

Business, (but not) as usual



Left to right: Logan Becks from Filadelfios, Jennenne McKie from Bloomin Gorgeous and customer Alicia Sheridan outside the Bloomin Gorgeous store on day one of level 3.

CONTACTLESS DELIVERY, physically distanced takeaways and virtual consultations – these are just a few of the ‘new normal’ practices being implemented by businesses in the Valley to ensure that they can provide goods and services whilst also keeping our community safe. Our challenge now is to show our support. The Valley has always been fiercely supportive of local business, with a healthy local economy. During the lockdown, many of us have reawakened a love of all things local. People are feeling a strong sense of community spirit, and are wanting to shop as close to

home as possible.

We’ve collected some information on how you can safely support local businesses at this time. As well as the stores we all know and love, many more locals run businesses from home, or elsewhere in the city. So, every time you’re considering spending, be it a long-awaited flat white, house maintenance or belated birthday gift, there is no better time than now to shop local.

If you know anyone in business or enterprise in the Valley, give them a shout out, show them some love and let us know too! —Tess Trotter

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Likely to open again at level 2

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 Delivery via UberEATS.
 Remember to stay safe and we look forward to seeing you all soon

Valley Project team working from home

THE VALLEY Project team is missing our community very much! We're working on bringing you some digital events, as well as very much looking forward to opening the community rooms once more and activating all the great happenings that surround us. Currently we're making plans for our upcoming AGM (to be held on Monday 29th June, 5:30pm, location to be confirmed), some healthy homes workshops, back yard ecosanctuaries and thinking about Matariki. While the rooms remain closed, and groups and meetings on hiatus, please don't hesitate to touch base. Call and leave a message on 473 8614 or email project@northeastvalley.org.

The Valley Project is a registered charitable organisation. If you like what we do, you can donate at www.givealittle.co.nz/northeastvalley

Editor Tess Trotter

Distribution 3700 copies

Readers 7500

Online www.northeastvalley.org

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The opinions expressed in articles are the authors own, and are not necessarily shared by the editor or Valley Project Team. Submitted articles may be edited at the editor's discretion.

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Contact Colleen, phone 027 226 5482 email colleen.townsend@raywhite.com
Jane, phone 027 473 6221 or 473 6021 email jane.bokser@raywhite.com

We are happy to advise that under Level 3 we can carry out property appraisal, either by visiting the home and observing physical distancing requirements, or alternatively an on-line or virtual appraisal. We are also able to market a property and viewings are possible, but will be limited to individual appointments only. We will be continuing to work from home and can be contacted by phone or email. We would love to hear from you & happy to help where we can.

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Shifting to 'safe' service provision while under Alert Level 3. While this will mean that we are able to provide some additional care and support to your pets, we will still be operating under very strict requirements to protect your safety, the safety of our teams and our community.

Youth Grow

Open Tuesday 28th
facebook.com/YouthGrow
YouthGrow Garden Centre on Norwood Street is open again for phone orders and collections/deliveries. Lists of seedlings and bulbs available on the Facebook page.

Opportunity to give

SOME OF you may have taken the opportunity to do a lockdown cleanout and have a few bits and bobs to drop off at our local op shops, or at the Hospice shop on Vogel Street (which supports our local hospice) or the Presbyterian Support op shops on St Andrew or Carroll Streets (which support Ross Home).

Most stores will not be taking donations until we go to level 2. Your donations are welcomed, but please be mindful of the people that have to sort through them. Please make sure your donations can be resold – broken items only cost landfill fee and use up valuable volunteer time. Please wash your goods and pack them nicely.

Find out how the Hospice and Ross Home are doing on page 4.

Please...

Pick up the poop! We've had many reports of dog poo versus shoe incidents in our parks and reserves. Please remember to clean up after your pooch!

City services at level 3

Rubbish

Glass recyclables are being collected again on your regular collection day. Only blue DCC bins will be emptied, and it may take several collection days to clear your back log of glass

Mixed recyclables collection resumes on the 11th of May. You can continue to use your yellow lidded bin for general waste if required until the 8th of May.

Black DCC bags continue to be collected weekly.

Carparking is still free, but time limits apply and will be monitored.

