

KIA ORA

PŪHARAKEKENUI POST



You found a cache!

Here are your Pūharakekenui Post Prompts. I'm here for participation over perfection. Even if you just have a few minutes to complete the activity, that's just fine. No judgement. You don't have to do the activity here - you're welcome to do it at another place you've seen on your adventure today, or take it home and finish it later.

When you drop or post your card back, I'll scan it. It might become part of a community generated mapping of the Pūharakekenui | Styx River Catchment. It might make its way online to the Pūharakekenui Styx Living Laboratory website and instagram, and it might even be exhibited in a gallery. Written messages may also be shared in the same places, and excerpts from these may be used to create poems or feed into other writing.

Please leave these instruction cards, the pencil sharpener, eraser, and other cards here for others to find. You are welcome to take a pencil! If supplies are out or running low please send me an email to puharakekenui@letterboxes.org

Ngā mihi nui - my thanks,

Khye

DRAW

Draw on the front of a blank postcard.
Here's a few ideas for what you could draw.

- ✦ A scene from somewhere along Pūharakekenui | Styx River (if you live alongside the river, draw me your secret garden view?)
- ✦ A friend, leaf, animal, fish, plant, cloud or ripple, that you've seen while on your adventure
- ✦ A pattern or a squiggle that looks like how your visit made you feel
- ✦ A representation of your journey to the river
- ✦ A memory of the river
- ✦ How you imagine the river might look in the future

WRITE

Write on the back of the card you've drawn on (or if you really don't want to draw, use a card with an image to write on). You can use one of the prompts below and on the next page if you like, but you don't have to.

Regardless of what you write, please:

- ✦ Sign your name & date
- ✦ If you are able to, please note your longitude and latitude coordinates for where you completed (or collected) this card along the river. A quick way to do this is to go onto google maps and tap on the location you want coordinates for.
- ✦ Are you enjoying being in Te Taiao (nature?) a lot of these spaces were paddocks until recently. You can use this space to write a thank you note to mana whenua for sharing their land and knowledge, and to the planners, and conservation workers who are transforming this space.

WRITE

- ✦ Slow down and tune in. Close your eyes if it feels good. Take 5 deep slow breaths. When you're done, describe something you can hear, something you can smell, something you can feel, something you can see. Taste is optional if you brought a snack; nibbling on nature is not recommended unless you're confident you know what you're trying!
- ✦ Describe how you imagine the river might look in the future
- ✦ Tell me your story about Pūharakekenui | The Styx River
- ✦ Take a moment to think about where you've been. Describe your journey along the river today, or your journey to get home from here.
- ✦ If you could kōrero with the awa, what would you say? Write a letter to the river.

Return your completed card. You can drop cards off for free at

- ✦ Pūharakekenui Styx Living Laboratory, The Christine Heremaia Field Centre, 75 Lower Styx Road
- ✦ Drop to Christchurch City Council Reception, Attention Antony Shadbolt
- ✦ Drop at The Physics Room Gallery
- ✦ Drop in a Pūharakekenui Post Box at Smacks Creek, Styx Mill Conservation Reserve, Te Waoku Kahikatea.

Or pop a stamp on it and post it to:

Pūharakekenui Post,
75 Lower Styx Road,
Bottle Lake,
Christchurch 8083



DRESS

SEND

The illustrated cards here are for you to send or gift.

- ✦ send or give one to a friend or whānau member you think would love the place you visited. Tell them three things you appreciate about them. Explain why you think they'd like to visit where you went. Bonus points if you can get them to meet you here for a hīkoi/walk together. Extra bonus points if they then send their own Pūharakekenui Post
- ✦ Use an illustrated card to write to your local reps (community board/council) to tell them how much you enjoyed this space and how important it is for them to keep supporting it for future generations.
- ✦ Send an illustrated card with a nice note to the Pūharakekenui Styx Living Laboratory Team - they're about to go into the winter season of maintaining these beautiful areas and sometimes the weather makes it a tough gig!

SEND

It's all political! What makes you grateful to be here? The puna (springs) near Te Ngahere o Kāputahi (Rongoa Demonstration Site), have long been used in rongoa (healing) by mana whenua, and have only been restored in the past 20 years. Restoring ecosystems and planting forests helps in the quest to mitigate climate change. The plan for this catchment is a walk that you can enjoy "from the river to the sea". You could use this moment to write to an MP about:

- ✦ Honouring Te Tiriti o Waitangi
- ✦ Calling for a permanent ceasefire and free Palestine
- ✦ Valuing Te Taiao (the environment) in their decisions to protect future generations
- ✦ The need for wellbeing support and initiatives
- ✦ To thank them for their mahi

[insert MP name]
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