

LYTTTELTON REVIEW

APRIL 2020 • ISSUE: 253

PURAU • DIAMOND HARBOUR • CHURCH BAY • CHARTERIS BAY • GOVERNORS BAY • RAPA KĪ • CASS BAY • CORSAIR BAY • LYTTTELTON



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Next Issue print date: Issue 254, 14th May 2020.

Content Deadline: 5pm 8th May 2020.

The Review

Is a Lyttelton Harbour Information Centre initiative designed to keep our community informed with what is going on around the harbour. It's also an opportunity to showcase the people and places that other wise would go under the radar. Our community connections ensure we know what's going on in the wider community and can share the news with you all.

A big thank you goes out to all the contributors and our funders Rata Foundation and Christchurch City Council Strengthening Communities who enable the hard copies to be printed each edition. Similarly to Wendy Everingham for writing and editing and Jenny-Lee Love for design and production.

If you have any local events, news or stories you would like included we'd love to hear from you.

Wendy Everingham

Mobile: 021 047 6144

Email: review@lytteltoninfocentre.nz

Content Deadline: 5pm Friday

Similarly if you would like to join our directory or have any advertising questions please contact

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Lyttelton Information Centre Manger

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Subscribe to the Review:

To subscribe please send an email with "subscribe me" in the header.

In 2019 the Lyttelton Harbour Review is produced fortnightly. Any important information between times will be emailed as a Lyttel Broadcast if neccessary.

Hard copies are available at:

The Lyttelton Arms

Leslies Bookshop

Lyttelton Healthcentre

Lyttelton Community House

Lyttelton Harbour Information Centre

Lyttelton Library,

Lyttelton Top Club.

Back copies are available on our website
www.lytteltoninfocentre.nz

Here are some helpful numbers and websites:

Alcohol and drug helpline

0800 787 797

AVIVA

0800 2848 2669

Christchurch City Council Contact Centre

open 24/7 03 941 8999

City Mission Food Bank

0800 787 855

COVID-19 Healthline

0800 358 5453

Depression Helpline

800 111 757

Food 0800HUNGRY

Free Government Helpline

0800 779 997

Housing MSD

0800 559009

Lifeline

0800 543 354 or free text 4357

Oranga Tamariki

Reports of concern for children's safety
0508FAMILY

SHINE

0508 744 633

Suicide Prevention Helpline

0508 828 865

Welfare Helpline

0800 24 24 11

Womens Refuge

0800REFUGE

Youthline

0800 376 633

Mental Health Foundation Mentalhealth.org.nz

Unite against COVID-19 covid19.govt.nz



Have you seen the website

Info centre update

We hope this finds you well as we near the end of level 4, next week will see changes to elements of our world as we head into level 3. It has been great to see how our local businesses have risen to the challenges of their customers being in isolation. The Information Centre has worked to ensure that we have kept the community up to date with local delivery services and products through The Review and Facebook. Many of our farmers market stalls began delivery services some joining together with other companies, Super for example created not only a veg box but a full dinner menu using Spring Collective veg, Bellbird Bread, other local producers alongside their own amazing sauces. The Supervalu, Harbour co-op and The Dairy have worked tirelessly to ensure the products we need are available on their shelves. On top of that The Community House has still been making and delivering their meals. Thank you for looking after our community. Many people are working from home quietly and others are trying to alongside supporting their children's needs. Neighbours

have looked after each other and phone networks have kept people connected. We as a community are lucky to be surrounded by so many amazing supportive people and businesses that are diversifying to survive.

Next week we move into the next level and things will change again. Life will not be back to the old normal, in fact moving forward should we be making changes to the way we live? Can we travel less? Walk more? Be kinder? That's an article for another time! We are still not going out onto the streets in droves but we are going to be able to order food cooked by someone else! Even pre order and collect a coffee. Again we hope that we can represent those changes in our issue and on both on Facebook and our Website as we move forward. We are not out of this yet and there are still many businesses still not able to operate when they do I hope we will be behind them all. It is important to support local businesses and to ensure their survival as much as it is important for us to still keep our distance and look after ourselves and others. Go well.

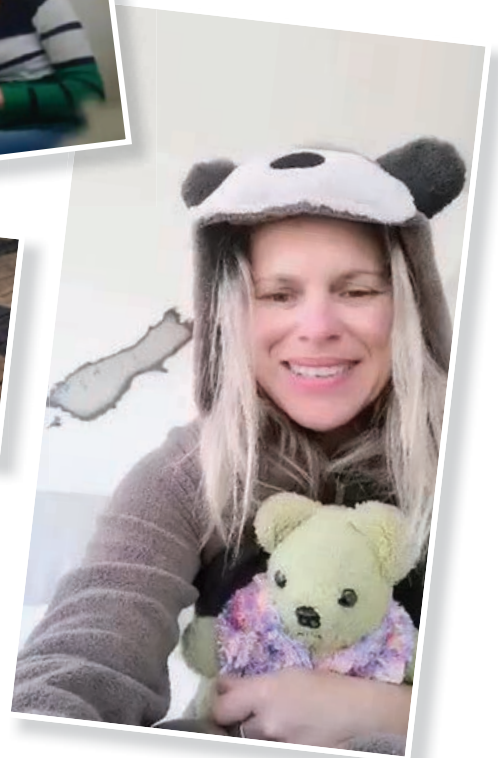
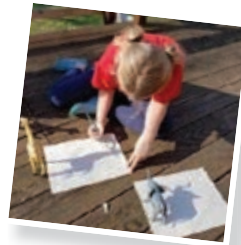
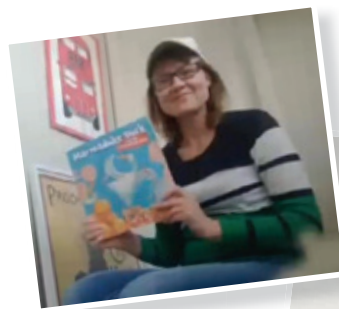
Kia Kaha Lyttelton.

Busy C's Pre School

What a month it has been... like no other month. It's been lovely for us at Busy Cs Preschool to keep in touch with our extended whānau via technology – thankful for platforms like our Busy C's **Facebook and Instagram, Zoom** and **Educa** (AND of course the phone!). We've loved being able to share stories, songs and activities – and to see what the tamariki have been up to at home. Especially delightful was watching the joy the tamariki got from seeing each other at the live **Zoom** hui/meetings :)

We wanted to say Hari rā Aranga / Happy Easter! And acknowledge Earth Day, especially at this time in our global history. And that we will be joining our community to stand in our "bubbles" at our letterboxes Saturday morning, to commemorate Anzac Day – lest we forget. standatdawn.com

16 Winchester St Lyttelton
Ph: 328 8211 www.buscys.co.nz



Open for Business

Updated Local Business Information

In level three more of our local businesses can operate. This list highlights more businesses that can trade in Lyttelton plus additional updated trading information on some businesses that were listed last week.

Civil and Naval -

Take-a-Way begins Wednesday April 29th.
Follow fb for menus.

The Commoners - Sherpa Kai

We are pleased to announce a new Takeaway Home Delivery starting Tuesday 28th of April
We will be open Tue - Sunday 4pm -8pm!
Menu will be out soon ! All transaction to be contactless .
Contact us on 02108508886 or txt order or contact through our fb page Sherpakai

Eruption Brewing

Get your local beer supplied to your door. <https://www.eruptionbrewing.com/>

Very exciting to announce our takeaway menu will be opening again from next Wednesday!!. Pickup or free delivery. www.lytteltoneats.com

Everest Indian Restaurant

Take a way menu available. Pick up or delivery.
We encourage you to order on line if possible or call 3288185.
<https://www.loveeatery.co.nz/menu-everest-indian-restaurant-lyttelton>

Fisherman's Wharf

We plan to be reopening for takeaways only from next Thursday April 30th. Our days of operating will be Thursday to Sunday 12pm to 8pm. You can order via our website with a click and collect option (which is just being set up) or by phoning through 03 3287530. Takeaway menu on the web site, in the Review and fb. Thank you to everyone for always being so supportive.

Glamour Cakes

Online shop is now set up visit <https://www.glamourcake.online/>

Fully stocked with donuts and brownies next delivery will be Friday 01/05. Minimum order of \$25 area for delivery Christchurch region only.

The menu changes every week, so keep an eye on our page for updates!

Governors Bay Hotel

We are delighted to announce we will be back in business from next Tuesday 28th of April. We will be operating only a contactless takeaway service whilst we adhere to the level 3 restrictions at present. Check out the fb page for more information.

Harbourside Fires

Operating on level three, sweeping chimneys, general fire maintenance, and bird protection
0274289026 or 3289990
We take all precautions and practice distancing and proper hygiene during any work carried out

Lyttelton Coffee Company

Takeaway coffee, muffins, beans and green smoothies will also be available from 8am Tuesday April 28th. We will be open 8am-1pm seven days a week. Preferred payment by prepaid tab but eftpos will also be available. PM on fb to start a tab.

Lyttelton Coffee Culture

Our stores have been working hard to get set up for Level 3 and nearly every store will be open during Level 3 for pre-ordered click and collect drinks and the greatest hits from our menu including bagels, peanut butter cups and of course, COFFEE!!

From Tuesday 28th stores will be open from 7am – 2pm during the week and 8am – 2pm on weekends. We're still working out the finer details which we will share with you over the next few days but we will definitely be using Culturecards as the best way for you to pay and still get 20% off all your hot drinks.