Recreation

- Mountain bike tracks are open
- Parks and reserves are open, but physical distancing must be followed
- Play equipment and play grounds cannot be used
- Dog parks remain closed

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Carers carry on kindness

WE CHECKED up on some of our local community organisations to see how they were getting on during the lockdown.

Otago Community Hospice

The Otago Community Hospice has been continuing to care for people in their homes but Chief Executive Ginny Green says the hospice itself has been really quiet with a minimal staff operating for the few patients they have had staying. Ginny says that the hardest thing about the lockdown has been the restriction on visitors and staff not being able to comfort people with a hug, but she says families have been really understanding. Each patient staying at the hospice has only been allowed one visitor, who has had to stay with them and not come and go.

One way of helping our hospice is donating to, and buying from their op shop in town. A couple of weeks before lockdown the hospice closed its Bond Street and George Street stores and opened a fabulous new shop at 127 Vogel Street. Their Retail Development Manager Cat Callanan says that they will be busy during level 3 getting the shop ready to open again. They will be welcoming goods for the shop but Cat asks that any donations people might have from lockdown cleanouts are suitable to be sold and are washed and packed nicely. Things will be a bit different when they eventually reopen the shop, with hand sanitiser stations, constant cleaning and physical distancing.

Also, the shopping-with-children mantra 'looking with our eyes' will apply to everyone (as much as possible). You can also donate to the hospice online at otagohospice.co.nz.

Ross Home

It's been almost business as usual for Ross Home's 124 residents and their carers – apart from the big change of no visitors. Michelle Gerwitz, Presbyterian Support Otago's Fundraising and Volunteer Coordinator, says that the residents are really missing seeing their families, but the staff have organised extra activities, and they are still having their regular movie nights. Each of the five bubbles within the home has its own Zoom account so that residents can keep in touch with family. Ross Café is closed, but the regulars are still getting their free coffee each day!

Michelle would like to say a big thank you to Antidote Gardens and Meridian who have been doing daily deliveries to Ross Home, and to the Ross Home laundry which has continued to wash 5,000 kg of laundry a week for Ross Home and two other PSO aged care homes.

If you'd like to do something nice for the residents or their carers, cards or letters are always appreciated and can be dropped off at the door. Also, supporting our local YouthGrow garden centre on Norwood Street and PSO's op shops on St Andrews Street and Carroll Street help to support Ross Home.
— Helen Jack

Why wear a mask in level 3?

OVER THE past week the idea of mass masking has been in the news, with the respected epidemiologist Professor Michael Baker urging the government to recommend New Zealanders wear masks in public.

It's possible to spread corona virus to the people around us even when we have no symptoms. The latest evidence shows that half or more of people infected with Covid-19 do not feel ill but can be highly infectious.

By wearing a cloth mask in public, we are helping to protect others in our community in case we are infected but unaware of it. For mass masking to be most effective, at least 50-80% of us need to be wearing one. If we can get 80% of us wearing a mask during this pandemic, as some other countries have done, we can effectively stop community spread.

Some are concerned that those wearing a mask will feel 'bulletproof' and therefore ignore other safety measures, like hand washing and social distancing. Research has found no increase in adverse effects in the population, so this concern seems to be misplaced. Many believe masks can serve as a visual reminder of the ongoing pandemic and remind us to keep up with hand washing and distancing. Worries about people 'fiddling with the masks' can be addressed by proper public education. »»»



Ling and Isla Ansell (6) wearing their home made masks.

When using a mask to prevent infecting other people, fiddling with your own is less of a risk.

A cloth mask does not need to be expensive or complex to be effective. The Masks4allOtago Facebook group and the Masks4allOtago website (masksforallotago.org.nz) have lots of links to patterns or no-sew ideas. Many makers are making and donating masks to local distribution points, these are given away and include safety instructions to follow. Help us spread the message by sharing a picture of yourself in a cloth mask on social media. If you can sew, please consider donating cloth masks to us by becoming a #maker on the page.


If you, like me, still feel a bit silly wearing a mask when you go to the supermarket; just think, "I am doing this to protect the people around me, so feeling like a wally is worth it." Let's all do our bit to eliminate Covid-19 from NZ, wear a cloth mask as an act of social solidarity. — Ling Ansell

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NEWS

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Walks a chance to reflect



Miriam with Ralphie, possibly the most well walked lockdown dog.

