

Community in Lockdown



Inch Bar blackboard display created by Hinewai Broughton

WHAT A DIFFERENCE a week can make!

Schools closed, cafes halted baking, groups postponed meetings, Lilliput libraries taped shut and essential services scrambled to adhere to the Government lockdown rules. Soon, Facebook groups popped up, notes were left in letterboxes, teddy bears took over windows, and neighbours and whānau were delivering groceries for those in need. These truly are unprecedented times for us all.

I checked in with a few of our essential business owners to see how the lockdown was playing out for them.

At Antidote pharmacy, a calm and empty store belies the late nights and hard work happening behind the scenes. Chin Loh, the well-known pharmacist, tells me he's had many late nights, preparing and also catching up on the day-to-day workload. The store has a pandemic plan in place, and is focused on continuity of service for the community, as well as the health and safety of

staff, who are all doing a marvellous job.

Chin assures me that there are no shortages of medicines due to COVID-19. He does, however, implore people to avoid stockpiling medications. "People should shop for their medications like they would shop at the supermarket at this time—only get what you need, come and fill your prescriptions as you usually would, don't come if you are sick."

Story continues on page 2.

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COVID-19 COMMUNITY UPDATE

Essential Services

Gardens New World

Open 7:30am-9pm every day.
Closed for Good Friday and Easter Sunday.

Antidote Gardens

8:30am-6pm Mon-Fri, 10am-3pm Sat and Sun.
Closed Friday, Sunday and Monday over Easter.
One person in the store at a time.

Jumbo Dairy

8am-8pm Mon-Fri, 8:30am-8:30pm Sat and Sun
(longer if there are customers coming in).
One person in the store at a time.

Quarry Dairy

7am-7:30pm Mon-Fri, 8:30am-7:30pm Sat and Sun.
One person in the store at a time.

CONTACTING THE VALLEY PROJECT

The community rooms are closed until further notice.
If you need to contact the Valley Project during the lockdown period, we're checking our answering machine and emails. Phone 473 8614 or email project@northeastvalley.org.
We'd love to hear from you!

Continued from page 1.

"This is the best way to make sure there is enough for everyone as they need it."

The pharmacy has a policy of one person at a time in the store. Flu vaccinations are now available for high-risk patients. Chin notes that we're approaching cold and flu season and this means keeping good general health is wise at this time of year, and all the more important this year.

Brendan Murray at Gardens New World has also been flat tack. "I have to say, it's pretty tough, something else you don't think about just keeps cropping up every day. Our staff have been truly amazing, and are putting in a huge effort under difficult circumstances. The majority of customers are accepting of the new rules around numbers in store, needing to queue, distance rules and shopping individually. Unfortunately a few don't like it but we have zero tolerance, to protect the health and wellbeing of our staff and customers. We are still getting a lot of local customers coming in every day and we want to stress it is very important to follow [MOH guidelines](#) to limit your visits to the supermarket. The

OTAGO COVID-19 WELFARE HELPLINE

An Otago COVID-19 Welfare Helpline has been established to help make sure everyone in the region receives the support they need during the Alert Level 4 lockdown.

If you need with emergency food, household goods/ services or any other welfare-type issues, call **0800 322 4000** daily from 7am to 7pm.

You can also email help@otagocdem.govt.nz.



store is making regular updates to their Facebook page – [New World Gardens](#).

Karl Toth owner of YourProChef has worked hard over these last few days to get operating again, and will be providing a very limited service of frozen, ready-to-eat meal deliveries. He is open for online orders only; by Tuesday, with all deliveries on Fridays. "We welcome new customers but preference will be given to existing loyal customers over this period. I would like to thank all my local customers for their continual support and look forward to seeing them and their smiling faces again when this is all over."

—Tess Trotter

COVID-19 COMMUNITY UPDATE

Waste Collection Changes

COLLECTION of recyclable material is on hold during the COVID-19 lockdown. Please hold onto it if you can, but if you cannot do this you can use your yellow-lidded bin which will be treated as general waste and go to landfill.

Please do not fill your yellow-lidded bin with glass as it will be too heavy to lift. You can only put your yellow-

lidded bin out every fortnight (the same week you would normally put it out for recycling). Please don't use your blue bin at all during this time.

Weekly collections of DCC rubbish bags and private red-lidded bins will continue as normal.

Go to dunedin.govt.nz for more information.

