Korero

News and stories from Pukerua Bay

Vol 2, Issue 1 February 2022



Erin, Conor, and Amala with their pictures of Pukerua Bay and their new picture books. Ataahua! Beautiful!

Kia ora

A warm welcome to *Kōrero*, Pukerua Bay's premium source of news and stories!

The loose theme connecting the content in this issue is gratitude, and we open by suggesting that manaakitanga might be a core value for our community (page 3).

The issue opens with an item by two people who embody the spirit of Pukerua Bay – Violet Rowe and Mabel Ubels (pages 4–5). Violet and Mabel share special memories of growing up in the Bay, and why it will always be home.

Rachel Prebble writes on why it's so useful to appreciate what we have, and how we can 'power up' this practice to boost our wellbeing (page 6).

With Omicron making its appearance, we need to prepare ourselves and look after each other. Help is available, here in our community (page 7).

Moira Lawler shares the pleasure she finds in swimming and tells some of the story of swimming in Pukerua Bay (pages 8–9). She inspires us all to "get wet"!

The value of manaakitanga includes caring for our own and each other's wellbeing. Nikky Winchester introduces us to the Te Whare Tapa Whā model of hauora (health and wellbeing) and offers practical suggestions for getting through these difficult times (pages 10–11).

Have you noticed the changes happening to the Chorus box on the corner of Rāwhiti and Wairaka Roads? A significant improvement! Iain MacLean talked to artist Bruce Freestone about his work (page 12).

Last year, you may have attended the ceremony commemorating the opening of the coastal section of Centennial Highway in 1939. In this issue, He Ara Pukerua brings the story behind that milestone (pages 16–17).

The year ahead may feel coloured by the coronavirus – but this will pass. We have some big decisions facing us and important discussions to have. What should happen to the highway through the Bay? How do we respond to changes to urban planning rules and to the developments happening to the south? How do we protect the things we value? The Residents' Association will focus on these issues this year, and so will we.

In our next issue, we're going to be looking at planning and urban development. A subject that once seemed so dry is much more engaging when you're caught between worrying whether your kids can ever get their own house and worrying that you're about to lose your view!

This is *your* newsletter! If you would like to contribute, advertise, provide sponsorship, or offer feedback, please go to page 18. You'll find our contact details there.

Waiho i te toipoto, kaua i te toiroa.

Let us keep close together, not wide apart.

We acknowledge mana whenua of Pukerua Bay, Ngāti Toa Rangatira. For Ngāti Toa news, see <u>ngatitoa.iwi.nz</u>

2.

Our community's values: manaakitanga

Over the next three issues, we will use this space to showcase three core values that seem evident in people's responses to the Village Plan survey: manaakitanga, kaitiakitanga, and whanaungatanga. The first of these is manaakitanga.

Manaakitanga is about showing respect, compassion, and hospitality to others. It embodies a spirit of kindness, care, and humility. The word 'manaakitanga' comes from the root word manaaki, which itself can be broken down to the words mana (power, force, authority) and aki (to encourage or urge on). When we manaaki another person, we acknowledge and uplift their mana in such a way that our own mana is also enhanced. Everybody feels that they are valued and belong.

He aroha whakato, he aroha puta mai.

If kindness is shown, then kindness you shall receive.



Glen Wallis took this glorious photo of a tūi, enjoying the manaaki of the local environment.

Thank you, Gay!

Our cover photo is of Erin, Conor, and Amala, who received picture books from Gay Hay in exchange for their pictures of our local environment. We have more if young people in your whānau would like to have a go!

A huge mihi to all our advertisers and sponsors!

Our mission is for *Kōrero* to reach everyone in our community. Without the generosity (and trust!) of our advertisers and sponsors, we couldn't do it. So far, our major sponsors have been Kylie Lyne (Clark and Co.), Euon Murrell (Tommy's), Pukerua Bay RSA and Community Club, and Leah Jeffries (Tall Poppy). We are also very thankful for having been awarded a grant by the Hutt Mana Charitable Trust.