Make sure you're loaded and ready to go. You can top up your Culturecard now through our online shop - <https://shop.coffeeculture.co.nz/products/culturecard-top-up>

We will share all our updates here, and through our CUPDATE newsletter. If you want to be first in the know and don't currently receive our newsletter you can sign up by emailing admin@coffeeculture.co.nz and we will add you to the list.

We look forward to seeing you (from a distance or waving at you through the window) on Tuesday.

Lyttelton Farmers Market

The market is unable to operate at Level 3 restrictions

Lyttel Sh-t

Will be delivering again from Tuesday.. plenty of winter hoodies and Lyttel Greeting Cards might make an appearance soon also in my webstore for Mother's Day <https://www.lyttelshit.co.nz/>

Nom Nom Kitchen

We are re-opening for contactless take-aways from Tuesday April 28th. Our opening hours will be 4.30 -8.30pm. 8pm will be the latest time for deliveries. Please call us on 03 9259335 to make an order. We will then instruct you to make a payment over the phone. Our website ordering is being developed. We will let you know when this is operational. Cost of delivery is \$6. This money will all go to directly to our delivery staff as well as their regular wages. We want to help our employees during this difficult time.

Orton Bradley Park

The Park is open for walking and Mountain biking with the expectation that people maintain their social distances. Toilet blocks will remain closed in Level 3 so if people can do their business before they visit that would be much appreciated. Playground, café, and campground all closed.

Printable Group

Printable Group Christchurch owned. We will be printing from Tuesday, check out our page if needing Covid-19 safety signage or design and print.

We're taking preorders now, and offer FREE delivery on all orders over \$45

PS I should mention a small team from here in Port are employed here, we would love to help local Lyttelton business owners. Ph 03 377 6644 fb Printable Group

Rei Poppy Smic

Super cute babies & children's products & giftware and currently making Washable Cotton Masks too.

All will be available to purchase from my Facebook page.

Payments online & Pass the Parcel delivery's available
Thanks Rei

From The Lyttel Kiwi Gift Shop

<https://www.facebook.com/PoppySmicSuperCuteness/>

Spooky Boogie

In addition to coffee bean deliveries take away coffee will also be available from Tuesday 28th.

Super

Our pick up menu will be through the regular app www.regulapp.com so download it now and get ready to feast upon a delicious selection of all the faves. Drinks and coffees available also, espresso

You can also call us on 021 086 22632

We will be open Tues - Sunday 12-late

Plus Veggie Box or Super Food Box to create all your favourite Super meals.

SUPEREATS delivered to your door?

Yes, please! Thoughtfully selected pantry fillers with our supereats box orders must be in by 5pm wednesday for a friday delivery

We are delivering to lyttelton, the bays, Diamond Harbour & Sumner yeehaaaaa! Check out what's on offerr-box

Volcano Market (Farmers Market Stallholder)

Volcano Market's will be closed for the time being until it's safe. We will deliver our delicious goods to your door! This is our products with prices provided. Text your order to 0272251067. Visit fb volcano market for product range and prices.

Want2be

If you need to get your business online, I've been working up some website starter packages. Pay up front or pay monthly from \$20. Barbie Larkins

<https://want2be.co.nz/website-design-for-small-business/>



Change to Alert Level 3 marks start of city's recovery

Christchurch City Council is geared up to resume work on building and infrastructure projects around the city when the country moves out of Level 4 lockdown on 28 April.

"We've been planning for this move in alert levels and we have a whole raft of projects ready to resume work on that will help to get our local businesses back to work and keep people in jobs," says Christchurch Mayor Lianne Dalziel.

Work will restart on major transport and three waters projects as soon as the lockdown ends.

"We've been working with our contractors to ensure they can get back to work, while still ensuring the health and safety of their workers under the COVID-19 conditions.

"People can also expect to see more maintenance crews out and about as we move into Level 3," the Mayor says.

"We've continued to do essential maintenance work through the lockdown period but under Level 3 we will be able to carry out a lot more of the sort of maintenance work you'd expect to see."

Mayor Dalziel says in line with Level 3 restrictions, many Council staff will continue to work from home, providing services to residents such as consenting. Community facilities, pools and sport and recreation facilities will remain closed under Level 3, as will playgrounds, but people will be allowed into visit the Christchurch Botanic Gardens.

"The Botanic Gardens are one of most treasured spaces and so we are delighted that we can re-open them to the public on 28 April," the Mayor says.

"Libraries, sport and recreation centres and the art gallery will continue to remain closed under Level 3. However, the innovative ways that staff have found to offer online services and activities to residents will continue.

"While normal social activities are still curtailed under the Level 3 restrictions, we can get a lot more economic activity happening. This is a significant milestone for the city and will help us chart the way forward as we begin the journey to recovery," the Mayor says.

Article CCC Newsline

The Luck of Living in Lockdown in Lyttelton

My other sister lives in Auckland. Even there it is difficult, as she has to time when she goes out to exercise because of the crowds of people who are in the parks and at beaches.

So I know how lucky I am to be living in Lyttelton. I write this even though the back of our house is missing because lockdown started two weeks into renovations. This means we are cooking in a camp kitchen and our shower is in a toilet on the lawn. But I'm still glad to be here because we have so many more degrees of freedom than if we lived in other places during this pandemic. At Level Four, I could walk in the hills, cycle around the bays, or play dodgy tennis in my bubble. But I am relieved to hear that building work can restart on our renovation as we go to Level Three. And that, if the good weather lasts, I can go back out on my paddle board.

What an amazing place to be stuck in.

Alex Hallatt

The morning sun side of Lyttelton

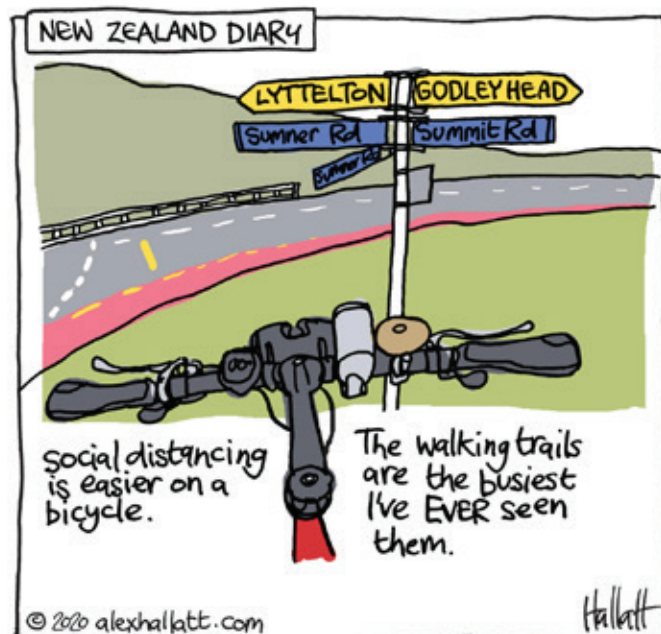


I knew Lyttelton was a special place when I arrived here in 2004. Now I thank my lucky stars to be in lockdown in Whakaraupo.



My brother lives in an apartment in Valencia with his wife and young son. They have been in Covid-19 lockdown since mid-March and he has only been allowed out to walk the dog within 200 m of his home. He was super excited to tell us that from the 27th April the Spanish government will allow him out to walk with his son. Up until now, young children have been forced to remain at home all the time.

One of my sisters lives in London with her young family. The spread of the novel coronavirus has been far more extensive in the UK than in New Zealand and she worries that it may be months until it is safe to visit our parents (both in their seventies) in Dorset. And though the village of Briantspuddle is idyllic, Mum and Dad will go batty if they aren't allowed to leave it for much longer.



LPC

Keeping our region moving

Your view of the Port may not have changed much during the lockdown, with vessels continuing to move in and out of the Harbour carrying essential goods to keep our region moving.

Lyttelton Port Company (LPC) is a critical piece of lifeline infrastructure for the Canterbury region, handling crucial supplies like fuel and food and essential products – including coffee, bananas and even toilet paper.

As an essential business, LPC has continued to operate in Alert Level 4 and will continue in Alert Level 3, a feat which would not be possible without the dedication of our workforce.

Daily management meetings are being held to ensure the Port is operating safely, with the Health and Safety of our team our top priority.

We're working closely with the Canterbury District Health Board and other New Zealand ports to ensure we are following the best good health practices.

All non-essential staff have been working from home since Alert Level 3, and the remaining staff on site are separated into different work bubbles.

We are incredibly proud of these teams, who continue to work through these uncertain times and ensure the goods Cantabrians need continue to be stocked on supermarket shelves.

From cargo handlers to Tug Masters, Marine Pilots and Mechanics, each member of our team is playing a critical role right now.

We are also working closely with Maritime New Zealand, with all vessel crews quarantined onboard vessels and shore leave prohibited.

With the announcement earlier this week to move to Alert Level 3, not much will change for Lyttelton Port, our teams will continue to operate in their bubbles and non-essential staff will stay at home.

We expect volume through the Port to increase with an extension on the goods and services now operating, and



Essential, proud, respected. We love this shot of LPC Marine Pilot Chris Coleman headed out to guide a vessel into Lyttelton.