School Grounds Closed

SCHOOL GROUNDS across the country, including in our community, have been closed until further notice.

Playgrounds are also off limits, but luckily our parks and walkways are still open and available for essential exercise.

See the back pages for some diversions and suggestions of activities to keep young ones entertained.



VOLUNTEERING OTAGO is coordinating volunteers in association with a wide range of community organisations with essential services. If you're eager to lend a hand, please [visit their website](#).

CONNECT ONLINE

[Join the new Valley Covid19 Community Group](#)

Valley Wine Maker



THERE ARE plenty of brewers of beer in Dunedin, but our only city-based winemaker is North East Valley resident, Brendan Seal. His wine, under the label URBN VINO, is made in Dunedin from Central Otago grapes, often from blocks with an interesting backstory. This dream of an urban winery has been a long time in the making. It's backed up with years of experience working in multiple vineyards nationally and internationally, and Brendan has a number of significant awards under his belt.

Brendan and his family, Jess, Holly, Charlotte and Snowy the cat, have lived in the Valley since 2018 after several years of living and working in Central Otago; Brendan as a contract winemaker in Cromwell,

and Jess as a teacher working in Arrowtown.

While he had already lived in the Valley as a university student, Brendan is enjoying being back. "I love being able to walk to everything in the Valley, parks, shops, schools, town, uni! I call it my city apartment because in any other city this would be close enough to qualify. There's a great bus service too."

You may have come across URBN VINO wines at the Otago Farmers Market over the last year, and seen some of Brendan's experiments in play—like reusable wine bottles to cut down on waste.

Continues page 6.

Puppet Pop-up Provides Purpose and Pleasure

Community News



Marion McMullan watches her grandma and neighbour, Kaitrin McMullan, perform a window puppet show



KAITRIN MCMULLAN has years of experience in creative, out-of-the-box thinking.

As a professional storyteller, she was well equipped to set up a show at home during the lockdown. Inspired by the teddy bears popping up in windows around the neighbourhood, Kaitrin has been catching up with her neighbours by performing short puppet shows out of her window to walkers going by. "I know many of the local children well, so I'm able to adapt my stories and jokes to include their names or other personal details," she says.

The audience is more than 2 metres away on the footpath, and only one bubble watches at a time. Have you got a talent you could share with your neighbours? Perhaps you could hold a front yard music recital or poetry reading? Now is a great time to share our creative sides and connect with people from a distance. —**Tess Trotter**

My Mask Protects You, Your Mask Protects Me

WE ARE HEALTH professionals who want to promote mask wearing in public, and help everyone get started with making their own masks at home. We have set up a Facebook page, [Masks4allOtago](#) to help spread the message and to connect cloth mask donors to people who need them.

Due to shortages, surgical N95 masks should be reserved for frontline and other essential workers. However, simple homemade cloth masks can be useful in reducing droplet spread.

It is now known that Coronavirus is spread by droplets and those droplets can travel a lot further than previously thought. This can happen when we sneeze, talk, yawn or simply breathe. Transmission largely occurs in the first seven days after infection, when people often have no symptoms. So if you are highly infectious, you probably won't know it.

Masks do not have to be complex or expensive to be effective. A Cambridge study has shown that a couple of layers of cotton, like a T-shirt, works well. Our aim is to get most people wearing a mask in public during the pandemic. This will be especially important when we come out of lockdown. Wearing a mask in public is normal in the Czech Republic, Taiwan, Japan, Hong Kong and Singapore, all of which managed to 'flatten the curve'.

If you have old T-shirts or fabric at home, it will be great if

you can start making masks for yourselves and those within your bubble. We are also desperately looking for sewers around the region to help produce masks for donation.

Of course, we still need to maintain good hand hygiene and social distancing WITH mask wearing. Staying within our bubble and following government advice is critical.

We need all the help we can get to spread this important message – if you have made your own mask, please post a picture on your Facebook page, tag #Masks4allotago and share it with your friends. If you can sew and are willing to donate your skills, please connect with us on our [Facebook page](#), Instagram [@Masks4allOtago](#) or email Masks4allNZ@gmail.com.

—**Ling Ansell**



Kelly, Ava (10), Harry (8) and Eden (4, nearly 5!) Booth model homemade fabric masks

Back up the Bus – What Is this Coronavirus?