Some things never change

A true cliché of my generation, I am 22 and still living in Pukerua Bay with my parents. It's not merely the mouldy, overpriced flats in Wellington keeping me here, though. Pukerua Bay is a tonic, a space to decompress in after working in the city. Sometimes, there is nothing more relieving than a rattly Kāpiti Line bus replacement taking me away from the city, back to our little seaside town.

I was born at home, surrounded by native bush. I grew up pottering around outside, in extreme states of focus as I concocted questionable-looking potions out of flowers, water, and dirt. I spent every summer at Brendan Beach with my friends, captivated by a giant log that we somehow convinced ourselves was a café, a business we took very seriously.

I attended Pukerua Bay School, inventing slightly deranged games during lunchtime, going too hard at Jump Jam, and complaining about having to participate in cross country. I studied for 15 years at

Springhill on Muri Road, where Bronwen Taylor cemented my love for ballet.

I chose to go to high school in the city, but my town friends and I spent lots of weekends in Pukerua Bay. As restless teenagers, we had limited safe places to hang out in. Missioning out here on the train in a big over-excited group always felt very deliberate, like an event in itself. The boys would beeline for the skatepark, the one that used to be a literal hole in the ground before my brother George and his friends were the catalysts for its refurbishment, helping to redesign it when they were only 12 years old.

This pandemic has reinforced how grateful I feel to live here, not only in this country but this corner of it. I genuinely can't imagine a life without Pukerua Bay, without tūī, kererū, and ruru calling outside my bedroom window, without Kāpiti Island's smoky silhouette on the horizon, without early morning walks to the top of Raroa Reserve. When I do

eventually find a flat in Wellington that doesn't swallow 3/4 of my income, I know I'll still find any excuse to come back and spend time here.

Here are two paintings, created around 12 years apart, by local artist Joy de Geus. They depict me and her daughters, Mabel and Rosa, frolicking at Brendan Beach. Fortunately, some things never change.



Nā Violet Rowe

I live in Wellington now, but I spend a lot of time at my mum's house in Pukerua Bay, where I grew up. I am so grateful to be able to retreat to a haven that is not the city, but also not too far away.

My favourite aspect of Pukerua Bay is most definitely the beach. My favourite memory is a large driftwood log that Violet and I would use as a café, serving our parents pretend drinks and food made of shells, seaweed, and anything else we could find. The log moves around when it is high tide or stormy, but I still see it when I'm down there ... either I've grown or it has shrunk.

Nā Mabel Ubels



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5

Powering up a sense of gratitude

At this time of the year, it can be tempting to focus on what we want to *do* differently, or how we want to *be* different. New Year's resolutions can leave us feeling dissatisfied with our current self, and tired before we even start the year proper!

While striving to improve and grow can be a great motivator, in these uncertain times there can be real value in pausing to notice and appreciate this moment in time.

Build a habit of pausing to notice the people, experiences, or interactions that have brought comfort, joy, or satisfaction to you each day. The key is to focus on

the here and now, and to practice this habit regularly. Ideally, pay attention as you move through your day.

You can power up the value of this by taking it a step further. Acknowledge the people who make your life better. Reach out and thank them for the role they have played. This might be whānau or friends but might also be a random person you meet through the day.

Research shows that showing appreciation and telling another person that you value them not only makes them feel good; it makes you feel good, too.

Nā Rachel Prebble

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6.

Covid-19, Delta, now Omicron... the fight goes on

It's been a tough few years for many of us, as we've dealt with the disruption of Covid-19, and anxiety for those we love. On the other hand, the experience has brought out a lot of good things – kindness, resilience, and manaakitanga. We see that in our personal interactions, face-to-face, on Facebook, and in our various groups.

Pukerua Bay's Covid Response Group continues to meet and plan ways to formalise support—look out for posts on the local Facebook pages, the community website pukeruabay.org.nz/coronavirus, and the Residents' Association noticeboard at the shops.

Unite against Covid-19: covid19.govt.nz

The website urges you to:

- Make a plan for what you will do if someone in your household tests positive
- Have what you need
- Know and share your plan
- Reach out to friends and whānau.

