Roasted beets - Preheat the oven to 170 degrees Celsius.**

1. Wash the beets, remove the tops, and dice them into approximately 1-inch cubes & place in a roasting dish.
2. Separate the cloves from the garlic bulb and add them, still unpeeled, to the roasting dish.
3. Toss the beets and garlic cloves with olive oil, salt, and pepper until coated.
4. Roast in the oven until

caramelized, which should take around 30 to 40 minutes.

**Step 2: Cooking the Pasta – Start when Beets have about 15 mins to go.**

1. Fill a large pot with water and bring it to a boil and add a generous amount of salt.
2. Add the farfalle pasta to the pot & cook the pasta for 10-12 minutes or until it is al dente.
3. Turn off the heat and reserve ¼ cup of the pasta water.
4. Drain the pasta using a colander, then return it to the pot.
5. Drizzle the pasta with olive oil to prevent sticking.

**Step 3: Creamy Beet Sauce**

1. Squeeze the garlic cloves out of their skins into a food processor.
2. Add the roasted beets, butter beans, soaked cashews, and lemon juice to the food processor. Blend the ingredients until the mixture becomes creamy, gradually adding some of the reserved pasta water until you achieve your desired consistency.

**Step 4: Final touches**

1. Mix the creamy sauce into the cooked pasta. Season to your taste.
2. Serve the pasta, and if you like, you can elevate it by adding crumbled feta, herbs and/or toasted pine nuts for an extra touch of flavour and texture.

Did you like this recipe?

Check out more at [www.refillnation.co.nz](http://www.refillnation.co.nz) •

CONTINUED FROM PAGE 11

flood-affected areas offering a helping hand, and we delivered food parcels and donated items.

We're armed with a boot full of gear for any scenario, and we're currently stocking up another box with essential supplies. Think gloves, headlamps, radios - the works, because we're ready for anything.



If you're thinking this sounds like a rewarding adventure you'd love to be part of, you're absolutely right! We're a dynamic mix of individuals spanning generations. We're all driven by one common goal -

safeguarding our community and thwarting crime. The Te Atatu / Glendene Community Patrol is a proud member of the Community Patrols of New Zealand (CPNZ) family, which boasts over 150 patrols with more than 4,000 volunteers nationwide.

**Ready to join our ranks? Here's your mission, should you choose to accept it:**

1. Fill in our Application Form.
2. Pass a Police Vetting check.
3. Complete our engaging online training modules.
4. Accompany us on 3 on-the-job training patrols.

Remember, age is just a number, especially when you're in a car with a mission. Once you're fully trained, you can call the shots on when and how often you patrol. Just promise us at least one three to four-hour patrol each month to help keep the neighbourhood safe.

**Are you yearning to make a difference?** Are you craving the camaraderie of a like-minded community? Then reach out to us at [cpnzteatatu@gmail.com](mailto:cpnzteatatu@gmail.com).

**RayWhite**  
Te Atatu

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**Why wait?**

Ray White Te Atatu Buy West Realty Ltd (Licensed REAA 2008) | 1/3 Rhone Avenue, Te Atatu Peninsula

**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 that doesn't need reheating on an element or in an oven, 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 and nothing on top of them, should 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**

Troy Isaia  
Senior Firefighter

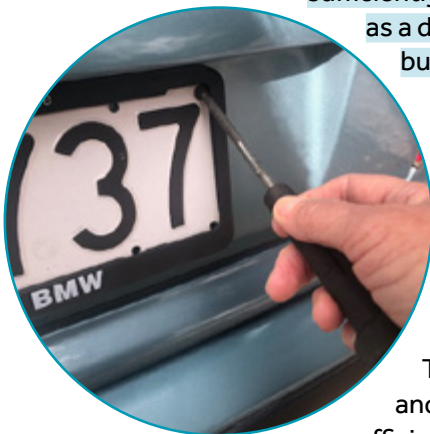
*He Waka Eke Noa  
(Everyone in one canoe,  
no exceptions) ●*



**Hi all and welcome to the latest instalment of the Police Safety Message.**

As we head towards spring and longer daylight hours remember to keep yourselves, loved ones and property safe whether at home or out.

Simple things such as alarms, security lights and cameras sufficiently secure your property and act as a deterrent to opportunistic burglars.



On September 6th Neighbourhood Support in partnership with Police will be holding a Saferplates and Tool Engraving event in the carpark of Countdown, Te Atatu Peninsula.

The event runs from 10am – 2pm and involves removing the screws affixing the number plate and replacing them with tamper-proof screws.

Free for Gold card holders, and everyone else \$4 per car.

With the tool engraving we engrave for free, your driver licence

number onto your tools and this allows Police to locate the lawful owner when coming across stolen property.

The event is weather dependant, and is a cheap deterrent.

It's always easier and less stressful to prevent an offence than having to deal with the aftermath so you can help by reporting suspicious activity, locking your vehicle and not leaving valuables in it and parking in well-lit areas.