IF YOU'RE like me, you have square eyes by now trying to keep up with everything COVID-19. It's a full-time job, let alone the 'homeschooling', the actual job, and the abundant garden produce that needs to be preserved right now. But let's back up the bus a little—what actually is this thing, how does it work, and what's with all the names?

I always knew there was a difference between viruses and bacteria, but I didn't quite realise how different these germies were until Miss Jack made us watch a whole lot of YouTube videos about them last year (I highly recommend this as a rainy afternoon activity).

Viruses are teeny tiny packets of DNA or simpler RNA (the molecule that carries the instructions for how organisms develop, grow and reproduce) surrounded by a protein case, and sometimes a fatty/waxy layer. They are about 100 times smaller than bacteria, which are already tiny, and some of them even infect bacteria.

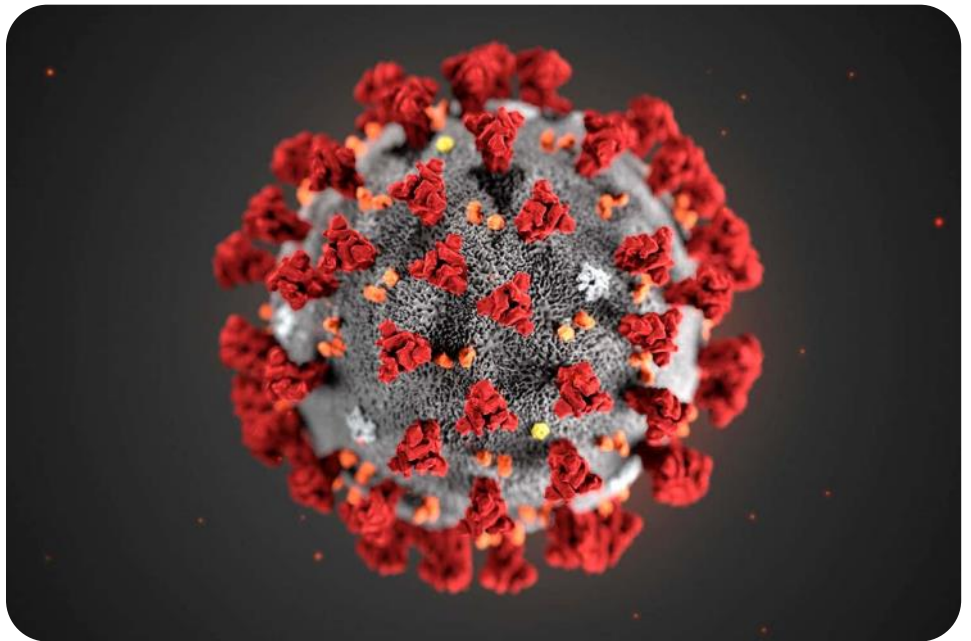
Unlike bacteria, viruses aren't really living things and cannot reproduce outside a living host such as animals (including us) or plants. So they need to get inside a host, so they can make more of themselves.

There are thousands and thousands of different viruses – they come in all sorts of shapes, have different ways of attaching themselves to the cells inside whatever it is they are infecting, and can mutate or change slightly to make new viruses.

Once they have attached themselves to a cell they make their way inside, take over, and start making copies of themselves. They make so many of themselves that the cell bursts, and all the new little viruses head off to find more cells to infect.

Toby Morris illustrates this, and how the virus spreads from person to person, [in this Spinoff cartoon](#).

Our bodies react to this invasion by producing antibodies that bind to the virus so it can't reproduce, and by releasing cells that kill the virus. Our body temperature goes up to try to kill the virus and we produce lots of



phlegm or snot to try to get the virus out of our bodies.

Coronaviruses are a large family of viruses that are found throughout the world, and which cause almost a third of upper respiratory tract (aka nose and throat) infections in humans. They are not named after reliable Toyotas or Mexican beers but rather after their spiky proteins that make the virus look like a crown – *corona* is Latin for crown. The coronavirus uses these spikes to attach to cells inside other living things and each coronavirus has slightly different spikes.

This novel (fancy speak for 'new') coronavirus is officially called 'severe acute respiratory syndrome coronavirus 2', or SARS-CoV-2 for short, and it is related to the SARS-CoV virus that caused the SARS epidemic in the early 2000s. COVID-19 is short for coronavirus disease 2019 and is the disease that people get from the SARS-CoV-2 virus. It's a bit of a boring name but the World Health Organisation gave it a boring name on purpose with no reference to any particular location, animals or groups of people, so there was less chance of people being mean to each other about it.

