

# Kōrero

News and stories from Pukerua Bay

Vol 4, Issue 4  
August 2024



*"Kotaha", by Maringi Campbell*

## Kia ora

The theme for this issue is hauora, a Māori philosophy of wellbeing founded on the understandings that: i) all aspects of wellbeing – emotional, spiritual, physical, psychological, and relational – are intertwined, and ii) our hauora is also intertwined with that of the environment.

Our beautiful cover image comes from Maringi Campbell, who explains how painting has become a means to express her creativity, connect with her culture, and find peace (p. 3).

Katrina Meggett (p. 4) explains the benefits of nature for health and wellbeing, and Heather Atkinson shares how she achieves these benefits through walking with others (p. 5).

Pamela Meekings-Stewart and Iain MacLean take us into the spiritual realm, with Pamela sharing the story of The Woolshed (p. 7), and Iain discussing the role of faith in maintaining hauora through illness (p. 8).

The Community Garden and Food Forest whānau has an exciting new development to report, with the establishment of a rongoā Māori garden (p. 8), while Pat Hanley describes the health benefits of kawakawa, already abundant in our local environment (p. 9).

Tony and Helen Jackman recently left Pukerua Bay, but their legacy remains, particularly through Tony's mahi in understanding and restoring the taiao (natural environment) (p. 10).

The Hub is setting up a Pop-up Parlour to be run in St Mark's over August and

September (p. 11). This will be just in time to host some of the events that are part of the Climate Action Group's Spring Series (pp. 12–13, 15).

Hauora forms the foundation of the school's new 'local curriculum' (p. 13). Our tamariki are working to craft the world they want to live in and we, as a community, are here to help them achieve it!

Many of the activities promoted in this issue had their genesis in the Residents' Association (RA) and its participation in Porirua's village planning process. The RA holds its AGM on 30 October (p.9). Do go along to hear what is happening and share your thoughts.

November's issue will have the theme 'writers and writing'. We're keen to hear from those of you who write for business and for pleasure. We're also interested in items from other people who are part of the complex business of taking a text and bringing it to life through design, illustration, editing, printing...

Finally, Pelorus Trust have kindly provided us with another grant. We are truly thankful to them, and to the advertisers who continue to place their faith in us. Ngā mihi nui.

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*Waiho i te toipoto, kaua i te toiroa.*

Let us keep close together, not wide apart.

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We acknowledge mana whenua of Pukerua Bay, Ngāti Toa Rangatira. For Ngāti Toa news, see [ngatittoa.iwi.nz](http://ngatittoa.iwi.nz)

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*He oranga ngākau,  
he pikinga waiora.*

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*Positive feelings in your heart will  
enhance your sense of self-worth.*

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## Kotaha

The inspiration for the collage you see on this issue's cover is kotaha, the frigate bird. Many of my paintings feature the kotaha. It's a very significant bird to me culturally, as a Pacific person. I've published my poetry under the Kotaha Press.

Collage is new for me. I love bright colours, and, in my darkest hours, my paintings were filled with colour. It kept me going.

I started creating paintings over the Covid period, when I became very anxious. It was a way of calming myself down. I guess you could use the term 'mindfulness'. I could sit all day, and just paint, and feel at the end of the day that I had done something productive. Now I paint to maintain some form of creativity, as I feel it's important for me and concentrates my mind. I've sold some paintings, but mostly just enjoy having them on my walls. Because many are layered, they take me a long time.

I would encourage everyone to give it a go. It really doesn't matter what others think about your art; it's more about how it makes you feel.

Nā Maringi Campbell

See [facebook.com/profile  
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# Four health and wellbeing benefits of nature

It's that time of year when it can be dark, cold, and wet. Often, the warmth and comfort of the living room is more attractive than a stroll along Pukerua Beach, pottering in the Community Garden, wandering along the Escarpment Track or Raroa Reserve, or even just sitting in the garden. But research shows several benefits for getting out into nature.

So, pull on those gumboots, grab a Swannndri, and let's step out the front door. Because...

## 1. Nature decreases stress

Think of the sound of waves on the beach or the wind in the trees, and the play of light on water. Studies show nature has a calming effect on the body by reducing heart rate and other physiological indicators of stress, including levels of the stress hormone cortisol. They suggest a similar influence on anxiety.