YOU MAY have seen a large Muffin McLay (like a bundle of hay) type dog around Opoho and the Valley over the last lockdown weeks. That's Ralphie, who's in the running for the most well walked lockdown dog. All this walking provides opportunity to think about what makes sense in these strange times and I want to give a shout out to peoples, places and things that I appreciate.

- There's Ed, who set up the Opoho Facebook group which keeps me in touch with lots of locals; I've collected pears from Collins Street, looked for lost rabbits, discovered Blacks Road Bush track

- The Lovelock Environmental group who saved the tennis court and keep it in great shape. Every day people playing tennis, shooting hoops and kids riding bikes
- The person in Farqueson Street who left out a help yourself box of quinces - Joan Bishop has the best crock pot recipe for these
- The DCC fix it form dunedin.govt.nz/do-it-online/report/fix-it-form - on my night dog walks I've achieved 5 street light repairs! Wwesome service DCC
- Yeo cartoons in the ODT - I love the couple out for a walk and the bloke says to his wife, "We've been here ten years and I never knew there were so many friendly people"
- The bears in the windows, poppies on the fences, chalk drawings and messages - let's keep playful creativity going
- The Opoho Church noticeboard with inspirational prayers and poetry
- Our Opoho book group of 20 plus years having it's first zoom meeting
- Alambra and Chingford park - these communal greens are the soul space of our communities

—Miriam Vollweiler

Miriam has lived in Opoho for 40 years and works as a nurse at Dunedin Hospital.

Money matters!

EVERYONE HAS been affected by the COVID-19 pandemic, with many facing hard times financially. With bills to pay and families to feed, stretching any income is a challenge! Here are a few ideas that might help.

Do a cash flow budget. It doesn't have to be complicated, or use fancy computing packages. Write down all the costs that have to be covered (rent, electricity, food, telephone and so on). Then write down your income. Even if the money doesn't come in or go out on a regular weekly basis, it can be helpful to do your budget as if it did. If you aren't used to budgeting, this can help you see what you have left over after you set aside money for the essentials.

If you can pay off any debts, this should reduce or get rid of interest payments. Make a list of everything that you owe to anyone, and think about what could be repaid early. The amount you save in interest payments will depend on the type of debt. Credit cards are a type of debt that everyone uses at some time or another, and different credit card companies charge different interest rates. Check what your credit card rate is - you may want to try and pay off the full month's bill before the due date. If you have hire purchases or personal loans, check the

repayment conditions.

It might be a good idea to review any mortgage plans and insurance cover. If you think you might be paying more than you can or should, ask for advice.

If you can set aside any money into a savings account, even if it's just a few dollars a week, the amount will grow and provide a bit of a safety net for the future.

Don't be shy about asking for help to sort out your finances. One place to start is with the Citizens Advice Bureau. They can be contacted by phone, email or live chat via their website. You may not be able to solve all your financial problems overnight, but any forward progress is a step in the right direction! —Kate Wynn-Williams



Pixie villiage evolves at Chingford



REGULARS AT Chingford Park have been delighted by the evolution of a miniature township that looks like a very welcoming community setting for some pixies or fairies seeking a safe home.

Local builder, Gregor Wing (aged 7) says the original High Peak Village had a hotel, farm, look outs, gunnery hide outs, treasure mound, camp fire, signs, and white leafed tree. Now others have noticed and have started adding new elements to the villiage. Gregor says, "Just what we wanted. People to add to it."

Ka pai to all the cool kids creating with nature! — Tess Trotter and Kirsty Wing



A snap shot of some of the villiage taking shape

Photo credit: Kirsty Wing

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Wild Windows and Flighty Flags

HAVE YOU noticed how the birds fly so free? Free of covid, free from lockdown and free from traffic noise! So why not free up your creative juices at home?

Join us in the *Wild Windows and Flighty Flags* art display. In the midst of all the covid sadness and madness, let's celebrate this wonderful wild world and fill our valley with pictures of native birds in our windows (or fly a flag if your window is too hard to see for passers-by).

