

Kōrero

News and stories from Pukerua Bay



Vol 4, Issue 2
April 2024



Darcy Wharakura and Lucas and Madison D'Oliveira help prepare the hāngī for Pukerua Bay's 2023 Matariki celebration. Photo nā Pip Spite.

Kia ora

Unsurprisingly, the topic of kai appealed to our community! As beautifully evoked by our contributors, kai carries many meanings.

Lucas D'Oliveira succeeds in appealing to all our senses as he recounts his experience of helping prepare the hāngī for last year's community Matariki celebration, along with other members of the school's Whānau Māori Group (p. 3). On the same page, you'll find a karakia mō te kai that you may like to use to give thanks before a meal.

Like many of us, Claire James has fond childhood memories of helping her mother and grandmothers in the kitchen (p.4). These memories form her relationship with food today and her understanding of food as a means for showing love and building connections.

Kim Hollis calls on us to take care of our local dairy and ensure it thrives so that we can always access the essentials we need (p.5). She reminds us of how our community came together to feed and care for hundreds of truck drivers following an accident. That manaaki was kindly reciprocated a few months later.

Neil Parsons answers our questions about the beehives he has built and installed to help bring the bees back to the Bay (p. 7). Learn about the decision-making that went into choosing a design that would be both effective and cost-efficient.

So often, our community occasions involve sharing kai, and certain dishes have become firm favourites. On pages

8–9, you can learn the secrets of making Martyn Bridge's giant pavlova and Karen Apperley's ginger biscuits. As a bonus, you can learn the recipe for a newcomer – Vicky Griffin's nasturtium pesto. Then, read Sarah Nelson's thoughts about the power of kai in nourishing us, both body and soul (p. 9).

It's autumn harvest time at the Community Garden and Food Forest. Read about what is happening and how you can get involved (p. 9).

Pukerua has been a valued source of kai ever since the first people came to this place. He Ara Pukerua tells part of that story through the eyes of a potato (p. 10).

The Gala was a great success – read a heartfelt message from the School Fundraising Trust (p. 13).

ANZAC Day fast approaches and as ever, the RSA will welcome us all to participate in the local celebrations (p. 16). More kai! And more warm connections.

Our Matariki issue will include a focus on music. So many of us love music for listening, playing, healing. If you're keen to contribute, please do, but be warned – Matariki comes early this year, and the deadline is tight! See page 14 for details.

Waiho i te toipoto, kaula 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 ngatittoa.iwi.nz

Dancing in the steam

Pulling up the hāngī and dancing in the steam was super fun, but the smell was the best part. It smelt like I was in a world of meat, potato, kūmara, pumpkin, and stuffing coming out of an underground barbecue.

I was lucky enough to prepare the food for the hāngī at my school, Pukerua Bay School. I helped dig the hole, which needed to be 1.5 metres deep. I helped my Dad find the special volcanic stones to put in the bottom of the pit. This helps to keep the heat in and cook all the beautiful food to perfection.

Another favourite part is lighting the fire. This is where we put the wood and built a massive fire. The adults light the fire in barrels, then push them into the hāngī pit to create the most incredible fire.

I love the heat on my face and the smell of the smoke coming from the hāngī pit. I also love how everyone comes together for Matariki to enjoy the amazing food.

Nā Lucas D'Oliveira



Photos nā Pip Spite

Nau mai e ngā hua e hora nei.

Haumi ē! Hui ē! Taiki ē!

*Welcome, the bountiful fruits
that have been laid out for us.*

We give thanks.

This is a short version of a karakia mō te kai – a blessing said before a meal to give thanks for the bounty of the Earth, the hands that prepared the kai, and the presence of those who will be sharing it. You can find an extended version of this karakia in this clip from the Speak Māori series: [youtube.com/watch?v=Co2N0ALUCY](https://www.youtube.com/watch?v=Co2N0ALUCY)

Food, family, and connections

Cooking is one of the great gifts you can give to those you love.