## 2. Nature lowers depression and improves mood

Turns out that walking in nature changes the brain in ways that walking down a busy road doesn't. In other words, nature boosts mood. In research from the University of Essex, UK, for instance, almost three quarters of survey participants felt less depressed after going for a walk in the countryside, while 94% of people with a mental illness felt more positive as a result of their contact with nature. Besides the calming effect of being in nature, the mood-boosting outcome is also attributed to the increased physical activity and Vitamin D from sunlight.

## 3. Nature improves brain power

Problems with attention, concentration, memory, or mental fatigue? Studies suggest getting out into nature can help, thereby improving performance of certain cognitive tasks. It's put down to nature's calming influence again, because there's less stimulation and information to process compared with urban environments.

## 4. Nature improves health conditions

It's not just mental health for which nature is a tonic. Research also shows that other health conditions can be improved through exposure to nature and being physically active outdoors. These include conditions such as attention deficit hyperactivity disorder (ADHD), high blood pressure, and respiratory and cardiovascular disease.

So, what are you waiting for? There's a beach just down the road!

Nā Katrina Megget



# Walking groups

Most weeks over the last 10 or so years, locals have seen me and some friends walking to the station, carrying a small backpack and walking pole. I've been asked to write a little about what we're doing.

I belong to two walking groups – Kāpiti Wanderers and the Kāpiti Wednesday Walkers. These are informal groups, predominantly made up of retired people from the Kāpiti Coast, but open to anyone.

The Kāpiti Wanderers head out on alternate Tuesdays. These walks are approximately two hours long, and end with lunch at a café or picnic area. Once on the email list, information about the next walk is sent out on the weekend prior to the walk or can be found on the website. [sporty.co.nz/kapitiwanderers](http://sporty.co.nz/kapitiwanderers)

The Wednesday Walkers meet on alternate Wednesdays and walk for two to four hours. We take public transport where possible, but occasionally carpool. The walks can be anywhere from Ōtaki, Kāpiti Coast, Porirua, Wellington, and the Hutt Valley and require reasonable fitness. The group meets twice a year

for members to volunteer to lead walks and decide upon a six-month programme. This is sent to members and can be found on the group's website or Facebook page. [sporty.co.nz/kapitiwednesdaywalkers/](http://sporty.co.nz/kapitiwednesdaywalkers/)

There is also a Kāpiti Thursday Walkers group who go every Thursday to somewhere on the Kāpiti Coast. They meet at the selected starting place at 10am and walk for approximately two hours. These are usually flat walks. A three-month programme is available on their website. [sporty.co.nz/kapitithursdaywalkers](http://sporty.co.nz/kapitithursdaywalkers)

I enjoy the company, and the groups have enabled me to experience a huge number of walking trails from Ōtaki in the north to all parts of Wellington and the Hutt Valley. The walks have taken us through wonderful bush, beside rivers and streams, along the coast, and over many hills, with great views of all parts of our region. Even now, members keep discovering new trails for us to try. We go in most weather, although the walk may be adapted if tracks are too slippery.

Nā Heather Atkinson



*Wednesday walkers on the Makara Peak bike and walking track.*



# The Woolshed

Thirty-four years ago, I went looking for a home and some land to open a small wellbeing retreat. My criteria were: a view of the sea, pure spring water, native bush, within commuting distance from Wellington, and free of power pylons. It took me three years to find the perfect place and, on a breathless, crisp, sunny day in August, I stepped onto the land and knew I was home. You could say that the land sang to me. A farm of 136 acres, clothed in 40 acres of native bush, including some of the last remaining stands of kohekohe on the Kāpiti Coast, situated on the eastern hills of Pukerua Bay, and looking out over the sea and Kāpiti Island, had captured my heart. I couldn't afford to build a house, so I had the original woolshed converted into personal living quarters, as well as a work and seminar space. The property is, of course, called The Woolshed!