Over the weekend of the 9th and 10th of May, let's fill the community with birds to let them know how welcome they are here. This is one easy way to bring the Kākā to the valley, a true "window of opportunity"!

The more the merrier, open to all, let those paint brushes and crayons fly like a falcon! Please take photos of your creations and post them on social media with the hashtags #wildwindows #openVUE

Join our Facebook group to share, facebook.com/groups/openvue or post to the Orokonui or Valley Project pages.

Check out these awesome birds created by artist extraordinaire Madison Kelly at Orokonui Ecosanctuary. Feel free to cut out and use as your Wild Window inspiration, or create your own artwork with native birds you would like to see in the Valley.

— Kaitrin McMullan and Clare Cross

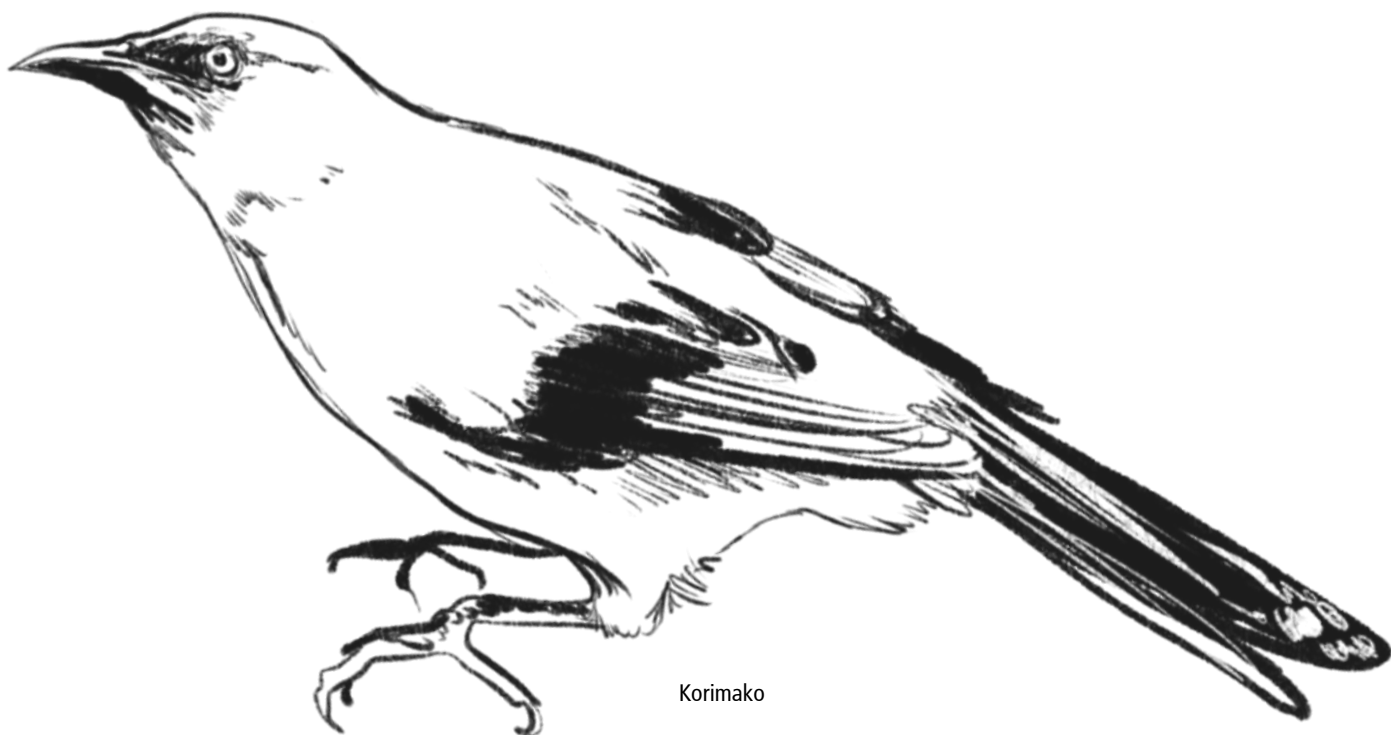
Bird calls loud and clear

WITH QUIETER streets, the birds will tweet! That's what I've noticed, and I'm certain I'm not the only one. The calls of bellbirds, tui, fantails and grey warblers have been astoundingly clear over the lockdown period. With lighter traffic on the roads, the air is filled with many different tweets, chirps, cheeps and chitters of different bird calls rather than the usual hum of cars, trucks and busses.