Although they both infect our breathing apparatus, SARS-CoV-2 is *different* from influenza viruses that cause the flu, or rhinoviruses and other coronaviruses that cause the common cold, so this is not a 'bad flu' or cold we are talking about. Flu

and cold viruses tend to stay in our upper respiratory tract, aka nose and throat. COVID-19 on the other hand affects our lower respiratory tract, aka the lungs, because lungs have lots of the enzyme that SARS-CoV-2 uses to get inside cells. The damage done to the lungs in some people is what makes COVID-19 a potentially fatal disease.

Siouxsie Wiles and Toby Morris have made a [handy symptom chart](#) so you can easily see if you do need to worry about that worrying symptom.

Lastly, what's with all the soap? As [Pall Thordarson from the University of New South Wales writes](#) once you have the virus inside you there are no drugs that can kill it or help you get rid of it...but your grandmother's bar of soap can kill it on your skin. Simply put, soap dissolves the fatty outer layer of the virus and it pretty much falls to bits, and you wash it down the sink.

That's why washing your hands with plain old soap is just as, if not more, effective than all the disinfectants, gels, sprays and wet wipes (although, yep, hand san is handy when you are out and don't have a bar of soap or a tap).

— Helen Jack

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Continued from page 3.

Brendan also has a winery based in the recently refurbished Terminus Building at Queens Gardens where he was open for tours, functions and wine sales.

As for many businesses, the pandemic has had affected Urbn Vino. Although the Government has classed contactless wine delivery as an essential service, Brendan is taking another approach. He has opted to take wine orders from people in anticipation of delivery after the lockdown has been lifted—and will deliver for free to Dunedin folk. This keeps Brendan in his bubble, and his business ticking over.

We're all getting used to talking about living in bubbles so I asked Brendan how his bubble is getting along. "Everyone's healthy. Heaps to do here, too much really. Lots of things to worry about and at the same time I realise how lucky we are to have so little to worry about!"

Find out more about Brendan, his winemaking successes, and how to order his delicious wine at www.urbnvino.nz/. Connect with him on Facebook www.facebook.com/urbnvino/ or text him on 027 256 5442.



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**Unite
against
COVID-19**



Nature Nurture and Exploration

WITH MANY MEMBERS of the community currently staying home, we have been offered an opportunity to spend time exploring our backyards and local parks. Maybe in the last week or so you've found some new invertebrate creatures hiding in the woodpile or slinking through the leaf-litter in the corners of your backyard, and you're not too sure what they are?

How about giving Creepy Crawly Hunting a go? Carefully lift up logs or tiles/rocks and see what might be congregating beneath. You'll usually find some good hangout spots for invertebrates (they're definitely not sticking to the current lockdown rules!). Try identifying what you find using an [identification key](#). For soil invertebrates specifically, try [here](#). Delicately replace the log or rock where it was, restoring the creepy crawlies' home. Leaf-litter and soil invertebrates love living among fallen leaves, rocks and log piles—feel free to leave these lying around your backyard if you'd like to give your new creepy crawly friends another home, holiday destination or leafy buffet! As I write this, I'm keeping my eye on the rather large house spider that's been living in the corner of my window for the last year. I often watch it as it tentatively approaches and gobbles the pesky flies that manage to get caught in its web!

We would love to see how your Creepy Crawly hunting goes—take a picture and upload it to our [Facebook group](#) or email me with your name and the photo, and I will upload it for you (openvue@northeastvalley.org). —Clare Cross



Riparian Rhapsody Aroha



Jack and Lizzy Cridge working hard on the Riparian Rhapsody.

JUST BEFORE we all began living within our bubbles, we managed to squeeze in a working bee at the Riparian Rhapsody at Chingford Park. We gave our previous plantings a hug and some respite from the weeds that had begun to creep up as well as introducing them to a few new native plant friends! If Chingford Park is within walking distance to you, please feel free to visit the Riparian Rhapsody. You can find it by the tee to hole eight of the Disc Golf course. Watch out for any stray discs while there! —Clare Cross

Kids' Corner

Word search

See if you can find the animals in the word search. Can you find any of them in your garden too?