Nature in all her hues and moods is nurtured and respected here. It is a place to celebrate Spirit in Nature and to be healed by Her. Here we celebrate the turning of the Wheel of the Year in Aotearoa New Zealand by holding Druid festivals, appropriate to the seasons, approximately every six weeks to connect with the land and Her tides and times. These are the two solstices (Winter and Summer), the two equinoxes (Spring and Autumn), and the four cross-quarter festivals – Imbolc, Beltane, Lughnasadh, and Samhain. Within our seasonal festivals we honour both Celtic and Māori traditions, which weave beautifully together. We also have



a native tree-planting programme and are always keen for offers of help for our frequent working bees. A women's group meets monthly on the Full Moon and a small yoga group meets on a Sunday morning.

I am the 'modron' of this little piece of paradise and, as well as hosting seasonal gatherings, I keep busy doing one-to-one life coaching, Wheel of Segais readings (based on my book, *Living Treefully*), and have two small bookable retreat cabins for 'time out'. I am also a registered marriage and civil union celebrant.

nā Pamela Meekings-Stewart  
[thewoolshedretreats.co.nz](http://thewoolshedretreats.co.nz)

## Viniyoga classes with Michaela

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# Keeping the faith

In November last year, when my haematologist told me that, after 13 years of treatment, they had run out of publicly-funded options for treating my myeloma, and I possibly had only a few weeks left to live, it was a bit of a shock. “You could be dead by Christmas,” were his exact words, as he laid out the worst-case scenario. And yet, here we are, in the second half of the new year, and I’m still hanging around—a bit slower and shorter than before—but above ground!

They did have some older treatments to reuse, which seem to have kept me going. Modern medicine is a wonderful gift from dedicated researchers and clinicians, and my experiences have given me great confidence in science-based treatments. However, what part does faith, in its broadest sense, play in helping us when we are sick?

I’ve been a practicing Buddhist for many years and, now that I’m officially retired, I’ve had more time to focus on my practice. There are some prayers for healing and a long life I do regularly. Previously, I would have been reluctant, sceptical, and probably a little embarrassed to discuss this publicly,

but I have come to accept that my faith is probably helping me. I can’t prove it is keeping me alive, of course, but it is certainly helping me accept what is happening to my body and mind.

I know there are plenty of people around, including some in my immediate family, who don’t hold with this spiritual malarkey and would rely solely on science-based medical treatment. But isn’t that reliance just another type of faith? Unless we give up on getting well or staying alive, we will have faith and confidence in something we hope will help us.

I think we are in a stronger emotional and physical position when we accept that we, and the people helping us—whether they are doctors and nurses, good friends, wise family members, counsellors, social workers, kaumātua, pastors, or monks and nuns—want to do whatever is best suited to us to navigate this tricky path of sickness and maybe dying.

So, keep your faith, whatever it is in, and use it to cope with what is happening to you. I’m confident it will help.

Nā Iain MacLean

## Pukerua Bay Residents’ Association



The Pukerua Bay Residents’ Association will hold its 2024 Annual General Meeting on **Wednesday 30 October** at the RSA, Wairaka Rd.

The programme for the AGM will be posted on the website [pukeruabay.org.nz](http://pukeruabay.org.nz) no later than a week before the meeting. If you are interested in coming onto the Committee, or have matters you would like discussed at the AGM, please email [secretary@pukeruabay.org.nz](mailto:secretary@pukeruabay.org.nz)



## Creating a rongoā Māori garden for Pukerua Bay

Over the years of planning, we've occasionally mentioned the idea of having a rongoā Māori (Māori medicine) garden at the Pukerua Bay Community Garden and Food Forest. Partly prompted by a visit from a local tree crop association, the idea crystallised, and potential areas were considered.

The selected spot on the southern boundary was swamped in Cape Ivy. Luckily, the Council was able to help, and a team cleared a substantial area for us. At the recent Winter Clean-up, some of the area was mulched with sacks, cardboard, and compost. Meanwhile, we were delighted to be awarded a grant from the Wellington and Horowhenua Tree Crops Association for this project.

We want this to be a long-standing asset for the community, so we have been seeking advice and input. To date, Pania Solomon of Ngāti Toa has been contacted for a tangata whenua perspective. John Wraight from Paekākāriki Community Garden visited and gave us advice on the use of nursery trees and how best to plant

into the fairly steep slope and keep on top of the Cape Ivy. We visited Andrew Jinks, the Senior Nursery Technician at the Porirua City Council Nursery. He gave us a suggested list of trees and valuable advice on maramataka (planting and harvesting with the moon). We'll be caring for some of the purchased trees at the Pukerua Bay School shadehouse while we wait for the optimal time for planting.