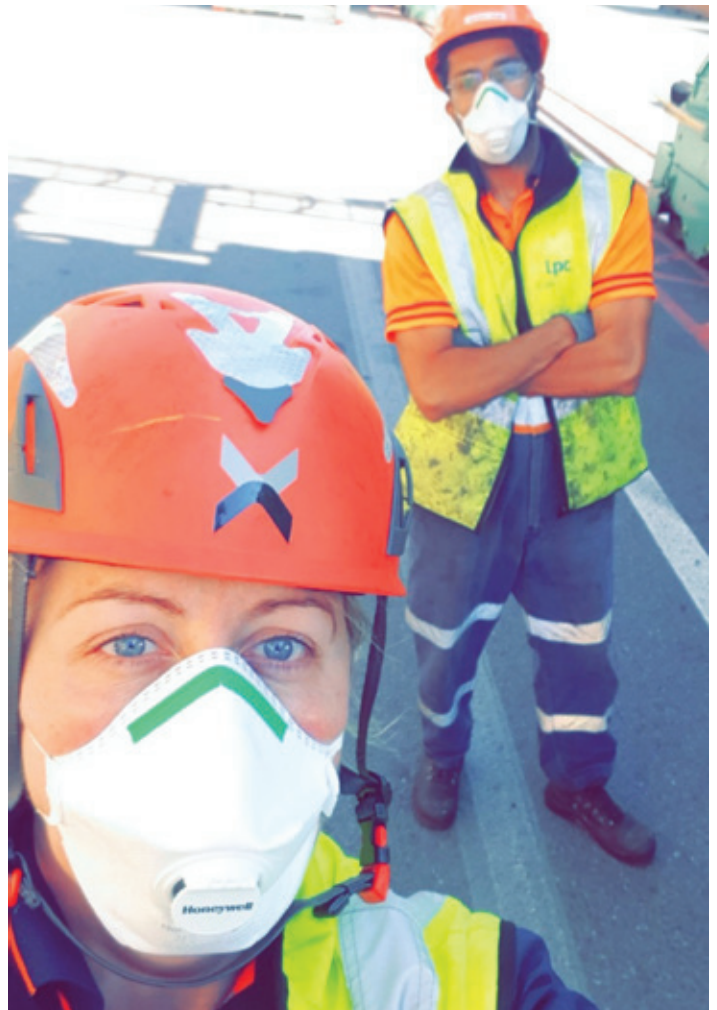
Here's another shot taken by Chris Coleman of the Rio Bravo headed towards Lyttelton.

we are well placed to welcome all vessels and cargo that call at Lyttelton.

We hope you are all keeping well and safe in your bubbles, and thank you for your support.

For further information and the latest LPC updates, visit: <http://www.lpc.co.nz/health-safety/important-covid-19-updates/>

Article LPC



Cargo handlers Ishmeet Singh and Tui van Aalst. A couple of the faces behind ensuring all the goods we need move safely through the Port during Alert Level 4, and onto your supermarket shelves. Thanks team!



Urumau Reserve

Lockdown Success - Lockdown Learnings

During the lockdown we have all been encouraged to get out and walk/bike locally. Whilst it is fine to pound the pavements in Lyttelton and surrounds we are so fortunate to have locally managed reserves where we can get into nature easily.

I am fortunate to live right next to Urumau Reserve. With anecdotal evidence of extra activity in the reserve and no official reserve work allowable under level four restrictions Brian Downey suggested the two of us undertake an observational survey of the users from my property over several days during the lockdown period. We both thought this would be a useful exercise that could be completed safely plus provide some useful information for future planning.

I picked a week and a weekend day and did four separate surveys from the Foster Terrace entrance of Urumau Reserve between 8am and 7pm. As you will see in the table below, the numbers of people enjoying Urumau Reserve was very pleasing. Well over one hundred people per day were using the space for local recreation. Not surprisingly weekend traffic was higher than Thursday but overall, we know from our regular experience of the reserve that usage of the reserve increased significantly. Many of the faces we had never seen before, both young and old. Some had not ventured up that way in years and were pleasantly surprised what they found.

It was interesting to see where people entered the reserve. The access from Reserve Terrace was considerably more popular than we had imagined (42.6%). We had thought that most people would enter from Foster Terrace. Similarly, nearly all the users were walkers. Only 3.5% rode mountain bikes.

Another reason for the survey was to get a handle on whether people could pass each other safely on the track with the two metre social distancing rules. We were concerned about the bottle neck at the Foster Terrace entrance. Similarly, the track design from Reserve Terrace where the staircases make social distancing impossible and the narrow zig zag track from Foster Terrace to the bench track is also problematic especially adding the mix of mountain bikes. We did find that some people did not use the Reserve Terrace steps because they knew they could not maintain a two-metre distance so exited at Foster Terrace instead.

The staircase railings also have proven to be problematic in a pandemic. How to get people to not touch the railings in an engaging way saw Brian and I come up with a novel idea. "How about we print pictures of the corona virus in differing sizes and stick them to the railings"? This proved to be a great idea. The conversations heard as people saw the pictures and then discussed them were great. Some parents gave children great explanations on what it was all about. The stickers became a real conversation starter and helped people think harder about what they needed to think about as they walked around. This novel idea really gives food for thought about future signage. Just how do you make interesting ways to educate people without saying "Do Not"?

What's been learned for the future? Signage could be more playful. Track design also needs to be enhanced. It's not a great idea to have strings of staircases as is the situation from Reserve Terrace for two reasons. In a pandemic it's impossible to pass safely and the staircases limit access to some people. There are quite a few older people who find the steps too hard and we imagine some younger people with children also don't find stairs

Survey Statistics -Urumau Reserve April 2020 8am -7pm

	Date	Adults	Children	Dogs	Bikes	Regular	Reserve Tce	Foster Tce	Other	Total	Total Users
Thurs	2/04/2020	85	26	22	3	20	50	54	7	111	111
Sun	5/04/2020	121	29	35	2	28	67	82	1	150	150
Thurs	16/04/2020	97	27	21	5	25	52	67	5	124	124
Sun	19/04/2020	143	40	23	10	25	73	104	6	183	183
Total		446	122	101	20	98	242	307	19		568
%		78.52%	21.48%		3.5%	17.25%	42.6%	54.1%	3.3%		



suitable and so are unable to use the entrance. We believe a meandering path would have been more suitable and it's much easier to widen/modify a meandering pathway if needed. There might be some opportunity to widen landings to alleviate the distancing issues but unless an entire pathway is rebuilt some people will never be able to access the reserve from this entry point.

We concluded that the zig zag path leading up into the reserve from Foster Terrace should be widened. Luckily this is A meandering path and there is potential to widen this path to enable safe distancing for all users. Just like the Greens co-leader is calling for wider footpaths, the community have a good case to make for widening the track to enable people to pass more safely and with Foster Terrace the main entranceway for both walkers and mountain bikers, this needs to come sooner rather than later.

Article Wendy Everingham



Diamond Harbour Camera Club Exhibition

Due to the lockdown, the Diamond Harbour Camera Club were unable to mount their 'Splash of Colour' exhibition on site at Stoddart Cottage Gallery this April. They have instead created a digital album which you can view online.

Enquiries to purchase specific images - please email: diamondharbourcameraclub@gmail.com
(Usual cost is around \$40 for an A4 mounted print.)

A link to the virtual exhibition is <https://www.flickr.com/photos/187827165@N02/sets/72157713804344158/>

Orion offering business customers payment deferral

Electricity lines companies Orion, which is part-owned by Christchurch City Council, is offering a payment deferral programme to business customers on its network.

It is one of four lines companies that are proposing payment deferrals of at least three months to assist with immediate customer cashflow challenges that businesses are experiencing during this time.

Details of each of the deferred payment options are being finalised in conjunction with the energy retail companies, but may include for example, a deferral of fixed line charges. It is up to each retailer to take up this offer and pass it on to its business consumers.

"This is a challenging time and all four companies are committed to supporting New Zealand businesses to ease their financial burden where possible, so that they can continue to make valuable economic and social contributions to the communities in which they operate - now and into the future," says Vector Group Chief Executive Simon Mackenzie, who is the spokesperson for the four companies.

Article CCC Newline

Transfer stations to re-open

The EcoDrop transfer stations at Parkhouse Road, Bromley and Styx Mill will be reopen to the public when the country moves to alert level three on Tuesday 28 April. Residents will be able to drop off rubbish, greenwaste, hazardous items and select recycling.

However, there will be strict controls around the management of the stations, with people needing a booking to drop off their material.

CCC Newline

Lyttelton Rotary

Lyttelton Rotary like you all are in lock down until we are able to meet again. Saturday April 25th ANZAC day commemorating this day standing at our front gate at 6am with other neighbours as was suggested remembering those who died for us all certainly was not what we are used to doing.

Currently the club have quality Daffodil bulbs for sale, both daffodils and jonquils. A bag of 10 for \$10. The bulbs are ready to plant now or as soon as you can so you can enjoy their blooms in the spring time. For us all in this time of isolation it will certainly be something to look forward to and at the moment you have the time to plant them. We would appreciate local support with this fundraising project. Can you please call Robyn on 0274336875 with your order and she can put them in her letterbox and you can leave the payment. We are also if allowed hoping to sell some outside the Supermarket during the week so we look forward to perhaps seeing you then but if we don't catch you then Robyn is awaiting your call or txt.

Lyttelton Rotary will be once again meeting every 2nd & 4th Monday at the St John's Hall in London St 7pm as soon as we can so if you are interested in coming along to join us and supporting your community with our fun group please contact our President Barry Toomey ph.0274799678.

Lyttelton Port Company supports wifi for seafarers "locked" in the port

Stranded seafarers who aren't able to leave their ships in port due to the COVID-19 lockdown are now able to access free Wi-Fi to keep in touch with their families in their home countries, thanks to support of the Banks Peninsula Community Board, Lyttelton Port Company and the Lyttelton Seafarers Centre. The Seafarers Centre has since received three mobile wi-fi units paid for by the Lyttelton Port Company, and is making them available to the ships' agents for distribution to the vessels.