**Call 111 if its happening now or someone is in danger.**

**Call 105 or go online to 105.police.govt.nz to report something that's already happened.**

All the best and stay safe.

**Regards**

Senior Constable Carlo DE MARTIN,

*Te Atatu Community Constable ●*



# HARVEYS

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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.



Te Atatu  
Peninsula

# Business Directory

<b>24/7 Laundromat</b>	576 Te Atatu Road	276784966	<b>Newdays Espresso</b>	578a Te Atatu Rd	834 8883
<b>834 Barbers</b>	2 Harbourview Rd	834 8704	<b>Noodle Canteen</b>	554 Te Atatu Rd	834 1328
<b>About Face</b>	84 Gunner Dr	834 4018	<b>NZ Home Loans</b>	28 Vera Road	027 2056393
<b>Absolute Plumbing and Gasfitting</b>	6 Mickle Street	021 1372810	<b>Odessa's Mini Mart</b>	615 Te Atatu Rd	834 2544
<b>Allworkz Electrical Ltd</b>	4 Holman Road	0508 ALLWORKZ	<b>Opal Dental</b>	518 Te Atatu Rd	834 6359
<b>Anytime Fitness</b>	543 Te Atatu Rd	950 8540	<b>Orient Bakery</b>	560 Te Atatu Rd	834 8382
<b>Ashton and Gray Hair Design</b>	T6, 547 Te Atatu Road	835 2247	<b>Peninsula Bakehouse</b>	548 Te Atatu Rd	834 0688
<b>Barfoot and Thompson</b>	534 Te Atatu Rd	834 3570	<b>Peninsula Hair Ltd</b>	574 Te Atatu Rd	834 5120
<b>Battery Repack</b>	80G Gunner Dr	834 7246	<b>Peninsula Law</b>	631 Te Atatu Rd	834 5389
<b>Berlin Clothing Company</b>	548 Te Atatu Rd	834 6470	<b>Peninsula Medical Centre</b>	382 Te Atatu Rd	834 6300
<b>Between Sisters</b>	2 Harbourview Rd	2108041111	<b>Peninsula Roast</b>	572b Te Atatu Rd	834 0525
<b>Café Anatolia</b>	543 Te Atatu Rd	834 7991	<b>Peppermint Twist Icecream</b>	607 Te Atatu Rd	834 9941
<b>CareVets</b>	520 Te Atatu Rd	834 4430	<b>Pita Pit Te Atatu</b>	543 Te Atatu Rd	834 6058
<b>Cassidy Eyecare</b>	84 Gunner Dr	834 9070	<b>Pizza Landing</b>	578c Te Atatu Rd	834 7492
<b>Chunky Chook</b>	568 Te Atatu Rd	834 3638	<b>Printmark</b>	80G Gunner Dr	836 7246
<b>Churn Cafe &amp; Thai Dining</b>	617 Te Atatu Rd	218 2727	<b>Radiant Nails and Beauty</b>	571 Te Atatu Rd	214 7001
<b>Clearstone Legal</b>	1/547 Te Atatu Rd	973 5102	<b>Ray White-Buy West Realty Ltd</b>	1 Rhone Ave	834 6789
<b>Computer Repairs</b>	80G Gunner Dr	2108747216	<b>Reds Traditional Barbershop</b>	3a/571 Te Atatu Rd	973 4014
<b>Countdown Te Atatu</b>	571 Te Atatu Rd	834 5451	<b>Refill Nation</b>	571 Te Atatu Rd	218 6849
<b>Dan and Anna Superette</b>	568a Te Atatu Rd	834 6356	<b>Restore Wellbeing</b>	Suite 3, 552 Te Atatu Rd	600 1166
<b>Demolition Deli</b>	570b Te Atatu Rd	834 4698	<b>Right Cuisine</b>	543 Te Atatu Rd	838 8948
<b>Dominos Te Atatu Peninsula</b>	543 Te Atatu Rd	948 0744	<b>Rodgers Reidy (NZ LTD) Insolvency</b>	Lvl 1 547 Te Atatu Rd	834 2631
<b>Dream Nail and Spa</b>	538 Te Atatu Rd	834 4924	<b>Sam's Roast</b>	1/570 Te Atatu Rd	834 6638
<b>Emperor Motors</b>	4a Harbourview Rd	834 8649	<b>SBA (Small Business Accounting)</b>	611 Te Atatu Rd	834 0584
<b>Et Tu Bistro</b>	532 Te Atatu Rd	834 5327	<b>SD Bakery and Café</b>	572 Te Atatu Rd	834 3278
<b>Fresh Beer Brew Company</b>	532 Te Atatu Rd	27 310 1555	<b>Shahi Dawat Restaurant</b>	547 Te Atatu Rd	834 1239