BEETLE SLATER
HARVESTMEN SNAIL
LANDHOPPER SPIDER
MITE WETA

L Q R C R N N E Z K T L U J X
Y P R F U C T E V R L C J E T
Y V E G H E Q N V Y M N E B C
C L T K W U O N B R X S B J H
X Z A E A G P W Q P F F I O E
R A L D R E P P O H D N A L M
O E S H P X E E A V Y Y W N I
W Q D V U L S R J E N T V E T
R U I I T E V P S Q D E S V E
D L K E P E Q M L K R M J D I
I T E T S S N A I L R D C L O
W B O T T B H D Z Q B M F Q E
C E M S C A D J F P R U A K Y
N E T M A D W T Q D L Q K W L
N K C A I X T A S H E K W G J

Creative writing from Lizzie Cridge, aged 8.



"Hey look there's a stick I could use," I said to Jack. "Let's play Wizards and Wonders." I pick up the stick and "Bang" my spell worked, now all the poison was out of the water. Jack waved his wand and all the rubbish disappeared out of the water and the creek was clean. "Don't use all your magic there's lots more to do. Maybe we could get people to help us," Jack said. I raised my wand again and chanted "Ka Kaa Kea's Call." Now everyone will pick up their rubbish!

Jack and I are in the bush, in the Quarry, because that's my favourite place to be. I like playing games there and Wizards is one of my favourite ones to play. In the quarry, there are tracks, trees and secret places. If we don't save it we can't go bush walking because there will be no bush. So please, don't drop rubbish. Don't put stuff in the creeks and drains. Don't buy products that mean rainforests are cut down and don't use plastic bags.

Then I won't have to use my magic on you!

Did you know?

Invertebrates are animals without a backbone. All of the animals listed in the word search are invertebrates!

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Bubble Boosters for Home Health

LISA'S TOP TIPS FOR KEEPING WARM DURING THE LOCKDOWN!

- ⇒ Make use of the sun's heat. Open the curtains when the sun is out, close all curtains when the sun goes down. Ideally, open nets as well to let the sun in.
- ⇒ Insulate your windows! Good curtains are great at keeping the heat in – ideally you need to seal the window off from the rest of the room so that there is no air movement behind the curtain. You can seal off the gap at the top with rolled-up towels, door snakes, reused corflute signs, cardboard. To add layers to your curtains, pin a sheet or blanket to your existing curtain. If you have no curtains, tuck a blanket or duvet over the curtain rail, or pin or nail something up. Be creative with what you have at home!
- ⇒ Clean your heat pump filter every couple of weeks—the cleaner it is, the better the heat pump works. Take the filter out and vacuum or wash it under a tap and leave it to dry.
- ⇒ When using your heat pump, set the fan to automatic, the mode to heating and have the temperature set between 18-22°C. Setting the temperature to 26°C uses twice as much energy as at 22°C.
- ⇒ Wipe condensation from windows and dry the cloth outside – otherwise the energy from the sun coming in will be used to evaporate the moisture from your windows rather than giving you free heat in your home.
- ⇒ Dry washing outside – drying your washing inside can cause an extra 3-5 litres of water inside the home and the more moisture inside, the harder it is to heat your house. If it's raining, try drying your washing under cover outside.
- ⇒ Open your windows at least once a day. Ideally you want to completely change the air in your house in one go – open your windows/doors wide for a short time – this removes all the moist air and replaces it with drier air from outside. Dry air is easier to heat so you should be back up to temperature within half an hour.
- ⇒ Unless it is a sunny and warm day, don't leave one or two windows open for a long time (even the toilet window) – it just makes the house cold and loses the stored heat from the rooms.
- ⇒ Check hinges and latches on windows to make sure they close correctly and are not leaving air gaps around the windows.



Dunedin City Council
Eco Design advisor Lisa Burrough

For further information, check the resources at ecodesignadvisor.org.nz.



COLD AT HOME DURING LOCKDOWN?

Charlotte from the Valley Project is available on Wednesdays for phone or online consultations to help you problem solve with what you have at home, or connect you with more knowledgeable people in the areas you need.

[Click here book your time](#)

Your Rental Home During Lockdown

HAVING a healthy home environment is more important than ever as we all stay at home to fight the spread of COVID-19. As a renter, you may be wondering what happens if you need repairs done during lockdown. Fortunately, a warm dry house is recognised as a 'necessity of life' and is considered an essential service by the Government. This means that where urgent repairs are needed to your home – such as a leaking roof or failure of your only heating source – your landlord can still hire tradespeople to carry out that essential work.