Banks Peninsula Community Board Newsletter

Fishing rules to change at Alert Level 3

When we move to Alert Level 3, if you want to go fishing you can do so from a wharf or the shore, but don't cast off the rocks or fish from a boat (boating is not allowed).

Banks Peninsula Community Board Newsletter

Naval Point Club

Level 3 is a definitive no sailing or boating; however, once we are back at Level 2 our management team are developing proposals to get us all back out and enjoying our favourite activity.

Student Volunteer Army Grocery Delivery

I'm pleased to let you know that the Student Volunteer Army Grocery Delivery Service is fully operational throughout Central, North Shore, & East Auckland, Hamilton, Nelson, Christchurch (including Kaiapoi, Rangiora and Rolleston) and Dunedin. Please can you help by forwarding this message to those who could most use home-grocery delivery, especially older people, those living with a disability, home carers, medically vulnerable and front line health care workers.

The SVA Grocery Delivery Service (in partnership with New World), enables people who can't get to the supermarket to get groceries. You can order online or via 0800 005 902 using a debit or credit card. A screened and vetted volunteer collects the items from the supermarket and delivers them to the door. SVA then charges the pre-authorized credit card with the exact amount spent at the supermarket following delivery.

Head to www.sva.org.nz

<https://sva.us19.list-manage.com/track/> to shop (or call our friendly team on 0800 005 902).

For more information, head to our FAQ <https://sva.us19.list-manage.com>

SOS Business

Who we are

We are David, Joyce and Naadei. Co-founders of SOS Business (previously known as SOS Cafe).

Like everyone, we felt shocked and a bit helpless when it was announced that NZ would go into level 4 lockdown, and thought about the hundreds of cafés, small businesses etc who would suffer. Our local businesses add so much colour and culture to our suburbs, it's now our turn to give back.

We whipped up this website that will allow us to act as agents for businesses who don't have the ability to take vouchers a way to do that, and to link to those that can.

How you can help

SOS Business was set up to help these local businesses sell gift cards that you can redeem later when they re-open*. This will do a part in helping them to stay afloat during this time.

Our directory will also help you to support those who are currently offering their own vouchers as well.

We have expanded to other categories to help more local businesses and we need your help to suggest a local business.

Spread the word to your friends and family so that we can help as many local businesses as we can.

In Lyttelton the following businesses are registered:

Lyttelton Coffee Company

Nom Nom Kitchen

Super.

COVID-19 advice

for organisations from Department of Internal Affairs

We are open!

Firstly we want to let you know that we are still open for business. While we have now closed our regional offices, our community advisory staff remain available to connect with, either electronically or by telephone. The Department of Internal Affairs recognises that the funding and advisors services we provide are essential, particularly at a time like this. However it's not essential for us to do that face to face, so for your safety and ours, we will be providing all services remotely. We are also looking at options to deliver more via Facebook, Zoom and maybe other web-based tools such as Webinars. If you want to contact your local advisor remember our email address convention is: firstname.lastname@dia.govt.nz

Current Grants

It is likely you are experiencing changes to your own service delivery. We are aware that a number of funded events have been cancelled and that community needs are changing. We've received calls from a number of organisations to date asking how this will affect your current funding. The answer is: if your organisation has received funding from the Department and your initiative has been affected due to COVID 19, we will actively work with you to find the best solution whether that is a time extension, change of purpose, etc. When you are ready to discuss any changes just ring us on 0800 824 824 or get in touch with your local Community Operations team to discuss options.

Future Funding Rounds

We have had questions about how the current economic trends will impact on future funding. Our current funding calendar remains unchanged and you can find opening and closing dates here: [Community Matters](#)

Community Cohesion

Whanaungatanga: While these times are providing constant challenges to our usual ways of doing thing, this is also an opportunity to consider different ways of supporting our communities. We are keen to hear from you about new approaches you have developed or experienced to support individuals or communities during this pandemic response. Please email us or use our Facebook pages to pass on your stories.

Charities Services have produced some information for registered charities on COVID-19 - [Charities Services](#)

[CommunityNet Aotearoa](#)

has produced a resource for organisations with relevant links to up-to-date advice provided by the New Zealand Ministry of Health, advice on public events and mass gatherings, MBIE's information for Businesses and the Government's Economic Response Package announcement, and general advice provided by the World Health Organisation

Press Patron

Helping to keep Quality Journalism Alive

A novel idea, crowd funding for journalism. This innovative idea was founded by Alex Clark back in 2017. The premise was that we needed to save quality journalism. With readership and revenues declining in many newspaper print businesses quality journalism was on the decline because revenue streams to fund journalists were shrinking quickly.

"In the space of a decade, many Western countries have lost more than half of their journalists. This rampant decline has been fuelled by the difficult transition from print to digital. During this period, up to \$25 has been lost in print advertising for every \$1 gained in online advertising. Of the digital advertising being sold, around 70% has been going straight to Facebook, Google and Amazon. Meanwhile, print subscriptions have consistently declined at a rate of about 10 percent each year.

With a global pandemic now hitting the economy hard, a sharp decline in advertising revenue has resulted in vast swathes of publications either shutting down, laying off staff, or facing bankruptcy around the world. Amidst the painful chaos, there has been an unexpected silver lining. Audiences have been rallying behind their favourite publications to help ensure their survival" said the team from Press Patron.

Since the Covid 19 outbreak the hunger for good news sources have increased and the rise of community supported funding for publications and websites has boomed. With the Press Patron platform there are many publications and websites in New Zealand that you can support this way.

Check out the following links if you are interested.

- Support the PressPatron project: presspatron.com/contribute
- Choose a publication to fund directly: presspatron.com/discover
- Support your local news website as a paying subscriber, member, donor or patron. There's never been a more important time to sign up!
- If your favourite publication doesn't have a way for readers to support them financially, share this link: presspatron.com/publisher-info

Article Lyttelton Review.

What are you Lockdown Stories?

A reader suggested it would be great to hear about our lockdown stories. Have you got something you'd like to share in our next edition? Please send us your stories to review@lytteltoninfocentre.nz

Haiku poem

Corona Virus!

Corona Virus!

You're the worst virus ever..

But we will beat you!

James Mullan - 12

Acrostic poems

B oring

O ld days

R eading and writing

I nside my house

N o play dates allowed

G eorge

George Targus - 10

R esting

A way

H igh

U p

I n the sky

Chester Targus - 7

L onely

O n my own

C an't go to the beach

K icking my heels

D esperate to swim

O cean is calling

W orld wide pandemic feels

N ever ending

Olive Harris - 10



Video exhibition brings art into our ‘bubbles’

Forget Netflix, Christchurch Art Gallery Te Puna o Waiwhetū is giving people the chance to get their art fix at home with an online video series featuring the work of a dozen Kiwi artists.

Called *Spheres: An Online Video Project*, the programme will run on the Gallery's website for six months starting next Tuesday, with a moving image work by a different artist released on each of the first 12 days. They will be available to watch at

The line-up of New Zealand creators includes Ronnie van Hout, Xin Cheng, Nova Paul, Matavai Taulangau and Christchurch cinematographer John Chrisstoffels, whose 2018 digital video work *Ritornello* is pictured (above). It's the first time Christchurch Art Gallery has launched an online only exhibition. Five of the works have been created specifically for this series and have not been seen publicly before.

The Gallery is closed under COVID-19 restrictions and will not reopen under Alert Level 3, but Director Blair Jackson says his team is busy finding innovative ways for people to keep engaging with art even when they're not able to physically step inside a gallery. The new series also provides a venue for artists' work and allows them to connect with an audience.

"Moving image works are a really accessible way for people to experience art at home. We don't want people to feel cut off from the creative, imaginative world, because this is probably a time when people need it most.

"These videos are a commentary on and response to the strange situation we find ourselves in, with social distancing and being more enclosed in the domestic or personal environment."

The name *Spheres* is a reference to the upsurge in use of the word 'bubble' during the lockdown, Mr Jackson says.

Artists were asked to share something of their 'spheres', the ideas and places they live with and around. "The artists have tapped into issues that matter to all of us – the environment, consumerism and the importance of preserving cultural knowledge."

Ronnie van Hout offers his take on the 1980s film *The Breakfast Club*, Sione Monu explores issues around identity and Janet Lilo captures daily making activities during lockdown.

Article CCC Newsline

Environment Canterbury Update

Burning

We recognise that you may be looking for alternative ways to deal with a surplus of rubbish and recycling, including burning cardboard and paper at home (whether in a wood burner or outdoors).

Please remember the following:

- Fire and Emergency NZ (FENZ) is strongly discouraging any outdoor burning while we are at Alert Level 4. This is to help limit the exposure and risk to their crews responding to calls.
- Large parts of Canterbury are still in a restricted fire season and permits from FENZ are only being issued for necessary stubble burns to allow farmers to continue their essential business during lockdown.
- Burning items that you would normally recycle may cause air pollution issues for you and your neighbours.
- The following materials are prohibited from being burnt in both outdoor burning and in-home heating appliances:
 - * Treated or painted wood
 - * Metal or wire that is coated with any material
 - * Materials containing asbestos
 - * Rubber
 - * Plastic
 - * Batteries, chemicals, paint and other surface coating materials
 - * Synthetic material including foam and fibre glass

Dumping

As at any time, fly tipping – ie, dumping your rubbish – is illegal. This includes near our precious waterways, in our regional parks or anywhere else.