It has been delightful to hear the "cheep, cheep" of a fantail and to watch it dancing around to catch invertebrates around the fig tree in my backyard. Fantails are incredibly active and agile birds, often performing highly aerobatic manoeuvres in flight while foraging for their aerial prey. I am always surprised at their tiny bodies, but loud calling and long tail. The fantails I've been seeing in my backyard are the 'Pied' morph, with their funky eyebrows, chinstrap and brown body with a cinnamon belly. There's also the 'black' morph, with nearly totally black (or dark brown) feathers. They're not as common, but there are a few I've seen at Chingford park, and in the town belt outside Moana Pool. If you ever see one, or any



other birds, and have your phone ready, log it on iNaturalist or send me a photo or sound recording via email or post in the OpenVUE Facebook Group. Check out our blog for more information about fantails and how to survey birds in your backyard! — Clare Cross, OpenVUE Coordinator



Korimako



The FUNgi around us

AUTUMN IS certainly upon us and our lockdown wellbeing walks quickly moved from teddy sightings to mushroom spotting. The star attraction is *Amanita muscaria*, otherwise known as fly agaric, fly amanita or 'the red ones with white spots'.

I was terrified of being poisoned by toxic shrooms as a child, but in recent years I have realised how amazing and totally necessary fungus is. Fungi are literally in a league of their own, belonging to neither plant nor animal kingdoms but to their own fungi kingdom. Fungi don't make food through photosynthesis like plants do. They are more like animals, getting their nutrition from 'eating' other things.

Fungi do many different jobs in the ecosystem; some help to decompose bits of dead plant and animal in the soil, some help to break down dead wood, and some even exchange nutrients with plants.

So why do the red mushrooms with white spots pop up where they do – under trees? I called Dr David Orlovich, mycologist (fungi scientist) and head of Otago University's Botany Department, to chat about the where, why and how of *A. muscaria*.

It turns out that the *A. muscaria* mushrooms we see are just the small tip of a large fungal iceberg. The main body of the fungus is actually made up of tiny underground threads within the soil that grow around the roots of trees like little knitted socks. The fungus transfers phosphorus from the soil into the tree roots, and in exchange the tree provides them with sugars to eat.

In fact, trees would not be able to survive without the phosphorus the fungi provide (unless you fertilised them with a lot of super phosphate). There is even research that shows trees can transfer carbon to each other through their underground fungal networks.

The *A. muscaria* fungi is mostly associated with pine, silver birch and beech trees and was inadvertently introduced into New Zealand on the roots of imported seedlings. It has now spread to native forests in some areas, which isn't a problem for the native trees, but can displace their native fungi.

Cooler temperatures and damper conditions at this time of year stimulate the fungi to produce mushrooms – the equivalent of plants producing fruit. Tiny spores (fungi 'seeds') drop from the mushrooms and are blown away on the wind but most don't end up far from the mushroom. Spores mate with other spores and



then grow through the soil to try and find more plant roots to live with.

Not all mushrooms are associated with trees. Some, like the field mushrooms that we pick and eat, are produced by fungus that lives in the soil and feeds off bits of dead plant. But be careful before you go mushroom foraging – some shrooms are edible, but many, including 'the red one with white spots' are poisonous and can make you very sick (or at least a more interesting version of yourself) if you eat them.

I'd leave the mushroom foraging to people who really know what they are doing, or to your designated household supermarket shopper, and appreciate the marvel of wild mushrooms with your eyes rather than your mouth. The coming frosts will knock the mushrooms back, so make the most of the last few weeks of shroom spotting on your walks! — HELEN JACK

Bikecycle mechanic tenant opportunity

A vacancy is available at the Valley Community Workspace for an experienced bike mechanic to establish a bike repair business in collaboration with already existing businesses based at VCW.

We are seeking a tenant to establish, run and market their own business in collaboration with existing bike tenants, Dunedin Electric Bikes, Captain Bikeheart and the volunteer bike workshop.