Ina Garten

My fondest food memories are from my mother. She was a keen cook in my younger days, particularly of interesting recipes for entertaining. She enjoyed having a little helper, and I was always keen to learn (especially if the kitchen sessions came with tasting opportunities). Her scones, cakes, and sandwiches were often needed for community events. She made snacks for shearing gangs, baling teams, and cricket teas, and I loved to learn from her.

My grandmothers both lived in our village, too. My Dad's Mum liked to cook puddings and pies. A more generous cook you could never meet – she would gladly feed the whole street! When we visited, she always had the most amazing orange ice cream chocolates as a treat. I wish they were a thing now ... yum! My Welsh Granny was also clever in the kitchen. Her favourite dessert to make for us was honeycomb mould, which is a honey-flavoured set custard with a layer of jelly. She liked to eat ox tongue (canned in jelly), which I was not keen on, but she thought it was “choice”, which was how she used to say “excellent”.

Boarding school gave me one food hang-up ... beetroot. It used to be in our salads every day and it would go on everything, that puce vinegary stain creeping its way across the other tasty foods. I learnt to take cheese and biscuits instead, to avoid getting the heebie-jeebies!



Claire and a friend in those happy childhood days.

I have a love for cooking (baking in particular), which my older family has inspired. I have a huge collection of recipe books and I enjoy reading magazines and listening to podcasts about cooking ideas. My husband and I have done a couple of cooking classes to learn how to make kimchi and dumplings as our date night, which was fun.

My favourite foods, depending on the situation, can be a slowly scrambled egg on buttery toast, Asian flavours, a great warming bowl of homemade tomato soup, or any type of seafood. Cake is always appropriate and welcome! Homegrown vegetables always taste a million times better, and I think food is definitely one of the ways in which I show love for my friends and family.

I truly believe that kai is for sharing, and sitting around the table putting the world to rights is the simplest and most universal way to get to know new people or reconnect with loved ones.

A party without cake is just a meeting.

Julia Child

Nā Claire James

Use it or lose it!

I enjoyed reading people's memories of the village in the last issue of *Kōrero* and being reminded of what has been lost, as well as what has been gained in so many ways over the years. It occurred to me that this issue's theme of kai might provide a timely reminder of the importance of supporting our local dairy.

It was so kind of Greedy & Co. to give the dairy the heads-up about closing and suggest they take over the coffee. I am sure it has made a big difference to the new owners. The more we use the dairy, the better they can stock it. We all run out of the basics from time to time, and many of us have been grateful to know that we can run down the road and get what we need from our dairy when such

things happen. Without our own dairy, it would mean driving to the dairies in Paekākāriki or Plimmerton. Remember when an accident meant Pukerua Bay became a truck park for a couple of days? Where would we be if something similar or worse happened and we had no dairy?

My Dad, talking about corner shops in England, said that if everyone spent £5 in their corner shop each week, it would be enough to ensure their survival. I know \$5 a week may seem a lot to many, but even \$2 to \$3 could make a big difference. So, take my Dad's advice and support our local dairy. As he said, “Use it or lose it!”

Nā Kim Hollis



Pukerua Bay Residents' Association AGM, 20 October 2018.



Damien and Iesha, pictured by a Dominion Post photographer.

Manaaki given, manaaki received

Kim (above) recalls the time an accident entrapped hundreds of truck drivers on the road between Paekākāriki and Plimmerton. Damien and Iesha Stairmand initiated a community response, transforming the dairy parking space into a hub where drivers could rest, use the toilet, and enjoy a barbecue and hot drinks. Drivers said they had

never experienced such generosity and, in response, Mainfreight provided a delicious spread for the Residents' Association AGM.

To read more, see “Crash-impacted truckies embraced by Porirua locals” in *Stuff*, 19 October 2018. [stuff.co.nz/national/107993151](https://www.stuff.co.nz/national/107993151)

Bees in the Bay

You may have seen three wooden boxes in the Community Garden, with bees coming and going, and wondered, “Why don’t they look like all the other beehives I see everywhere?” or “Why are they here?”

It all started about six years ago when my vegetable garden had a bad year. I puzzled over why this was and remembered not seeing as many bees in the garden as in previous years. I started looking into keeping bees and found that the traditional Langstroth hives that are used extensively commercially require a lot of parts and equipment, all of which cost money. Not wanting to spend big, I looked deeper and discovered the Kenyan Top Bar Hive that can easily be made from a variety of materials, requires very little equipment, and is supposed to be better for the bees, so I decided that was the way forward.