There is concern that this could increase due to COVID-19 restrictions. If you have seen dumped rubbish, of any kind, please report it using Snap Send Solve or phone 0800 324 636.

Dumping garden waste is a biosecurity issue, with the potential to spread plant pests, weeds and other organisms.



Staying warm at home

While we know that smoke from wood burners contributes to urban air pollution, it is essential for people to stay warm in their homes, especially as we enter the cooler months.

Here are some important things to know:

- Wood merchants are able to deliver during the lockdown period, as this is considered an essential service. It's really important to use quality dry wood and have a good burning technique, like using lots of kindling to get your fire started.
- You can still report a smoky chimney via Snap Send Solve, phone or email, but we will not be able to take action until the COVID-19 alert level is reduced.
- The information from complaints will be gathered and used to inform future action.
- For those going through the process of upgrading a wood burner, the most important thing is for you to stay warm and stay at home. We will be encouraging the upgrade of these burners following this period of uncertainty.
- If you are uncertain as to what to do, please contact us on 0800 324 636.

Sorry, Lyttelton Library is closed, but you can still visit the digital library

All you need is your library card and pin/password.

Forgotten your pin/password?

Call us: +64 3 941 7923

Or contact us online:

christchurchcitylibraries.com/liveonline/

No membership at all?

Sign up for digital membership:

christchurchcitylibraries.com/join-the-library/

Kerbside Recycling Recommences

The processing plant that sorts the items put out for kerbside recycling in Christchurch is planning to re-start operations under Alert Level 3. That means people will need to make sure that only the right stuff goes in their yellow bin.

"If there is waste, dirty material, liquids or other contamination in the recycling then we are unable to process material and our markets won't buy it.

"For the Materials Recovery Facility (MRF) to operate successfully under Alert Level 3 we need everyone to take extra care with their recycling and only place the right materials in the yellow bin," says Christchurch City Council Resource Recovery Manager Ross Trotter.

"It is vital that only the right material goes into the yellow bins. If there is too much contaminated material in a truck load then that load will go to landfill.

"We need people to take responsibility for ensuring they only put the right stuff out for recycling. If they don't and we get too much contaminated material in the bins, we will have to keep sending the contents of yellow bins to landfill," Mr Trotter says.

"None of us want to see that happen, but it is going to take a collective effort to avoid that situation. It is more important than ever that you take care with your recycling and only put accepted items into the yellow bin."

There will be some temporary changes to what material people can put in their yellow bins because of changing market conditions.

"Uncertainty remains over access to our international market for mixed fibre, which is paper and cardboard. We want people to continue to put clean paper and cardboard into their yellow bin, but unfortunately this material may continue to be sent to landfill until this market becomes available.

"We have domestic markets though for clear rigid plastics, like soft drink bottles, frosty or opaque plastics like milk bottles, and coloured rigid plastics like tomato sauce bottles or yoghurt containers, so as we move to Alert Level 3 we are asking people to only put these types of plastics in the yellow bin," Mr Trotter says.

The MRF plans to operate from Monday 4 May.

Don't forget to space your bins apart

Mr Trotter says it is also important that people continue to space their bins apart when putting them out for kerbside collection.

"To protect staff, we want to reduce the need for our crews having to move the bins into the correct position so please space your bins at least half a metre apart from each other so the trucks can easily reach them."

The right stuff to recycle

- Clean cardboard
- Clean paper
- Aluminium cans
- Clear and coloured glass bottles and jars
(lids in red bin)
- Metal tins
- Coloured plastic containers e.g yoghurt containers, tomato sauce, fabric softeners
(lids in red bin)
- Aerosol cans
- Clear or frosted plastic bottles e.g soft drink bottles, milk bottles
(lids in red bin)
- Empty household cleaning containers
(lids in red bin)



Remember to give your bottles and containers a rinse, make sure they are loose, and put the lids in the red bin.

If you are uncertain about whether an item can be recycled, check on our website or download the handy wheelie bins app.

Article CCC Newsline



Post-lockdown infrastructure projects for city top \$1 billion

Christchurch City Council has submitted about \$818 million worth of projects to the taskforce set up by the Government to seek out 'shovel-ready' infrastructure projects that can quickly stimulate the economy and create jobs. It is also backing \$200 million worth of projects submitted by Council Controlled Organisations, bringing the total value of the infrastructure project package for Christchurch to just over \$1 billion. The project list was submitted on Tuesday, along with a request for the Government to consider new co-funding or cost-sharing agreements, similar to those that were put in place to fund the multibillion-dollar infrastructure rebuild programme after the earthquakes.

"We have deliberately focused on a strategic approach, which meets the Government's criteria and help take our city, region and country forward," says Christchurch Mayor Lianne Dalziel.

"The most significant aspect of our proposals is the request to consider cost-sharing arrangements for three waters – drinking water, wastewater and stormwater. Transport projects are co-funded around the country, but three waters projects are not.

"After the earthquakes, we had the benefit of a cost-sharing agreement that gave us co-funding for three waters infrastructure as well as higher co-payments for transport infrastructure.

"There would be significant national benefit in putting a similar process in place as part of a broad stimulatory approach that would offer all the benefits the Government is seeking on a nationwide scale," the Mayor says.

In addition to submitting nine projects of its own for potential funding, the Council has also endorsed projects that have been submitted by the Lyttelton Port Company (LPC) and Christchurch International Airport Limited.

LPC's projects include things like an expansion of its inland port at Rolleston and improved rail links, moving its main workshops out of the container terminal and freeing up valuable and more efficient space on Port, multiple developments around reclamation, and the creation of new terminal space to handle Canterbury's growing export economy.

Christchurch Airport's projects include an expansion of its aeronautical support services precinct, expansion of the South Island airfreight capacity, revitalisation of the Antarctic Support facilities, improving the terminal transport loop, improving the baggage screening capability, and carbon footprint reduction projects including upgrading terminal lighting.

"At present the potential cost of these projects remains commercially sensitive, but in aggregate across both Lyttelton Port and Christchurch Airport these projects represent over \$200 million of potential new infrastructure investment," Mayor Dalziel says.

The Council has also endorsed some key private and community sector projects that have quantifiable public benefit.

They are:

- Christchurch Private Sector Project – The Arts Centre
- Christchurch Private Sector Project – Madras Square
- Christchurch Private Sector Project – Box 112 Programme
- Christchurch Private Sector Project – Templeton Film Studio
- Christchurch Private Sector Project – Convention Centre Hotels
- Christchurch Community Sector Project – Canterbury Museum
- Christchurch Non-Council Project – University of Canterbury Wellness Centre
- Christchurch Private Sector Project – Catholic Cathedral Development

“Partnerships across the public, private and community sectors are going to be key to our recovery and we are determined to work in a collaborative way so that we achieve the best outcomes for our city, our region and our country,” Mayor Dalziel says.

Projects submitted by Christchurch City Council

- Flood and environmental protection work along the Ōtākaro Avon River Corridor (total project cost \$92.7 million)
- Future-proof water supply resilience through installation of backflow prevention devices (total project cost \$23 million)
- Drinking Water Safety and Resilience improvements through smart water monitoring and re-zoning (total project cost \$100 million)
- Marshland Road bridge and intersection improvements (total project cost \$12.3 million)
- The Halswell Junction Road extension to improve access to and from the Hornby freight hub (total project cost \$9.3 million)
- Evan Pass and Dyers Pass guardrails and pedestrian safety Improvements (total project cost \$24 million)
- Construction of two major Cycleway Routes – the South Express and NorWest Arc (total project cost \$72 million)
- Smart Christchurch Programme (total project cost \$12.2 million)
- Canterbury Multi-Use Arena (total project cost \$473 million)

Article CCC Newsline

**Coastguard Advice in Level 3**

Coastguard Volunteers across New Zealand remain ready to respond to on-water emergencies as the country prepares to move from Level 4 to Level 3 next Tuesday.

Under level 3, the Government has announced that a range of low risk, near shore activities are ok but that powered boating, jet-skiing and yachting are not allowed.

At level 3 people may take part in low risk, non-motorised activity on and in the water such as swimming, paddle-boarding, and kayaking, as long as they stay close to shore.

This includes accessing vessels on swing moorings for maintenance and safety reasons.

“With the seasons and weather changing, owners of boats on swing moorings will be wanting to check the mooring is in good order and that their vessel is watertight,” says Mr Gillespie. “When undertaken in favourable conditions, this is a low risk activity.”

“If you are taking part in low risk activities on or in the water, please use common sense and don't do so in adverse weather conditions or at recognised danger spots such as beaches with large surf and known rips.”

Last April Coastguard volunteers attended 293 incidents where boaties required assistance, of those incidents, 32 were urgent life threatening jobs.

With many boats currently parked up in driveways, Coastguard recommends boaties use this time to ensure their boat and equipment, such as lifejackets and VHF radio's, are sea worthy and ready for an eventual return to the water.

“We are looking forward to being able to support Kiwi boaties getting back out there and enjoying the water safely when the time is right,” says Mr Gillespie.

Article Coastguard NZ

Lyttelton Community Garden

Growing herbs in containers

What you need

Containers – disused cooking pots, wicket baskets (lined with weed matting or old woolly blanket). I'm using pots, (that's what I had). At least 15cm as these plants have a tap root.