This project is being led by locals Ara and Ralph, who are keen to incorporate tikanga Māori and learn more about rongoā Māori plants and uses to develop the most effective and appropriate plan for this exciting development. It's a big job and, as the seasons roll through, we'll give updates on progress and how people can get involved.

Nā Jane Comben, Gay Hay, and Ara Swanney  
[facebook.com/PukeruaBayCommunityGarden](https://facebook.com/PukeruaBayCommunityGarden)

*Top right: Visit from John Wraight, Paekākāriki Community Garden  
 Top left: Proposed area on the southern boundary of the garden.*



# Kawakawa tea

Our environment is full of health-giving flora and fauna, and one of the best examples is kawakawa. We are lucky to have kawakawa growing wild in many places in Pukerua Bay.

Kawakawa had many uses in rongoā Māori, including to relieve toothache and gastro issues and as a balm for a range of skin conditions. It's a blood purifier that aids digestion and reduces inflammation. Its medicinal properties are currently being studied by the University of Auckland, in partnership with hapū-owned Wakatū Incorporation from Te Waipounamu.

Kawakawa can be made into a refreshing

tea, drunk hot or cold as a tonic. It has a mild, peppery flavour. The recipe is simple. First, choose the leaves closer to the stem, with a slight spoon shape where they meet the stalk. You want the ones with holes, as the caterpillar chooses the most potent. Place a handful (6 to 9 leaves) in a small saucepan. Add about a litre of water and bring to boil. Once it has boiled, turn off and leave to steep for one hour. Strain and drink or, if preferred, bottle for the fridge. You can make it stronger or weaker to taste.

Keeps for a week to 10 days. (Admittedly, it's never lasted that long in our house.)

Nā Pat Hanley

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# New beginnings for two iconic residents

You've seen the man walking up and down the highway collecting rubbish. It's an important community service, but there is much more to Tony Jackman than you might realise.

It's no hyperbole to call Tony a luminary in the world of landscape architecture. An early horticulture student, Tony discovered landscape architecture through Rachel Carlson (author of *Silent Spring*). He went on to have a notable national and international career, including consultancy with Boffa, Jackman, and Associates, teaching at the University of Massachusetts, and research with DSIR. Tony was the founding president of the NZ Institute of Landscape Architects. His passion for the environment has been a gift for Pukerua Bay, where Tony and partner Helen have lived for 30 years.

Helen taught in local schools and Tony threw himself into local environmental projects. His energy and vision started Secret Valley, a classic example of a community getting on and making things happen. He has a special gift for inspiring young people to get involved and some can still identify the tree they planted. (See *Kōrero*, Vol 3, Issue 1.)

Tony sees Pukerua Bay as a landscape that gives him a unique perspective on our history and future. He can identify the waterways, significant landscapes, and important trees.

Tony and Helen are downsizing, which sadly takes them out of Pukerua Bay. We wish them all the best for the next stage of their lives and thank them for their contribution.

Nā Moira Lawler

## 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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#### CONNECTING PUKERUVIANS ACROSS OUR VILLAGE

For two months, the Pukerua Bay Hub will facilitate a pop-up space to support our community in hosting events and activities for connection, collaboration, and sharing.

Currently, planned events include a crop swap, climate presentation, local business showcase, and recycling drop-off afternoon.



**PUKERUA BAY**  
**HUB**

Check out [pkbhub.org.nz](http://pkbhub.org.nz) or follow Pukerua Bay Hub on Facebook to join the community vibe!



PKB Hub

**LAUNCH PARTY! Friday 16 August** with burgers and family fun.

# Climate action update

Read the latest about our community's ongoing mahi to combat climate change.

## Inquiry into climate adaptation

Late last year, the Climate Action Group made a submission to a Parliamentary Select Committee inquiry into community adaptation to climate change (<https://www.pukeruabay.org.nz/b/6rh>). They liked our submission, and Conor Twyford and Iain MacLean spoke to them on 16 July. We asked them to recommend that when councils review their district plans, they add a requirement to consider the impact of climate change on all new housing developments.