We are a unique biking establishment with close association with other sustainability focussed tenants in an innovative supportive environment.

If this business opportunity appeals, please check out the details our websites and social media pages before making contact - nathan@dunedinelectricbikes.nz.

Bubble vision delights

BUBBLE VISION began for me when I saw a Facebook post from my friend Cassandra Lynne on her Photography page, a beautiful snapshot of a moment in her day and some musings on her feelings at the time the photo was taken.

Like an exhilarating and pleasurable bolt of lightning the inspiration struck! I realised I wanted to make a space for people to share photos of what they were loving from their beloved bubbles every day and Bubble Vision was born!

We started on the first day of lockdown and have had a phenomenal response with more than 300 people liking and following the page! The simple act of sharing a moment we love from our days in our bubbles has really captured the hearts and minds of our community and I am grateful for everyone's amazing support!

Every day I look forward to finding my own Bubble Vision snapshot where my love is sparked to share. These images are so diverse - from my Bok choy plants sparkling with dew, to my kittens leaping through the air, my treasured story-filled op shop finds, or a spider's web. The variety is endless now I have begun looking more closely at my beautiful bubble!

Once I have posted my Bubble Vision for the day and invited others to share their own, my favourite part begins! From all over Otepoti #Stunedin, New Zealand and now the world, #Bubblevisions start to pour in! Every single one fills me with joy. Each imagine posted is an utterly unique snapshot of a beautiful loved moment from a precious unfolding life.



Tahu Mackenzie feeling the love in her bubble

People can choose whatever they want to share as long as it sparks love for them so the #bubblevisions are incredibly diverse and always uplifting! People share inspiring creative projects, adventures with their bubble buddies, children dressing up and putting on plays, delicious dinners, growing gardens, visits from native wildlife, moments of companionship and togetherness with pets and each other and beautiful

valley garden journal

Meet community gardener James

Do you have a veggie garden at home?

Yes, though it's quite small. The boys have enjoyed planting broad beans and learning just how long it takes them to appear, and grow, and produce flowers and beans. For me, I enjoy the wider range of produce grown in the Community Garden, and the social aspects too.

You have three sons. Do they work in the garden?

Aged nearly one, Trent is a bit young. Jackson, 8, and Patrick, 4, are great helpers. They are learning all the seasonal skills of planting, weeding and harvesting, and they are able to use some of the produce at home. We are to have a beetroot chocolate cake for Trent's birthday.

Would you recommend other parents to bring their children along to working bees?

Yes definitely. It's a joy to invest in your children, and gardening skills stay with you for life. Our children are gaining in the confidence of working with other adults, and learning from them, too. We have given a small children's wheelbarrow to the Garden. Our children have got great pleasure using it to ferry produce, or weeds, to wherever they are needed. We've all enjoyed the wonderful bird life of the Garden, bellbirds and fantails in particular.



During level 3 Community Garden access is limited. Please see Facebook page for details

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Bubble vision delights

moments of connection with nature from a tiny mushroom to a spectacular sunset.

These images serve to connect us with who we are and what we love from the world around us at a time when this sense of connection is particularly important. I am so grateful for every single contribution, as well as the "like" or "love" that contribution receives as they help me stay focussed on what is most important, that we can always inspire and lift one another up just by sharing what we love every day!

An added bonus to this is the perspective reframing that is taking place psychologically. The more we practice looking for the positive in our daily lives the more we find it, and the more we share it the more we can help others



A few Bubble Visions from Tahu's lockdown period

find it too! —Tahu MacKenzie

[Facebook.com/BUBBLEVISIONS](https://www.facebook.com/BUBBLEVISIONS)

Mobile dance party making moves



Baronn (8) and mum, Merekara of Pine Hill

WE BOTH really enjoy dancing. I decided one day to take my UE boom with us on a bike ride and went around some streets inviting people to our street party. I post on the Mount Cargill neighbourhood group (on Facebook) when we're coming around to let people know. We bike to streets nearby and have a mini street party. It's lots of fun, a great way to get active and keep in touch with the local community (at a safe distance). It's fantastic to have creative ways of keeping connected. Sometimes nobody comes out to join us, but that's ok we still have a dance ourselves and more often than not, most of the street joins in! —Merekara Henare