Potting mix

Seeds. Coriander (from last season's plants) and dill. I've since made up another pot with parsley

1. Prepare work surface (this is messy job) Clean pots with hot soapy water.
2. Fill pots with potting mix. Sprinkle with seeds, using hand gently press seeds down
3. Sieve over potting mix to just cover.
4. Label the pots and water well.
5. Cover each pot with a plastic bag to create individual glass houses and leave in a warm sheltered place.

Keep an eye on the pots and when the little babies pop up they need to stay moist. When about 10cm tall you can harvest the tops just cut with scissors.

Coriander seeds available from Harbour Coop and limited range of Kings Seeds.



Lyttelton Review: We look forward to regular contributions from the Lyttelton Community Garden Team. With more of us dusting off the veggie garden and planting fruit trees these tips will be invaluable. Thank you.

Christchurch's Public Transport

Moves to Saturday timetables at COVID-19 Alert Level 3

Environment Canterbury is currently preparing to provide increased public transport services when New Zealand moves to COVID-19 Alert Level 3. Under Level 3, government advice is that travel is still restricted, and is only allowed for permitted movement in your local area – e.g. for going to work or school, shopping, or getting exercise. Senior Manager Public Transport, Stewart Gibbon, said that increasing the availability of public transport services is the first step in the journey to a semblance of normality.

"We know some of those going back to work or school at Level 3 will need public transport as an important part of their day. Starting on Tuesday 28th April, we will be moving to a Saturday timetable running Monday – Saturday, with the Sunday service running on Sundays, for most services.

"The timetable will have some modifications, including Route 85 running to its usual weekday timetable and some changes to the ferry timetable. These will be updated on our website," he said.

The physical distancing requirement will mean that, depending on the vehicle, a smaller number of passengers than usual can be carried. The number will depend on the size of the vehicle, but will generally be between 7 and 11. Stewart Gibbon said that although fewer people should be travelling on public transport, the possibility of capacity constraints mean that people should allow plenty of time to reach their destination.

"If the bus or ferry has reached its allowed capacity, these physical distancing requirements mean it will not be able to pick up additional passengers. We will do our best to limit the impact of this.

"We really appreciate everyone's patience and kindness as we work within the limitations in place to keep everyone



safe. Public transport can be used for those that need to travel but we do need everyone to be aware there will be limited capacity, and please try and avoid peak times unless you are a worker or are travelling to an educational facility," he said.

Stewart Gibbon said that keeping drivers safe is a top priority for Environment Canterbury and bus operators.

"Central city buses will continue to use the Manchester Street super stops as the Bus Interchange will remain closed under COVID-19 Level 3. To maintain physical distancing between passengers and drivers, fares will not be required during the Level 3 period and buses will be boarded from the rear doors.

"Bus and ferry companies will continue the regular deep cleaning of vehicles, and passengers are requested to continue to record their travel on the Contact Tracing app at ecan.govt.nz/trace," he added.

Metro school services will resume where there is a need for them.

"We are working with schools to get an understanding of how many children will be returning to school next Wednesday, and whether they will require the Metro school bus service," said Stewart Gibbon.

Timetable information, including modifications to some services, will be updated regularly at metroinfo.co.nz and trip information is available by calling Metroinfo on 03 366 8855.

Article Environment Canterbury

Garlic is a healthy food that may have some antimicrobial properties. However, there is no evidence from the current outbreak that eating garlic has protected people from the new coronavirus (2019-nCoV)



#2019nCoV

Can eating garlic help prevent infection with the new coronavirus?





LIFT Library

The whole world is now in a state of transition. People at all levels are thinking and working on ways to adjust to conditions that have changed because of Covid-19. We face economic, health, government and community challenges that are new to us, and cannot be ignored – though going for a walk around steep streets in Lyttelton every day keeps me happy in this healthy community.

The team at Project Lyttelton, responsible for so many community initiatives, has been talking regularly about how to plan for our future. These discussions reminded me of a book in LIFT, and a film I have shown, which I strongly recommend to you. Fortunately the book was among the ones I brought home before the lockdown, so I could read it again. It kept reminding me of actions going on now, in NZ and elsewhere, where people are helping one another because governments can't do everything at once, and local action brings strength.

The Power of Just Doing Stuff: How local action can change the world by Rob Hopkins, founder of the Transition movement, published in 2013. Here's the blurb: "People around the world are deciding that the well-being of their local community and its economy lies with them. They're people like you. They've had enough, and, rather than waiting for permission, they're rolling up their sleeves, getting together with friends and neighbours, and doing something about it. Whether they start small or big, they're finding that just doing stuff can transform their neighbourhoods and their lives."

The initial impetus for Transition was peak oil. In 2006 the world was waking up to the fact that conventional crude oil was running out and that climate change was becoming a major factor in the economy. That is when Rob Hopkins began his experiment in Totnes, UK, to strengthen its local economy and reduce the environmental impact. His idea spread around the world quickly, and the financial crash in 2008 strengthened the movement. You can read about the current state of the movement now on <https://transitionnetwork.org/>

Alternatively, you may like to watch the film "In Transition 2.0", made in 2011-12, with worldwide examples of the movement, including Lyttelton after the quakes. Lyttelton did not become an official Transition Town, but the same principles applied. And you can hear music by The Eastern, with filming by Rich Humphreys, and see some familiar faces. <https://www.youtube.com/watch?v=FFQFBmq7X84>

Here is another Happen film for you, which is yet another example of small-scale healthy living. Even if you don't have one acre, you will find some useful ideas. https://happenfilms.com/film/abundant-permaculture-homestead-tour?mc_cid=ff51fe2348&mc_eid=17d7622437

And here's another link on permaculture that has been recommended strongly – but I haven't had time to watch it yet! Too much in my Inbox. https://www.youtube.com/watch?v=94Wc3iCairY&feature=youtu.be&mc_cid=503f9f9e0c&mc_eid=9e83cd4693

Today's quote:

How good a society does human nature permit? How good a human nature does society permit?

Kia kaha

Juliet Adams at LIFT Library
L = LE, I = Inspiration, F = Facts, T = Transition (LE = Living Economies - <https://livingeconomies.nz/>)
(25 Winchester Street, Lyttelton - CLOSED)
lift@lyttelton.net.nz

Lyttelton Community House Trust



7 Dublin Street
PO Box 121, Lyttelton 8841
Phone: (03) 741 1427

FOOD BANK

Do you or someone you know need food staple items and are in hard times? We have a small food bank set up for the Lyttelton Community to access – please contact us by email

facilitator@lytteltoncommunityhouse.org.nz

or call 03-7411427 and leave a message with your contact details.

We are an essential service operating through this time.

Other services including shopping, pharmacy pick up and meals delivery service for older persons or people with disabilities are also available (including ACC).



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Crater Rim Ultra

Story by Chats Duncan

The Christchurch weather forecast for the race was, 12 degrees C, showers and strong winds. Phil Sanders checked his energy supplements were safely in his backpack. It was two years since he had last run in the Crater Rim Ultra, when he rolled an ankle after running 45 K's and had to retire. Extreme sports all had their challenges, and this one certainly took no prisoners. He sucked a glucose capsule and looked at his fellow competitors, milling around on Diamond Harbour's rugby grounds. As always, a mixed bag, with more female entrants than last time. Some of these girls knew how to pace themselves and could often outshine the men. Phil hated the wait before a run and began thinking about Pippa Rogers, his partner of six years; and last night's row.

'So, you still intend going then,' she spat the words out. 'Yes, I'm committed to the club, you know that. I can't let them down without arranging a replacement.' Pippa huffed and left the room. She had forgotten to tell him, until this very morning, that she was going somewhere else and could not support him. Brian waved at him. 29 and super fit, thought Phil, but so was I at his age. I'm fifty this year, more than enough reason to show the world he still had it in him. The PA system squealed, 'attention please, we have five minutes to go before the start at 6.45 this morning. Our Met link man tells us it might snow,' some competitors groaned, 'Yeah, the white stuff.'

The first stage up Mt Herbert was never that easy. Phil knew he had reached around nine hundred metres above sea level, then on to the Pack Horse hut. The next reference point for him was reaching Gebbies Pass on the Summit Rd, which marked 28ks covered. He felt good although as forecast the temperature had dropped, increasing the wind chill. Pippa would normally cheer him

on at this point, but that wasn't going to happen today. He wondered where she was? Most probably drinking lattes in Merivale mall. Things had been going wrong between them for some time, ever since he spied them together.

Past the Sign of the Bellbird, then the Kiwi, 34 ks done. The pace had slowed a little allowing Phil to pass a couple of older runners. He managed a friendly, 'keep at it guys,' as he ran through. They didn't respond, probably too whacked. Best not keep remembering this was a 53 ks endurance race, only for the super-fit or stupid. He certainly didn't fit the former, so he must be a little crazy. Last time a small number had managed to finish the demanding course in under six hours. Phil's best time was 7.25 hours.

He couldn't help thinking about Pippa and the younger guy, drinking coffee together in a café on London Street in Lyttelton. Not one of her usual haunts, he thought, keeping out of his sight? He had anguished over the realisation that he could have competition. Should he front up, challenge her face to face? Easy to say but hard to do. Maybe follow him separately and find out what's going on. Phil pondered.

Phil ran around the Sugar Loaf Tower rise then on to the Rapaki Track, clocking up 44 ks. He checked the time, with under 10 ks to go, six hours, forty-seven minutes and felt good and sucked another energy tablet. Phil ran past a much younger guy who was struggling and looked slightly familiar to Phil. Not a member of my running club, he thought, yet he felt he knew him. He increased his pace towards the finish line in Hanson's Park, watching where he placed his feet, to avoid twisting an ankle. He crossed the finish line and dropped to his knees, panting heavily, but pleased with his run. Some minutes later, the younger man arrived looking terrible. He still thought he knew him from somewhere? Phil stood and crossed over to him.