However, any routine maintenance or work that is not immediately necessary to ensure health and safety must be put on hold while we are under lockdown. (Keep an eye on our blog for more info from Jeremy coming soon—Ed)

—Jeremy Baker, Cosy Homes Trust

For more information on your rights and responsibilities as a tenant during the COVID-19 response, [click here](#).

Additional protections for tenants, including a freeze on rent increases and restrictions on ending tenancies, have been put in place to help ensure that renters can maintain stable housing during the COVID-19 response. For more information, [click here](#).

Virtual Ways to Meet, Greet and Share

HELLO NEIGHBOURS,

North East Valley has always been a tight-knit community and the unprecedented challenge created by this pandemic will need all the connection channels we can create.

I opened a virtual cafe for my neighbourhood (Montague Street / Cardigan Street).

Reality for many is changing very rapidly. Staying home, losing a job, getting sick or feeling vulnerable will force us to adjust to new ways at a fast pace. I created this virtual cafe in an attempt to maintain some kind of normality, a place to socialise, listen, exchange, laugh, support. A place to have a cup together.

I am guilty of not having done the best I could in the past to connect with my neighbours. But we are likely to need strong connections in the near future, especially with the people who live close by.

I just want to explain how I did it (which is pretty simple) so maybe more virtual cafes can be created for other streets in the Valley.

I created a group on Facebook called 'Virtual Cafe - Montague/Cardigan'. I set up two questions for people to answer when they request to join the group. These questions are just to check that the people actually live in the neighbourhood. I directly invited the neighbours I already knew and were on Facebook. Members do not need to state their physical address when they join the group if they prefer privacy. I then printed a big bunch of leaflets which I delivered into all the letterboxes in the two streets. That's all.

It just needs one person to action it in your street and it will follow its course. Conversations have started in our virtual cafe already and I am hoping this will be a useful tool for all of us in the coming weeks.

If it doesn't serve any other purpose, then it will have been a good way to know the people who live close by.

And that is definitely a plus.— **Kate Grace**

[Share your virtual cafe here in the Valley](#)

valley garden journal

The NEV
Community
Garden is
currently closed



Meet community gardener Etsuyo Kawada

What got you to your first community garden working bee?

It's a bit of a long story. My husband Okada was studying at Otago University and came each weekend to the garden as a break from his studies. I came twice from Japan to visit him, and accompanied him to the garden. Also at this time I learned of the Landscape Construction and Amenity Horticulture course at Otago Polytechnic (OP). I did this course in 2019, and attended the garden each weekend over this time too.

Has there been a relationship between your OP course and the community garden?

Yes! In class we had learned to make a compost box. When the garden moved to hot composting, I made two boxes and installed them at the garden. We used pea straw, seaweed, green waste from the garden, water-soaked cardboard, horse manure, water, and fish fertiliser. The pile was turned nearly every week and now, after two months, it looks and smells like very good compost. I have been so pleased to put my studies into practice. I'd like to say thank you to all the people who got involved in making the compost – for gathering materials, turning, and monitoring the progress; also to my OP teachers for letting me use tools and equipment, encouraging me, and even carrying the boxes to the garden. I hope the hot compost (and the boxes) will contribute to improving the garden's soil, to healthy growth and more tasty veges.

Is there anything else you enjoy about working at the community garden?

I enjoy talking while working with the other gardeners. That's very friendly and I've appreciated the interest taken in the new compost boxes. I also enjoy meeting new people coming to the garden, and making them feel welcome.

What are your plans now?

I will be returning to Japan shortly, but I hope to return to New Zealand, perhaps to work or possibly for further study.

Opoho Brick Show—Lockdown Edition



Ari Nielsen with his base. Comes with secret passageway (with hidden gold) and 18 well-armed guards