<b>Fuze Café</b>	566 Te Atatu Rd	834 8536	<b>Spynedoctors chiropractic</b>	80 h Gunner Drive	0800 SPYNED
<b>G4U Dollar Store</b>	556 Te Atatu Rd	880 4321	<b>Stitches Alterations</b>	607 Te Atatu Rd	834 4688
<b>GM Legal</b>	3/1-3 Rhone Ave	839 4000	<b>Supa Fruit Mart</b>	3/1 Rhone Ave	834 2473
<b>Go Bananas Childcare Te Atatu</b>	543 Te Atatu Rd	0800 462 626	<b>Sushi Ami</b>	5/80 Gunner Dr	834 0010
<b>Gold Star Takeaway</b>	564 Te Atatu Rd	834 8838	<b>Sushi and Bento</b>	546b Te Atatu Rd	834 1060
<b>Golden Key Takeaways</b>	546c Te Atatu Rd	834 6690	<b>Tank</b>	543 Te Atatu Rd	834 0200
<b>Golden Touch Barber</b>	3/538 te atatu Road	020 4093 7797	<b>Tass Print</b>	534 Te Atatu Rd	834 6338
<b>Greens</b>	572 Te Atatu Rd	834 6176	<b>Te Atatu Butcher</b>	1/1-3 Rhone Ave	834 5158
<b>Haddad Takeaways</b>	538 Te Atatu Rd	834 6429	<b>Te Atatu Chiropractic</b>	550a Te Atatu Rd	834 0440
<b>Hammer Hardware</b>	568a Te Atatu Rd	834 6210	<b>Te Atatu Discount Superette</b>	542 Te Atatu Rd	834 2089
<b>Happy Island Variety Store</b>	552 Te Atatu Rd	027 3058016	<b>Te Atatu Engraving &amp; Gifts</b>	562 Te Atatu Rd	834 6143
<b>Harcourts Te Atatu</b>	568a Te Atatu Rd	839 1333	<b>Te Atatu Fisheries</b>	613 Te Atatu Rd	834 6998
<b>Harveys Real Estate</b>	530 Te Atatu Rd	834 6155	<b>Te Atatu Health</b>	544b Te Atatu Rd	900 11 11
<b>Highwire Electrical Ltd</b>	2 Waikura Dr	027 244 9473	<b>Te Atatu Memorial RSA</b>	1 Harbourview Rd	834 3698
<b>Hohepa Chartered Accountants</b>	42 Spinnaker Dr	834 3712	<b>Te Atatu Union Church and Op Shop</b>	2 Taikata Rd	834 3228
<b>Hospice Op Shop</b>	568 Te Atatu Rd	834 1291	<b>Team Gopal - Creative Mortgages</b>	1 Rhone Avenue	021 666 490
<b>Jayde Marie Lashes</b>	4/556 Te Atatu Rd	021 026 61965	<b>Thai Flavour</b>	572a Te Atatu Rd	834 0646
<b>John Chan Takeaways</b>	578b Te Atatu Rd	834 5246	<b>The Delicious Bistro</b>	547 Te Atatu Rd	834 6635
<b>K&amp;A Bargains</b>	542a Te Atatu Rd	834 8986	<b>The Green Florist</b>	540 Te Atatu Rd	2000 552
<b>Khawhom Thai Restaurant</b>	80 Gunner Drive	834 9998	<b>The Property Market</b>	571 Te Atatu Rd	965 3656
<b>KJ Nally Barristers and Solicitors</b>	534 Te Atatu Rd	834 9995	<b>The Sugar Grill</b>	571 Te Atatu Rd	834 0333
<b>L.A. Fire Systems Ltd</b>	550b Te Atatu Rd	834 0346	<b>Top Well Bakery</b>	3/82 Gunner Dr	834 2328
<b>Liquorland Te Atatu Peninsula</b>	571 Te Atatu Rd	834 7825	<b>Uneek Cutz</b>	6/547 Te Atatu Rd	834 0100
<b>Loaves and Fishes Catering</b>	570 Te Atatu Rd	817 2285	<b>Unichem Peninsula Pharmacy</b>	550 Te Atatu Rd	834 6303
<b>McDonald's Te Atatu</b>	543 Te Atatu Rd	215 5542	<b>Vivo Hair and Beauty</b>	546A Te Atatu Rd	834 6020
<b>Mi Physio</b>	84 gunner Drive	264 0105	<b>Waitakere Foot Podiatry</b>	84 Gunner Drive	834 0198
<b>Mr Illingsworth</b>	571 Te Atatu Rd	953 4377	<b>West Auckland Counselling</b>	552 Te Atatu Rd	274395957
<b>Mortgage Supply</b>	3/1 Rhone Ave	834 8682	<b>Wildflours Cakery and Coffee</b>	6/80 Gunner Dr	2041155245
<b>My Laundry</b>	3/570 Te Atatu Rd	021 022 92894	<b>Wine Villa</b>	544a Te Atatu Rd	834 4992