If you're having to isolate and need initial help with urgent needs, there is a dedicated Covid-19 welfare support helpline: **0800** 512 337.

Please remember, help is available from your community. If you need anything, please use the form on the community website, email hello.@pkbhub.org.nz, or phone Helen Smith: 0211466421.

Nā your Covid Response Group

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7.

Facebook: Pukerua Bay RSA and Community Club



Why We Swim

I am the moon's sister. A tidal child stranded on land. The sea always in my ear, a surf of eternal discontent in my blood.

Keri Hulme (1947-2021)

I have swum all my life. My parents migrated from islands where the sea was so cold you watched from the beach with a thermos and blankets. They enrolled my siblings and me in swim squad training from a young age, so we could rescue each other if we got into trouble. This happened reasonably regularly.

I returned to swimming in my twenties when I was pregnant and have swum as part of pool squads and ocean swimming groups ever since. I currently swim with a masters group, doing pool training at Cannons Creek and ocean swimming off Oriental Parade. Ocean swimming is my happy place.

From the first week of September, I've been one of a group of PKB neighbours cold plunging at the Pukerua Bay beach. There's a group of women who do this every morning at Paekākāriki, too paekakariki.nz/the-paekakarikimermaids. Cold water swimming is reputed to have health benefits. It's scary, fun, and releases endorphins.

Give it a try!

Learning to swim is easy for children and adults. Contact a Council pool and they will let you know what's available. Anyone over 20 is welcome at a master's swim squad, with the emphasis on fun rather than competition: nzmastersswimming.org.nz

Swim safety is critical: always ocean swim with a buddy or have someone on the beach. If you are swimming far offshore, wear a tow buoy so boats can see you. And crucially, if on the beach as a family, stay within reach of children who are in the water.

Two great books on New Zealand swim experiences are *Swim: The joy of swimming outdoors in New Zealand* by Annette Lees (2018) and *Where we swim* by Ingrid Horrocks (2021). Both will inspire you to get wet!

Nā Moira Lawler

Our swimming history

Our area has significant swimming history.

Kahe Te Rau-o-te-Rangi, of Ngāti Toa, was one of only 13 women who signed the Treaty of Waitangi. The channel between the coast and Kapiti Island bears her name, recognising her extraordinary feat of swimming from Kāpiti Island to Paraparaumu Beach (with a child strapped on her back) to warn of an invasion. Kahe Te Rau-o-te-Rangi went on to marry Jock Nicol, and they opened an inn just north of Pukerua and another at Paekākāriki. Her grandson was Sir Māui Pōmare, a cabinet minister and the first Māori doctor in Aotearoa.

In 2019, He Ara Pukerua, our local heritage group, unearthed the 1954 Te Rauoterangi Trophy, part of the Pukerua Bay Surf Life Saving Club's history. The Pukerua Bay life savers are commemorated on a bollard on the zigzag above Brendan Beach. The trophy is on display at the RSA.



These photos are from Vivienne Morrell's family collection. Vivienne's family has a long association with Pukerua Bay, going back to the 1920s when Pukerua Bay was a seaside resort, accessed primarily by train. You can read Vivienne's story of those days on her blog at viviennemorrell. wordpress.com/2015/01/27/new-zealand-beach-culture.

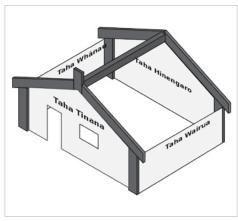


Taha hinengaro: Keeping well in tough times

Te Whare Tapa Whā is a health and wellbeing model developed by Sir Mason Durie. It likens health and well-being – hauora – to the four sides of a wharenui:

- taha tinana | physical wellbeing
- taha hinengaro | mental and emotional wellbeing
- taha wairua | spiritual wellbeing
- taha whānau | family and social wellbeing.

Imbalance in any of these dimensions can make us feel unwell or out of sorts. Te Whare Tapa Whā reminds us to take care of every dimension, in our own lives and those of our whānau.