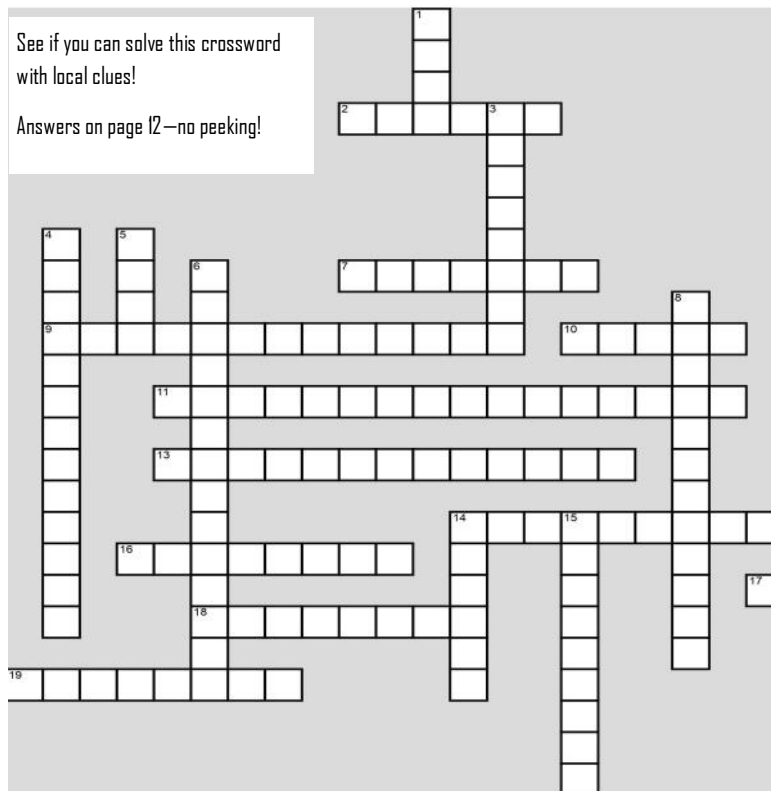
FACED WITH WEEKS off school and days of cooped-up kids, we turn each holidays to the rainy-day friend of many generations, Lego. We have run a two wonderful Opoho Brick Shows where we showed off our Lego creations to each other. But what to do when you can't show your masterworks to your friends in person?

The brick show has been taken onto Facebook, with a weekly theme. We post photos and videos of our builds, and then sit back and scroll through the show. The first theme was 'Bunkers and Hideouts'. This week its 'Into the Wild: Creatures and Explorers'. You can join in on the ['Opoho Brickshow - Lockdown Edition' group on Facebook](#). — **Malcolm Gordon and Ian Telfer**

Local Crossword

See if you can solve this crossword with local clues!

Answers on page 12—no peeking!



Across

- 2 The Maori name for family
- 7 The Signal Hill Lookout monument represent 'the thread of life and
- 9 Name of steps from North Rd to Buccleugh St
- 10 Body part we need to cough into
- 11 Name of local park with flying fox (2 words)
- 13 Name of local walking track (2 words)
- 14 Green Grocer in the Valley (2 words)
- 16 This game can be played at Chingford Park (2 words)
- 17 Name of the dog under the Peter Pan statue at the Botanic Gardens
- 18 What is the name of the aged care facility on North Rd? (2 words)
- 19 What is the name of the motorway going through Pine Hill?

Down

- 1 A place for rescued animals (acronym)
- 3 Name of local pharmacy
- 4 The Valley's most popular tourist destination (2 words)
- 5 Be, keep safe!
- 6 The Pine Hill community garden location (2 words)
- 8 The English name for Kapukataumahaka (2 words)
- 12 The creek that runs through the Valley
- 14 What does the shop, Beam Me Up sell?
- 15 A group of people that care about each other and feel they belong together

SHARE YOUR BUBBLE VISION!

Send us your pictures, ideas, letters and stories! Email voice@northeastvalley.org, or message the [Valley Project Facebook](#) page.

[Join the new Valley Covid19 Community Group](#)

Documenting the Pandemic



WE'RE HEARING the words historic, extraordinary and unprecedented a great deal at the moment, and these are certainly the strangest of times; we're living in a period of incredible personal, local, national and international challenges and change.

When extraordinary things happen we need to remember them and record them for the future, particularly as we navigate this period of isolation. Everyone will have different stories and experiences. As we know from studying history, the stories of individuals and everyday lives are often not recorded. Whether it's keeping a personal diary, taking photographs, or creating content

online, it is valuable for our own wellbeing, as well as the

I work as a researcher for Heritage New Zealand Pouhere Taonga and I rely on documentary and photographic evidence for the work I do. While I make great use of the hardcopy materials available in our galleries, libraries, archives and museums, I also obtain a lot of information from their digital collections, and other digital collections online. Here's a couple of recommended sites for archiving and donating material that everyone can contribute to.

The Internet Archive web.archive.org/ collects and maintains copies of webpages as well as a world of other content. You can deposit a link to a webpage to their Wayback Machine to ensure the page is saved at that point in time. So if you are creating content online, or you come across content that you think should be saved for the future, drop in the link to save it.