I built my first hive (the one on the left in the photo) and got a swarm of bees from a friend. I put the hive in the Community Garden as I didn’t want them to bother my neighbours, and bees forage up to five kilometres, so I figured I was covered. I then made another hive, but this time put the word out to the Pukerua Bay community that I could relocate a swarm if they came across one. Since then, I have rehomed three swarms in the Bay.

I get enough honey for myself from the hives, and, boy, is it good, but I also get great pleasure in watching and caring for these extraordinary creatures. I built my hives with viewing windows so I can observe them without disturbing them. If you are interested in keeping bees, or just want to look in the hives, please contact me first. My mobile number is 0212366989.

Nā Neil Parsons



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Recipes from Pukerua Bay celebrations

We are delighted to share a couple of special recipes that have been enjoyed by many people at community celebrations in Pukerua Bay over the years – Martyn Bridge's giant pavlova and Karen Apperley's ginger biscuits.

Martyn's giant pavlova

Martyn's famous pavlova is a regular feature at the Year 8 Leavers Dinner held each year in the School and Community Hall. Martyn has also generously made it for school and kindergarten staff and whānau, and used the recipe in a cooking class for local students. Martyn recommends making this in a large roasting dish and says it will feed about 20 people, depending on the serving size.

500 grams egg whites
1 kg castor sugar
1 tbsp water
1 tbsp malt vinegar
1 tbsp vanilla essence
1 tbsp cornflour
1 tsp salt

Put all ingredients in a large bowl and mix with an electric egg beater for 15 minutes on high. Line a large roasting dish with baking paper, making sure that the paper hangs over the sides of the dish. Bake at 150°C for one hour, and then remove from the oven straight away. Smother with whipped cream and your favourite toppings.

Karen's gingerbread biscuits

Karen Apperley's well-loved ginger biscuits have been made for Pukerua Bay events such as the School and

Community Gala for 25 years. Tweaked and refined over time, this recipe has been shared and enjoyed by many whānau. This recipe makes about 20 biscuits. The biscuits are often shaped into gingerbread people (with buttons and eyes) or decorated Christmas trees.

400 grams plain flour
1 tsp baking soda
2 tsp ground ginger
100 grams butter
100 grams soft brown sugar
100 grams white sugar
4 tbsp golden syrup
1 large egg (or two small)
Currants or M&Ms to decorate

Pre-heat the oven to 180°C. Lightly grease three baking trays.

Measure the flour, baking soda, and ginger into a bowl. Rub in the butter until the mixture resembles fine breadcrumbs, then stir in the sugar. Beat the egg. Add the syrup and beaten egg to the flour mixture and mix to form a smooth dough, kneading lightly with the hands towards the end.

Divide the dough in half and roll out one half on a lightly floured surface to a thickness of about 5 mm. Cut out the gingerbread people using a shape and place them on the prepared baking trays. Use currants or M&Ms for eyes and buttons. Repeat with the remaining dough.

Bake for 10–12 minutes until a slightly darker shade. Cool slightly, then lift onto a wire rack and leave to cool completely.

Community garden report

It's autumn harvest time at the Community Garden.

We grew fabulous pumpkins this year and will give the biggest one to the Hub for the Matariki hāngī and share the rest with the workers. Shield beetle has been a huge pain, especially to our tomatoes and beans. Any good knowledge for their eradication is welcome.

The apples and pears have been great. Over winter, all the fruit trees will need to be pruned, and we will try to get on top of bugs and diseases. We are now preparing the different beds to



rejuvenate over winter, ready for spring planting. We hope you have loved the beautiful dahlias.

Come and join us for a work session – 10am to noon on the second Saturday and last Wednesday of the month – or just come for a walk to enjoy this community space.