Credit: Evan Mason - own work, CC BY-SA 4.0

Covid-19 has been a huge challenge to our taha hinengaro, but as long as we have each other, we have what we need to get through. It's alright to feel a bit frustrated, hōhā, overwhelmed, or over it sometimes — and it's also alright to feel grateful, lucky, and relieved.

Below are some suggestions on ways you can support and care for your own and others' taha hinengaro throughout 2022.

- 1. Focus on responsible sources of information.
 - Get up-to-date information from the Unite against Covid-19 website <u>covid19.govt.nz</u>. If you have symptoms, call your doctor, Healthline on 0800 358 5453, or your iwi health provider.
 - It is illegal to publish threatening, offensive, or sensitive material or damaging rumours. You can report false or misleading information to the appropriate social media platform, as well as to Netsafe NZ or CERT NZ: covid19.govt.nz/prepare-and-stay-safe/misinformation-scams-and-online-harm/report-false-or-misleading-information
- 2. Actively support vulnerable members of your whānau.
 - The Ministry of Health provides links to self-help tools and apps for adults and young people, as well as information on how to support others' mental wellbeing: health.govt.nz/ourwork/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-health-advice-public/covid-19-mental-health-and-wellbeing-resources
 - All Right? offers online resources on subjects such as parenting, workplace wellbeing, te ao Māori,

- and identity and culture. It offers articles, tips, questionnaires, activities, and games: allright.org.nz
- The Mental Health Foundation also has a wide range of wellbeing tips, resources, and self-help tools and apps: mentalhealth.org.nz/gettingthrough-together
- 3. Explore your creative side by trying out new stress-relieving activities. The following places are all open to adults.
 - For art classes and groups, there's the Mana Arts Society in Plimmerton manaarts.weebly.
 com and the Kāpiti Arts and Crafts Society in Raumati Beach kapitiartsandcrafts.com as well as a weekly craft group at the Pukerua Bay RSA facebook.com/groups/PukeruaBayCraftygroup.
 - For music lessons, contact the House of Sound houseofsound.
 co.nz or the Crawshaw Music School crawshawmusicschool.
 co.nz in Paraparaumu. Local options include piano and marimba lessons with Gabriele uriele@urielepianomusic.com.
 - Dance options include salsa at Raumati Beach cubansalsawellington.com and Paraparaumu kapitisalsa.com, fun dance classes for fitness in Paremata (shutupanddance.co) and Paraparaumu dapa.nz, acrobatic dance swpt.co.nz, and pole dancing thechromeacademy.co.nz in Porirua. There's even ballet for adults in Waikanae denisewalkerdance.co.nz

- 4. Try a new exercise regime. Locally, there's Ti Kouka Yoga facebook. com/tikoukayoga, Yoga with Jen facebook.com/yogawithjennz, basketball facebook.com/
 groups/622606788106954, and the Urban Athletes gym in Plimmerton urbanathletes.co.nz. Te Rauparaha Arena also offers a wide range of exercise classes to suit all ages, abilities, schedules, and budgets: terauparaha-arena.co.nz/fitness/group-fitness-classes
- 5. Practice mindfulness. Mindfulness has been scientifically proven to have many health benefits for our hinengaro. The Woolshed on Muri Road thewoolshedretreats.co.nz offers pampering retreats, including guided meditation and massage therapy, or you can access a range of short- and long-term courses in venues across Wellington, Porirua, and Kāpiti through theartofmindfulness.co.nz and mindfulnessworks.co.nz. There are also free sessions at Porirua Library: porirualibrary.org.nz/whats-on/mindfulness-library
- 6. Practice gratitude! Rachel is right. Seeking ways to focus upon the things for which we are thankful is sometimes challenging, but always well worth it.

Life with the coronavirus isn't easy, but we can be intentional about how we spend our time and support one another. Remember that you can reach out to your community if you need help.