## Rongoa Māori

The Food Forest and Community Garden whānau has begun establishing a medicinal garden based upon the principles of mātauranga Māori (p. 8).

## Storytelling

The Climate Action Group is keen to collate stories of what people in our community are doing to mitigate and adapt to climate change, be it in their private or professional life. We'd love you to share your stories through the *Kōrero* email address. Please include your name and contact details. [newsletter@pukeruabay.org.nz](mailto:newsletter@pukeruabay.org.nz)

## Climate Action Spring Series

Our Spring Series offers opportunities for practical action and to hear from two fascinating speakers, with ideas to motivate and inspire!

**Pukerua Bay crop swap:** Swap what you have for what you need! It might be a prized pumpkin, stash of banked seed, auntie's plum pudding, homebrew, home-dried herbs... My Bihome's BBQ will be fired up and ready to cook your newly acquired kai, or anything you bring along to cook. What a great opportunity to share gardening, brewing, fermentation, and composting knowledge, while enjoying the fruits of your neighbour's labour!

*More about My Bihome:* Megan Melidonis, a local marine biologist and conservationist, created My Bihome to help provide people with strategies for sustainable living while navigating the bustle of everyday life. [mybihome.org/home](http://mybihome.org/home)

### Community recycling collection:

Bring along your used bottle tops, tin foil, and batteries to dispose of in an environmentally friendly way.

**Pathways to carbon neutrality:** Can the Wellington region achieve carbon neutrality by 2050? Long-time resident Mike Jebson worked with the Waikato Regional Council to develop *Te Āki Tūroa/Nature+ Framework and Plan*. *Te Āki Tūroa* offers a cost-effective pathway for reducing and offsetting the region's greenhouse gas emissions by restoring its indigenous biodiversity and promoting resilience to climate change. What are the lessons we could apply here?

*More about Mike:* Mike has devoted his career to natural resource management and addressing environmental and

conservation issues and challenges, including national leadership roles addressing climate change. He is director of Southern Falcon Consulting Limited. [southernfalcon.co.nz](http://southernfalcon.co.nz)

**Escarpment Domes:** You've seen the ads for Floruit in *Kōrero*, and you may have noticed, on the skyline, the domes being built on the escarpment. But what for, and why? Come and learn the stories behind this fascinating new initiative offering “destination tourism” while caring for the whenua. Pukerua Bay is just the start – where better?! Then share a relaxed drink and some good conversation.

*More about Floruit:* Hugh Evans, Blair Boswell, and Aaron Hawkins are friends who share a long-term vision for biodiversity recovery and building stronger communities. They established social enterprise company Floruit to turn their vision into reality. [floruit.nz](http://floruit.nz)

See page 20 for details on when and where these events will take place.

## Creating the world we want to live in

Pukerua Bay School is in its first year of implementing a local curriculum. A local curriculum is intended to encompass the priorities, needs, and interests of a whole school community. When it came to crafting the Pukerua Bay local curriculum, we knew it had to be a true reflection of our shared histories, natural environment, and vibrant community. In collaboration with our staff, ākonga, and whānau, we shared our aspirations and came up with a joint understanding of our school's local curriculum's guiding principles. These are the foundational philosophies that underpin what we do, and why.

Our underpinning principle, “Hauora is our foundation”, recognises the value of developing a strong sense of self in relationship with others and our world. We believe that cultivating emotional, social, mental, and physical health is critical for our learners to thrive.

At the start of each learning journey, we ignite curiosity and as we reflect on our journey, we “Tell the World” what we have been learning. This term, learning was celebrated in the form of a learning showcase with the theme of “Food, Fire, and Storytelling.” The learning showcase was driven by what our students were learning and what ignited their curiosity. We will continue with this journey next term, but it was great to stop and reflect on what had been learnt so far.

Nā Aretha Harris and the staff  
of Pukerua Bay School





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KATRINA MEGGET  
COACHING

----- #OWNYOURAWESOME

**Floruit** is a social enterprise with biodiversity recovery at its heart.

**Our first project is launching very soon,**  
and where better to do it than right  
here in Pukerua Bay?

Join us on this exciting journey  
**[www.floruit.nz](http://www.floruit.nz)**

A stylized, minimalist landscape illustration in shades of grey and white. It depicts a body of water in the foreground, a dark shoreline with a white, winding path or beach, and distant, low hills under a light sky.