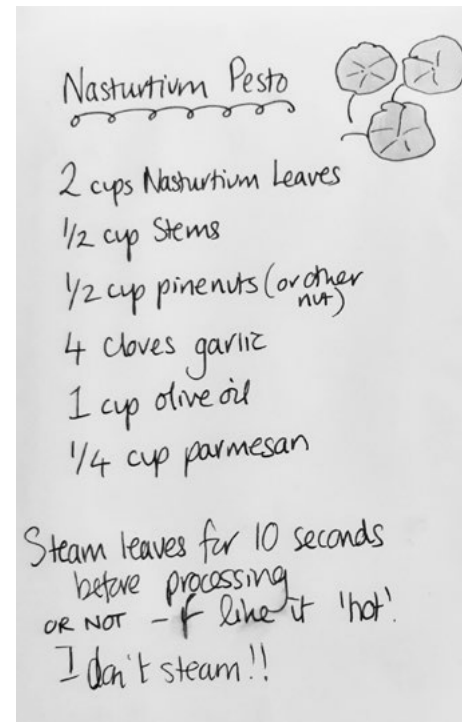
Nā the Community Garden and Food Forest whānau

The power of kai

Food is fuel. It's the energy that makes our body not only survive but thrive. We need all the nutrients, vitamins, minerals, and other essential things that make up what we eat to keep the mechanics of our body working. More than this, though, food is kai. It's spiritual. It connects people and it feeds your soul. You know how you feel when you eat one of your favourite things. It's an experience that often equals joy. So often at the caravan, I saw the impact of someone enjoying a piece of brownie if they'd had a bad day. I'd see people experiencing the warm fuzzy feeling of biting into a homemade pie, or the deep release of tension knowing the responsibility of cooking had been absolved as they picked up a family meal.

Food, fuel, soul; never underestimate the power of kai.

Nā Sarah Nelson (Sarah from Greedy)



Vicky Griffin's nasturtium pesto was a highlight of the community supper held to celebrate the final climate action workshop last year. Is a new Pukerua Bay classic on the way?

A short history of Pukerua through the eyes of a potato

Te Rauparaha planted and harvested kūmara regularly at Pukerua. Jerningham Wakefield passed through Pukerua Bay in 1839 and saw “two or three hundred acres for native potato-gardens.” In 1845, the Bevan children, who walked from Wellington to Waikawa with a Māori guide, stayed overnight at Pukerua. They were given potatoes, kūmara, fish, and potato bread by Kahe te Rau o te Rangi.

The Māori census published by the House of Representatives in 1906 made special mention of a successful Māori farmer at Pukerua. He planted two acres with three varieties of potatoes. The



Photo nā Ashley Blair

Derwents were a complete failure because of potato blight, but his Huakaroro and another variety, possibly

Red Dakota, were highly successful. These were, recorded the census enumerator George Davies, “stored in what to me was quite a new and certainly a most effective way, instead of being stored in a shed or pit.”

This new and effective way was a seventeen-foot by five-foot horizontal frame four feet above ground level. Slats on the frame were covered with mānuka. The potatoes were placed on the slats and then covered over with loose fern six inches deep. Battens were nailed along the sides and ends of the frame.

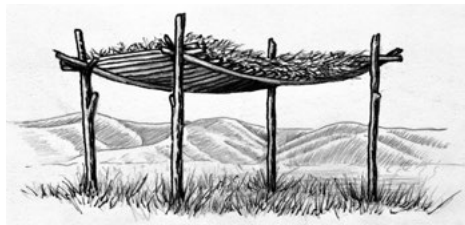


Illustration nā Pauline Morse

Although the Māori farmer was not named in the report, it was highly likely to have been Ringi Horomona who, with his wife Amiria, had been farming at Pukerua for four years. His potato storage method became well known through newspaper and magazine articles.

A full-page item entitled Pukerua Bay is Calling in the Dominion Christmas Number of 1929 noted the climate and soil were very favourable to gardeners: “... the soil is rich and fertile; there can be produced exceptionally early vegetables – new potatoes ... have been known to be ready for the table by the latter end of July. Planted at Easter and growing steadily during the winter months, potatoes of a good size ... have been gathered long before the average gardener has deemed it fit to sow.”