'It's one hell of a race, isn't it?'

The guy rolled over onto one elbow, 'yeah it's tough alright, especially for me, I'm well out of training,' he replied smiling. Phil held out a hand, 'Phil Sanders, is this your first crack at it?'

'Been wanting to have a go for some time but couldn't make it before, I've been away, you know, I'm Nat Rogers by the way.' They shook hands.

Phil leaned down, 'do you have a sister, Nat?'

'Sure do, well a half-sister actually, but she's not on my side right now, as I've just come out of prison. Why, do you know Pippa?'

'Yep, I sure do. Look let's get changed, grab a beer and something to eat and I'll fill you in, okay?'



Do you enjoy reading these stories? Would you like to connect with the writer so that he can create some new stories based on your ideas? Would you like to share any thoughts on the stories you have read so far? Contact Chats chatsdun@gmail.com

Play, active recreation and sport at Alert Levels 4 & 3



On 20 April 2020 the Prime Minister announced the following principles to abide by:

- Stay home
- Work and learn from home if you can
- Make your business COVID-19 safe Further business advice is available on the COVID-19 website: <https://covid19.govt.nz/alert-system/alert-level-3/#workers-and-businesses>
- Stay regional Further travel advice is available on the COVID-19 website: <https://covid19.govt.nz/alert-system/alert-level-3/>
- Keep your bubble as small as possible
- Wash your hands often with soap and cough into your elbow
- If you're sick, stay home and get advice from a GP and do that quickly

As at 24 April 2020

Contact Sport	Alert Level 4	Alert Level 3	Scenarios at Level 3
<p>(e.g. team sports)</p> <p><i>Contact Sport</i> - is an activity, particularly a team activity, in which by participating you are coming closer than 2 metres to others as part of competing in that activity - for example, physical contact sports like rugby and wrestling, sport where there is close contact like football basketball, hockey or netball.</p> <p>Lower risk activities include things that are able to be completed by yourself without shared equipment - for example skill-based drills or fitness training.</p> <p>Higher risk activities include things that share equipment or balls - for example a casual or pickup game of basketball, touch or even frisbee.</p>	<ul style="list-style-type: none"> • Organised sports or physical activity not allowed outside of your bubble. • Can train at your home, or outdoor places that can be readily accessed from home. • Lower-risk activities only: care must be taken not to be injured and require medical care. • Maintain physical distancing (2 metres) with people outside your bubble. • Contact activity or sharing equipment/balls with people outside your bubble is prohibited. 	<ul style="list-style-type: none"> • Organised sports or physical activity is not allowed outside your bubble. • You can travel within your region, and across a regional boundary if it is in your local area. • Maintain physical distancing (2 metres) with people outside your bubble. • Activities must remain within your current abilities and don't pick up new activities. • Group activities with anyone outside your bubble are not allowed. • Lower-risk activities only: care must be taken not to be injured and require medical care. • Contact activity or sharing equipment/balls with people outside your bubble is prohibited. 	<ul style="list-style-type: none"> • You can train at your home or outside with bubble members only. For example, going for a run or weight training. • Do not share equipment outside your bubble. For example, you cannot play frisbee or kick a rugby ball with some outside of your bubble. • Do not use things like playground equipment or benches in public spaces for your training. • Recreation is only for individuals, or with those inside your bubble in a public space. • If you're exercising outdoors, maintain physical distancing (2 metres). Try to avoid places with a large number of people - and do not arrange to meet anyone. • You can travel within your region to get to a destination for recreation (for example going to a particular park or trail). Check in advance whether the place you're going to is open - not all areas will be open. • Participate in low-risk activities only: care must be taken not to be injured and require medical care. • Longer rides/runs (within your region) are ok. Although they should still be low risk and you should be self-sufficient (be able to get home without outside assistance if something goes wrong).
Non-contact Sport	Alert Level 4	Alert Level 3	Scenarios at Level 3
<p>(e.g. running, cycling or golf)</p> <p><i>Non-Contact</i> - are activities in which you can comfortably avoid coming closer than 2 metres to others as part of participating in that activity - for example, running, cycling, golf or bowls.</p> <p>Lower risk - would be activities that you can comfortably undertake, and have done so previously, in conditions that do not pose any additional risk (e.g. road running or putting in your backyard).</p> <p>Higher risk - would be new or challenging activities, or challenging conditions (e.g. long technical trail runs).</p>	<ul style="list-style-type: none"> • Organised sports or physical activity not allowed outside of your bubble. • Can train at your home, or outdoor places that can be readily accessed from home. • Lower-risk activities only: care must be taken not to be injured and require medical care. • Maintain physical distancing (2 metres) with people outside your bubble. • Contact activity or sharing equipment/balls with people outside your bubble is prohibited. 	<ul style="list-style-type: none"> • Organised sports or physical activity is not allowed outside your bubble. • You can travel within your region, and across a regional boundary if it is in your local area. • Maintain physical distancing (2 metres) with people outside your bubble. • Activities must remain within your current abilities and don't pick up new activities. • Group activities with anyone outside your bubble are not allowed. • Lower-risk activities only: care must be taken not to be injured and require medical care. • Contact activity or sharing equipment/balls with people outside your bubble is prohibited. 	<p>For outdoor sports where 2 metres physical distancing is possible e.g. golf, tennis, bowls etc:</p> <ul style="list-style-type: none"> • Public facilities will be closed. Private facilities (e.g. clubhouses, toilets, showers) cannot open except for use by workers (with appropriate public health measures in place). • A COVID-19 safety plan must be in place, including risk controls for any staff that may be on site (e.g. grounds person). • Contact tracing measures must be in place. • Common touch points must be minimised. It is the responsibility of the facility owner to sanitise all surfaces (e.g. gates, flags, holes, nets etc) after each use. Users should sanitise their hands after touching them. • Don't share food or drink, and water fountains should not be used. • Don't share equipment (e.g. clubs, balls, towels, water bottles etc). • You can only play with those in your bubble. Do not arrange to meet anyone else to play. • You must keep physical distancing of two metres from anyone outside of your bubble. • There can be no congregating. You must leave as soon as you have completed your recreation activity. • Personal trainers should continue to work from home and use online and video conferencing facilities to deliver their training.
Active Recreation	Alert Level 4	Alert Level 3	Scenarios at Level 3
<p>(e.g. walking or cycling)</p> <p>Lower risk - would be activities that you can comfortably undertake, and have done so previously, in conditions that do not pose any additional risk (e.g. wide simple mountain bike trails).</p> <p>High risk - would be challenging activities, or challenging conditions (e.g. steep technical mountain bike trails or those with large jumps or drops).</p>	<ul style="list-style-type: none"> • Low-risk activities only: care must be taken not to be injured and require medical care. • Maintain physical distancing (2 metres) with people outside your bubble. • Contact activity or sharing equipment/balls with people outside your bubble is prohibited. 	<ul style="list-style-type: none"> • Low-risk activities only: care must be taken not to be injured and require medical care. • Maintain physical distancing (2 metres) with people outside your bubble. • Contact activity or sharing equipment/balls with people outside your bubble is prohibited. 	<ul style="list-style-type: none"> • Hunting is possible at Alert Level 3, as long as participants stay local and stick to their bubble, and if it does not involve a motorised vehicle in the hunting activity. • Participants must have the landowner's permission and any necessary permits. • Hunting on public conservation land is not allowed at Level 3. Short walks (up to 3 hours total) on easy trails are permitted. Long, backcountry tramping or overnight hiking is not allowed. • Mountain biking on known trails for experienced mountain bikers is permitted. • Gyms and public pools cannot open.