**floruit**

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# Aroha mai, aroha atu – caring for one another

## Next issue

The theme for the next issue is writers and writing. 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 **6 October**. Our email address is [newsletter@pukeruabay.org.nz](mailto:newsletter@pukeruabay.org.nz)

## Our team

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

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

## 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 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.

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



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*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](http://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](http://pkb.nz/korero) or via this QR code.



## Support our local businesses!

Mark Minenkoff	Registered electrician	027 449 4651
McClellan Electrical Services Ltd	Registered electricians	027 306 7119
Gabriele	Piano and marimba lessons	021 073 4386 <a href="mailto:uriele@urielepianomusic.com">uriele@urielepianomusic.com</a>
Denise Uschmann	Ti Kouka Yoga	022 392 0877 <a href="mailto:tikoukayoga@uschmann.ch">tikoukayoga@uschmann.ch</a>
Michael Beaumont	Mowing and gardening	021 0239 4689 <a href="mailto:michaelfbeaumont@hotmail.com">michaelfbeaumont@hotmail.com</a>
Ian Leigh	Coastal Floor Sanding	027 7772639 <a href="mailto:ian@coastalfloorsanding.co.nz">ian@coastalfloorsanding.co.nz</a>

## Events calendar

**16 August –**

**22 September:** Pop-up Parlour, St Mark's, Rāwhiti Road (see p. 11)

**22 August:** Tennis Club AGM, 7.00pm, Pukerua Bay Tennis Club, Rāwhiti Road

**25 August:** Pukerua Bay Crop Swap, 3–5pm, St Mark's, Rāwhiti Road

**31 August:** Community Recycling Collection, 3–5pm, St Mark's, Rāwhiti Road

**8 September:** I Love Tennis 10am–2pm, Pukerua Bay Tennis Club, Rāwhiti Road

**10 September:** Residents' Association meeting, 7.30–9.00pm, RSA, Wairaka Rd

**15 September:** Raumati South Repair Café, 10am–1pm, Raumati South Memorial Hall, 16 Tennis Court Rd, Raumati South

**22 September:** Pathways to Carbon Neutrality, 3–5pm, St Mark's, Rāwhiti Road

**8 October:** Residents' Association meeting, 7.30–9.00pm, RSA, Wairaka Rd

**20 October:** Escarpment Domes Regenerative Tourism, 3–5pm, RSA, Wairaka Rd

**30 October:** Residents' Association AGM, 7.30–9.00pm, RSA, Wairaka Rd

**12 November:** Residents' Association meeting, 7.30–9.00pm, RSA, Wairaka Rd

*To list an event in the November issue, please email by **6 October:** [newsletter@pukeruabay.org.nz](mailto:newsletter@pukeruabay.org.nz)*



PUKERUA BAY CLIMATE ACTION

# spring series

3 to 5pm

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1.

## PUKERUA BAY CROP SWAP

**Sunday 25 August, St Mark's, Rāwhiti Road**

The Village's first ever food exchange event. Bring along your homegrown kai, seeds, compost or worm wee, your baked goodies, your homebrew, or fermented goods to swap or share. A BYO BBQ will be available.

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2.

## COMMUNITY RECYCLING COLLECTION

**Saturday 31 August, St Mark's, Rāwhiti Road**

A collection point for plastic bottle tops, wine bottle tops (with plastic seal removed), tin foil, batteries (standard household A, AA, and button)

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3.

## PATHWAYS TO CARBON NEUTRALITY

**Sunday 22 September, St Mark's, Rāwhiti Road**

Mike Jebson shares how local areas and regions can become carbon neutral through nature positive restoration programmes that support improved biodiversity, water quality, erosion reduction, and land resilience.

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4.

## ESCARPMENT DOMES REGENERATIVE TOURISM

**Sunday 20 October, RSA, Wairaka Road**

Floruit shares the story of the Escarpment Domes, a new social enterprise in Pukerua Bay offering destination accommodation that helps native forests with each visit.

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**All ages welcome and koha is appreciated.**

For more information please visit [www.pukeruabay.org.nz/climate-change](http://www.pukeruabay.org.nz/climate-change)

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