Nā Nikky Winchester

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- Jess & Alan Walker

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- Matt & Jess

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- Want to know more about the work your council is doing?
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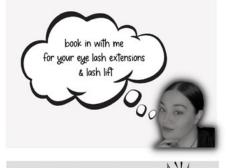
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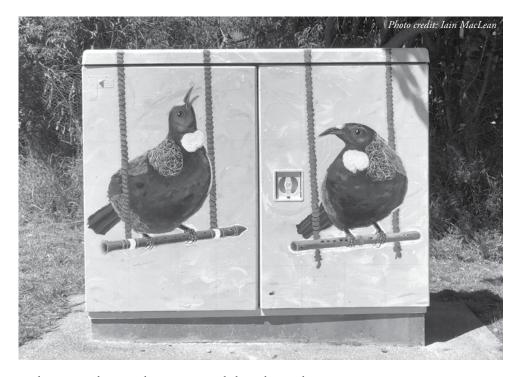
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14.

Chorus box decorated by local artist

If you've recently walked past the Chorus box on the corner of Rāwhiti and Wairaka Roads, you'll have seen it's now sporting two magnificent tūi, painted in full colour.

This is the work of local artist Bruce Freestone, who won a competition last year for a commission from Chorus to paint the broadband provider's local junction box.

Bruce chose tūi because they are in his garden singing wonderful tunes.

"They're such an iconic New Zealand bird, and I can't get past the songs they make in their double voice boxes and how beautiful they are. I wanted to paint them in a playful way, with them both on swings, with one looking at the other."

It's not the first Chorus box Bruce has painted — he did one in Titahi Bay Road last year.

You may also have walked past Bruce's large mural on the old Muri Station building, which he painted several years ago. It's brought pleasure to countless people walking around the Bay and on the Te Araroa Trail.

Bruce says he enjoys doing public art and hopes to be able to do more. Chorus will be looking for artists to paint more of their boxes, and there are Creative Communities grants to support other murals. Maybe you could give it a try?

Nā Iain MacLean



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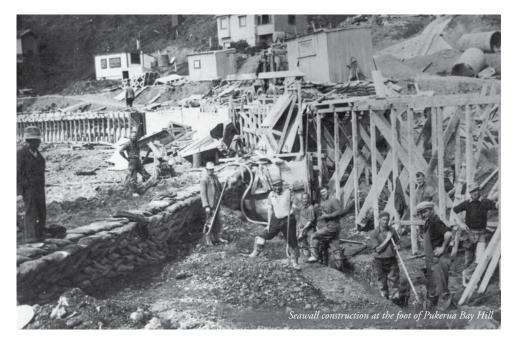






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The Centennial Highway

With its opening on 4 November 1939, Centennial Highway changed Pukerua Bay from a village difficult to reach, to one on the main highway into Wellington and with a direct route to Paekākāriki and the north. This was only 11 years after the first road from Plimmerton to Pukerua Bay was formed.

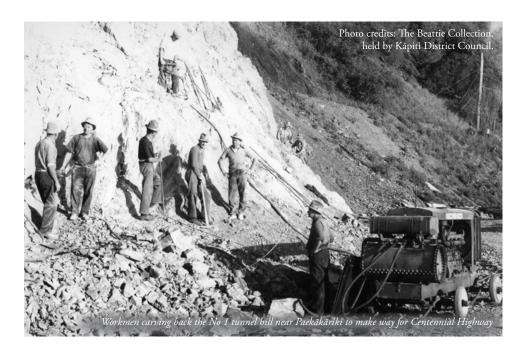
Building of the highway from Ngauranga to Paekākāriki began in September 1936 under the Public Works Department. Harry Hume was the Chief Engineer for the Plimmerton to Paekākāriki section.

Many of the men employed for the highway's construction were housed at a camp at Taua Tapu, across SH59 from Whenua Tapu. Some rented accommodation in Pukerua Bay; others lived nearby.

The coastal section of the highway follows a route that had been used for centuries by Māori, and later by early European travelers.

Some idea of how difficult the route was can be gauged from the rock outcrops encountered on the walk to Hongoeka Bay just before and after reaching Wairaka Rock.