Morton Smith-Dawe Ltd. sell Huakaroro seed potatoes from mid-May. They are described as: “Waxy, great for boiling with a buttery taste. Good keeper.” Huakaroro may yet again be Pukerua Bay’s favourite potato.

Nā Ashley and Margaret Blair
[He Ara Pukerua.pukeruaheritage@gmail.com](mailto:HeAraPukerua.pukeruaheritage@gmail.com)
 Adapted from a post on [facebook.com/HeAraPukerua/](https://www.facebook.com/HeAraPukerua/) 24 June 2022

Your local councillor

Josh Trlin, councillor for the Pāuatahanui General Ward



Kia ora! My name is Josh Trlin. I'm one of your local Pāuatahanui General Ward councillors and I want to hear from you.

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Pukerua Bay gala

\$25,000 raised – thank you!

It was amazing to welcome so many people to our gala! You helped us fundraise a lot of money that will support excellent learning initiatives for our school.

On behalf of the Pukerua Bay School Fundraising Trust, thank you for coming!

Our Gala is no easy feat to organise, and every family has a role to play – thank you to our school families and community for digging in deep and making this a gala to remember.

Keep your eyes peeled for our raffle and other fundraisers in the next two terms.

Thank you, Village!

Nā Rebecca Martin and the gala team



Kai is always a big part of the attraction at the gala!



Aroha mai, aroha atu – caring for one another

Next issue

The theme for the next issue is “music and Matariki”. We welcome your contributions of stories, photos, poems, articles, or community notices.

Kōrero relies upon its advertisers and sponsors to keep going. Please get in touch if you're interested.

The copy deadline for the next issue is 1 May. Our email address is newsletter@pukeruabay.org.nz



Kāpiti homeopathy for children

Our group of well-experienced homeopathy practitioners is offering free clinics for children aged 12 and under. We will be operating the clinics one Saturday every month.

Contact kapitihomeopathyforchildren@gmail.com for information and appointments.

Our team

Kōrero is brought to you by Kate Dreaver, Gill England, Carla Guy, Jonathan Harker, Anne Johnston, Moira Lawler, Iain MacLean, Kelly McLean, and Nikky Winchester.

It is supported by the Pukerua Bay Residents' Association and by all our valued contributors, sponsors, and advertisers.

Advertising and sponsorship

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Advertising rates for **five issues** start at just \$50 for a local listing (see opposite); \$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 pukeruabay.org.nz 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 would prefer not to receive a newsletter in your letterbox, please let us know. And, if you have suggestions for the website, please email: newsletter@pukeruabay.org.nz

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Events calendar

- 25 April Pukerua Bay ANZAC Day commemorations (see p. 16)
- 14 May Residents' Association meeting, 7.30–9.00pm, RSA, Wairaka Rd
- 11 June Residents' Association meeting, 7.30–9.00pm, RSA, Wairaka Rd
- 22 June Pukerua Bay Matariki celebration

To list an event in the June issue, please email by 1 May: newsletter@pukeruabay.org.nz

Pukerua Bay ANZAC commemorations, 2024

You are warmly invited to take part in this year's ANZAC commemorations.

8.00am	'Stand to' at the RSA Clubrooms, 5-7 Wairaka Road, followed by light refreshments.
11.00am	Community Remembrance Service, Pukerua Bay School and Community Hall, Rāwhiti Road.
11.30am	The RSA Clubrooms will be open for companionship and refreshments.
Noon	Wreath laying ceremony at the Wall of Remembrance, Whenua Tapu Cemetery, Airlie Road.

We will remember them

E kore rātou e kaumātuatia

Pēnei i a tātou kua mahue nei.

E kore hoki rātou e ngoikore

Ahakoia pehea i ngā āhuatanga o te wā.

I te hekenga atu o te rā

Tae noa ki te aranga mai i te ata.

Ka maumahara tonu tātou ki a rātou

Ka maumahara tonu tātou ki a rātou.

They shall grow not old, as we that are left grow old.

Age shall not weary them, nor the years condemn.

At the going down of the sun, and in the morning,

We will remember them.

We will remember them.

"For the Fallen" by Robert Laurence Binyon (1869-1943), published in *The Times* on 21 September 1914

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