Wikicommons commons.wikimedia.org/ is a huge collection of creative commons creativecommons.org/ licenced (free to use) images donated by people like us.

Toby Morris (cartoonist) and Siouxsie Wiles (microbiologist and science communicator) are making their work freely available through this platform to increase its use and accessibility [commons.wikimedia.org/wiki/Category:Toby Morris \(cartoonist\)](http://commons.wikimedia.org/wiki/Category:Toby_Morris_(cartoonist)).

Open access to quality authentic content is particularly important for news media and other New Zealand sites to reflect our lives accurately and correctly rather than using images from overseas or stock images.

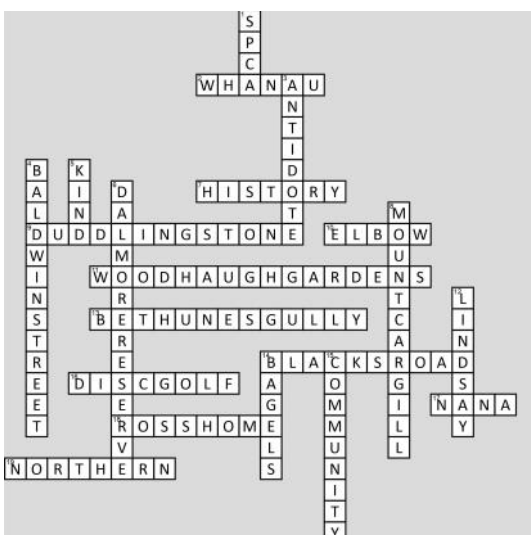
— Sarah Gallagher

You can upload your photos into Wikicommons and describe and tag them to help document your experience and what's going on in our community. The photo above is one I've donated, showing a very empty North Road, on Sunday 29 March.

[Click this link to see the photo on Wikipedia Commons](#)

Tip: Be sure to tag your photos with "Dunedin", "New Zealand", "COVID-19 pandemic in New Zealand"

Crossword solutions (from page 11)



VALLEY VOICE NEXT ISSUE: MAY

Copy deadline for May issue is 22 April 2020.

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NZ Bear Hunt Hunting List

(remember to stay within your bubble and your neighbourhood)

Can you find:

- | | |
|---|--|
| <input type="checkbox"/> Brown bear | <input type="checkbox"/> Bear reading |
| <input type="checkbox"/> Black bear | <input type="checkbox"/> Painted bear |
| <input type="checkbox"/> Unicorn | <input type="checkbox"/> Chalk drawing |
| <input type="checkbox"/> Multi coloured bear | <input type="checkbox"/> Rainbow |
| <input type="checkbox"/> Cat soft toy | <input type="checkbox"/> White Bear |
| <input type="checkbox"/> Dog soft toy | <input type="checkbox"/> Someone on a bike |
| <input type="checkbox"/> Elephant soft toy | <input type="checkbox"/> Someone walking a dog |
| <input type="checkbox"/> Bear in a car | Write your own ideas here: |
| <input type="checkbox"/> Something from a movie | <input type="checkbox"/> _____ |
| <input type="checkbox"/> A real bear | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Bear having a picnic | <input type="checkbox"/> _____ |



We're Not Scared NZ Bear Hunt
Visit www.bearhunt.co.nz/freestuff for more free activities

TEDDY BEARS, bunting, posters, lights and many other curiosities have been appearing in neighbourhood windows as people find novel ways to pass on a message and entertain walkers, especially children out and about in their bubbles. It's not just teddy bears, that's for sure—many delightful characters are taking a window seat during the lockdown. [There's even a map you can list yours on here.](#)

Why not take the opportunity over Easter to display something new and novel in your window?

[The Bear Hunt website has lots of suggestions and free activities](#) for Easter and other times too. One simple idea is to make some bunny ears for your bear or draw eggs and stick them up on your window for others to 'hunt' for.

In the meantime, use this list and see how many you can find on your next walk.

How Much Love is that Teddy in the Window?

...A LOT. The teddies are supposed to give a lot of love. You would be mistaken, but forgiven if you thought New Zealand had gone teddy crazy.

Worldwide, people have been putting teddies in the window to keep spirits up. People have done this in the hope of making walkers feel happy and content.



Hopefully that will work and even more hopefully COVID-19 will go as down as spirits are up.

Written by Marion McMullan, aged 7.