Building the coastal section involved significant engineering challenges. The narrow foreshore required the construction of sea walls below the high-water mark. Several designs were tested in a water tank, with the aim of preventing the highway from being inundated with seawater during northerly storms. The final design was stepped outwards to deflect the waves away from the road.



In his 1907 reminiscences, Thomas Bevan describes the events of June 1846 when the four Bevan children, who had been hosted by Ngāti Toa at Waimapihi Pā, traversed the route.

Clambering down by the rocky cliffs to the sea beach, we wended our way slowly along the rough boulders and stony beach which lie beneath the great precipice of Te Paripari. It was very difficult travelling, and we made but little progress. Ropina, carrying my younger brother, had often to return to assist us over bad places, so that it was past noon when we reached the singular cave or hollow rock which is situated at Te Paripari, the abrupt ending of the Paekakariki range.

The project used the best machinery available at the time, including a bulldozer, steam shovel, and concrete plant. However, most of the work involved men with trolleys and wheelbarrows, while trucking contractors moved larger amounts of fill. With several prominent outcrops jutting into the sea, a considerable amount of blasting was required to make way for the road.

Despite the difficult conditions, only one death was reported on the project. Michael Borisoff, a 50-year-old labourer, was fatally injured by a crowbar piercing his left thigh when he fell while working on the edge of a bank at Pukerua Bay.

The opening of Transmission Gully will give us all a chance to better appreciate the scenic nature of the route.

Nā Paul Fitzgerald, He Ara Pukerua

Aroha mai, aroha atu - caring for one another

Next issue

The theme for the next issue is **urban development**. We welcome your contributions of stories, photos, poems, or articles and notices of community events.

The copy deadline for the next issue is 18 March. Our email address is newsletter@pukeruabay.org.nz





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Hours 8am-1pm (Tuesday - Saturday)

Coffee, Homemade Baking & Pies

Our team

Kōrero is brought to you by Kate Dreaver, Jonathan Harker, Anne Johnston, Iain MacLean, Moira Lawler, Nikky Winchester, and Mel Galletly. It is supported by the Pukerua Bay Residents' Association.

Advertising and sponsorship

Kōrero comes out approximately every eight weeks. We need your support to keep it going. Please consider donating or placing paid advertising.

Advertising rates for **five issues** start at just \$50 for a local listing (see below); \$80 for a card-sized ad; \$160 for a half-page ad; and \$220 for a full-page ad.

Advertising rates for **one issue** are \$20 for a card-sized ad, \$40 for a half-page ad, and \$60 for a full-page ad.

You can **sponsor** an entire issue for \$300.

Community notices are very welcome, but please consider a koha.



OUR SKINK: The image of the Whitaker's Skink on our banner, and in the Residents' Association logo, was created by local artist, Pauline Morse.

Pukerua Bay Community website and directory

The Pukerua Bay community website <u>pukeruabay.org.nz</u> holds lots of useful information, including a local business directory.

You can download a PDF of *Kōrero* from the website at: **pkb.nz/korero** or via this QR code.

If you have suggestions for the website, please email: newsletter@pukeruabay.org.nz



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| Gabriele | Piano and marimba lessons | 021 073 4386 uriele@urielepianomusic.com |

Events calendar

1 March: Pukerua Bay Soccer Club registrations close.

8 March: Residents' Association meeting, 7.30–9pm, RSA, Wairaka Rd.

Our local MP Barbara Edmonds is planning to attend.

12 April: Residents' Association meeting, 7.30–9.30pm, RSA, Wairaka Rd.

To list an event in the April issue, please email newsletter@pukeruabay.org.nz by 18 March.

Music in Nature

Gabriele Gschwendtner, alias Uriele, moved to Pukerua Bay a year ago. She is so grateful for having landed in such a beautiful place that she is collaborating with Undergrand to put on a free piano concert ... at the beach! The day hasn't quite been settled, but it will be on a weekend in early- to mid-March. Look out for the details on Facebook and at the shops – it will be a special and unique occasion!



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