Play	Alert Level 4	Alert Level 3	Scenarios at Level 3
<p>(e.g. playing in homes, neighbourhoods and playgrounds)</p>	<ul style="list-style-type: none"> Play must be contained within your bubble. Streets, outdoor parks and fields are okay, but playgrounds are closed. 	<ul style="list-style-type: none"> Play must be contained within your bubble. Streets, outdoor parks and fields are okay, but playgrounds are closed. 	<ul style="list-style-type: none"> Public and school playgrounds remain closed. You are able to drive within your region to play in a public space for example a beach or a park – however physical distancing (2 metres) should be maintained.
Water-based Activities	Alert Level 4	Alert Level 3	Scenarios at Level 3
<p>(e.g. swimming, kayaking, surfing)</p> <p><i>Lower risk – would be activities that you can comfortably undertake, and have done so previously, in conditions that do not pose any additional risk (e.g. calm water or moderate temperatures).</i></p> <p><i>High risk – would be challenging activities, or challenging conditions (e.g. high winds, large waves, rips or cold-water temperatures).</i></p>	<ul style="list-style-type: none"> All water-based activities are prohibited because these activities expose participants to danger or may require search and rescue services. 	<ul style="list-style-type: none"> Water-based activities are discouraged where they would expose participants to danger or require search and rescue services. Water-based activities involving boats or motorised craft or equipment, or scuba diving are not allowed. Maintain physical distancing with people outside your bubble. Remain within your current abilities and don't pick up new activities. 	<ul style="list-style-type: none"> All public aquatic facilities are closed (only workers can enter premises, except for access to essential services). Some water activities are possible. We recommend you remain within close range of the shore (no more than 200m away). These activities would include: swimming, snorkelling, surfing, kayaking, canoeing, rowing, windsurfing and paddle boarding but only when meeting the following guidance. You must: stay within your bubble, not share equipment, not gather with others (even with physical distancing), stay close to shore and only go out when conditions are calm. Water-based activities involving sailing boats, or motorised craft or equipment, or scuba diving are not allowed. Kite boarding and diving from rocks or bridges are discouraged, because these activities expose participants or other users to increased danger and may require complex search and rescue services. Further guidance on boating and water-based activities at each alert level is provided by Maritime NZ (www.maritimenz.govt.nz/recreational). Fishing from a wharf or surfcasting from the beach is permitted, but people should not fish from rocks (because of the increased drowning risk). If in doubt, then don't go out.
Commercial	Alert Level 4	Alert Level 3	Scenarios at Level 3
<p>(e.g. sports who sell merchandise or run bar/café facilities)</p>	<ul style="list-style-type: none"> Only essential services are able to operate. All indoor venues and sporting facilities, including clubrooms and gyms, are closed. Everyone working from home and businesses cannot open premises for staff. 	<ul style="list-style-type: none"> All venues and sporting facilities, including clubrooms and gyms, are closed. Everyone should work from home if possible. Workers can only come into the premises if they can't work from home. And then appropriate measures must be taken. If these measures cannot be taken, staff must not go to work and premises should remain closed. Contactless retail/merchandise open to customers for pickup or delivery. Customers cannot enter premises. Businesses cannot offer services that involve close personal contact, unless it is an emergency or critical situation. All hospitality services and venues remain closed, and no food or drink to be consumed on premises. Only essential regional travel (e.g. travel to work), travel to other regions is not allowed. 	<ul style="list-style-type: none"> Individual business should follow MBIE and WorkSafe NZ advice. You cannot travel to other regions (e.g. you should not be travelling from Hamilton to Auckland) other than in limited circumstances. See the covid19.govt.nz website for more information.



FISHERMAN'S WHARF TAKEAWAY MENU

PHONE 03 3287530

WWW.FISHERMANSWHARF.NZ

THURS TO SUN 12PM TO 8PM

ENTREE

Paua Dumplings... \$15

Scallops wrapped in bacon... \$15

Vegetarian Spring Rolls... \$15

MAIN'S

Seafood Chowder w garlic bread ... \$15

Fisherman's Pie ... \$18

Thai Curry (Fish, Chicken or Prawn) ... \$18

Fettuccine with bacon & mushroom ... \$18

Seafood Risotto ... \$28

TRADITIONAL FISH 'N' CHIPS

Gurnard \$9

Monk Fish \$9

Blue Cod \$11

Scoop chips \$5

Scoop Wedges \$ 7

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Gurnard, chips & tartare \$15

Blue Cod, chips & tartare \$17

KIDS

Mini hot dogs & chips

Fish bites & chips

Chicken bites & chips

\$10

BURGERS

Fish

(Battered or crumbed) & tartare

Crumbed Chicken

with bacon, camembert & cranberry sauce

Homemade Beef Pattie

with bacon, onion rings & chilli relish

All burgers with salad greens, tomato, aioli & served with fries

\$20

DESSERT

Ice cream crunchie cake

Chocolate Brownie with berry coulis & choc sauce

\$10

Drinks / fizzy cans \$2.5 / coffee \$4

LOCAL EXPORTS

All good Interiors and stuff	274755163 Contact: Polly Twist	pollytwist@allgoodstuff.co.nz www.allgoodstuff.co.nz
Ausmic Electrical 9, Governors Bay Rd, Cass Bay, Lyttelton 8082	021 156 3436 Contact: Mick Bennett	Mick@Ausmicelectrical.co.nz www.facebook.com/Ausmicelectrical/
Blue Fusion Web Design	021 027 05450 Contact: Dana Dopleach	dana@bluefusion.co.nz www.bluefusion.co.nz
Building on Basics Financial Advice and Planning	0299737911 Elise Vine	elise@bob.kiwi.nz www.buildingonbasics.co.nz
Harbour Co-op 12 London Street Lyttelton	03 328 8544	shop@harbourcoop.co.nz
Ray White Next Step	020 4172 1510 Contact: Yvette Wright	yvette.wright@raywhite.com www.rwcashmere.co.nz
Lyttelton Port Company Waterfront House, 37-39 Gladstone Quay, Lyttelton 8082	03 328 8198	allreceptionists@lpc.co.nz www.lpc.co.nz
Lyttelsoft For all your accounting needs 7 Hyllton Heights, Lyttelton 8082	03 328 8671 or 021 137 4103 Contact: Penny Mercer	penny@lyttelsoft.co.nz www.lyttelsoft.co.nz
Manaaki Mai Weddings, Lodge, Retreat Purau 99 Purau Port Levy Road Purau	3299 852 Andrea Dahl - celebrant	andrea@manaakimai.co.nz manaakimai.co.nz
Printable Solutions 92 Division Street, Riccarton	0278 160 126 Contact: Ange hodgson	operations@printable.co.nz www.printable.global
Project Lyttelton	033289243	www.lyttelton.net.nz

HEALTH & BEAUTY

Lyttel Beauty 32 Voelas Road, Lyttelton	0212973885 Contact: Emma Chambers	Lyttelbeauty@Hotmail.co.nz
Health Check Clinic Rapaki	03 3289415 Contact: Christina Henderson	rapaki@extra.co.nz
Moving Back to Balance Gentle holistic bodywork	027 368 6515 Contact: Janet Taylor	taylor-smyth@slingshot.co.nz
Nu Dawn Oils	Contact: Dawn Cowan	dawncowan025@gmail.com52

EAT, DRINK, DINE

Coffee Culture 18 London Street, Lyttelton 8082	033 287 080 Contact: Leona & Marten Cooper	Talk@Coffeeculture.co.nz www.coffeeculture.co.nz
Fishermans Wharf 39 Norwhich Quay, Lyttelton 8082	033 287 530 Contact: PJ Gemmel	Contact@Fishermanswharf.nz www.fishermanswharf.nz
Governors Bay Hotel 52 Main Road, Lyttelton 8971	03 3299433 or 0275 329160 Contact: Jeremy Dyer	info@governorsbayhotel.co.nz www.governorsbayhotel.co.nz
Lyttelton Arms 17A London Street, Lyttelton 8082	03 328 8085 Contact: Caroline & John Quinn	caroline@lytteltonarms.co.nz www.thelytteltonarms.co.nz
Top Club 23 Dublin street, Lyttelton 8082	03 328 8740	lytteltontopclub@gmail.com www.facebook.com/lytteltontopclub/
Wunderbar 19 London Street, Lyttelton 8082	03 328 8818 Contact: Alex and Vanessa	hi@wunderbar.co.nz https://wunderbar.co.nz

PLACES TO STAY

Black Kiwi Apartment 78a Reserve Terrace, Lyttelton	0220541954 Contact: Sasha Stollman	blackkiwibnb@gmail.com
Dockside Accommodation 22 Sumner Road, Lyttelton 8082	021 152 3083 Contact: Julian Cross	dockside@fastmail.com www.lytteltonaccomodation.co.nz
Governors Bay B&B 851 Governors Bay Road, Lyttelton 8082	329 9727 Contact: Eva Mason	eva@gbbbedandbreakfast.co.nz www.gbbbedandbreakfast.co.nz
Governors Bay Hotel 52 Main Road, Lyttelton 8971	03 3299433 or 0275 329160 Contact: Jeremy Dyer	info@governorsbayhotel.co.nz www.governorsbayhotel.co.nz
The Rookery 9 Ross Terrace, Lyttelton 8082	03 328 8038 Contact: Rene Macpherson	rene@amma.co.nz www.therookery.co.nz

THINGS TO DO

Adventure by nature	210721464 Sarah English	sarah@adventurebynature.co.nz www.adventurebynature.co.nz
Akaroa Kayaks and Elecric Bikes	211564591 Allie and Greville Walsh	contact@akaroakayaks.com www.akaroakayaks.com
Airborn paddling Inflatable SUP and kayak hire	022 0318420 Contact: Joe Jagusch	info@airbornpaddling.nz www.airbornpaddling.nz
Black Cat Cruises Level 2, 5 Norwich Quay, Lyttelton 8082	0800 436 574 Paul Milligan	sales@blackcat.co.nz www.blackcat.co.nz
Bosman Ballet Flow 75 Main South Road, Upper Riccarton	027 316 3631 Contact: Celia Bosman	celia@bosman.nz www.bosman.nz
Canterbury leisure tours	03 3840999 Kevin Eldin	info@leisuretours.co.nz reservations 0800484
Christchurch Attractions Shop 13 Cathedral Junction, 109 Worcester Street	03 366 7830 Contact: Emma Thomson	emma@christchurchattractions.nz www.christchurchattractions.nz
Hassel - Free Tours 296 Prestons Road, Marshlands, Christchurch	03 385 5775 Contact: Raina Roberts	bookings@hasslefree.co.nz www.hasslefree.co.nz
Ohinetahi House & Gardens 31 Governors Bay Teddington Road	3299 852 Contact: Ross Booker	info@ohinetahi.co.nz www.ohinetahi.co.nz
Stoddart Cottage Gallery Stoddart Cottage Gallery add Diamond Harbour	027 632 9709	info@stoddartcottage.nz

To become a member of the Lyttelton Harbour Information Centre please contact Ruth Targus 328 9093 or email office@lytteltoninfocentre.nz. \$99 a year enables your business to be listed in this directory, be on the website and have business information displayed at the Information Centre.