

More than 500 sign: DCC responds



No need to cut short playtime fun at Chingford Park to rush home to the loo any more! After more than 500 people signed a petition asking the Dunedin City Council to unlock the toilets in the pavilion the council has done exactly that. Community in action!

WHEN MORE than 500 people signed a petition asking Dunedin City Council to “liberate the loos” at Chingford Park the council took notice and has now unlocked the toilets in the pavilion on a daily basis.

North East Valley resident Kaitrin McMullan organised the petition after running an event at Chingford Park. She found the process to have the pavilion toilets unlocked during her event time-consuming and frustrating.

“This is fantastic news,” says Kaitrin. “Everyone is very pleased the toilets are going to be open. This is great democratic action.”

Chingford Park is an excellent community asset and used by many people, from families visiting the playground to dog walkers and

sports groups, says Kaitrin.

During winter (April to September) the toilets will now be open from 8am–6pm, and summer hours (October to March) are 7.30am–9.30pm. They will be locked, unlocked and cleaned by DELTA and will be open regardless of what is happening in the pavilion.

The toilets are located at the back of the building, but currently have no signage. Kaitrin has asked the council if they will be adding signage but is still waiting to hear about this.

She also requested an extra rubbish bin be installed near the pavilion as this area is often busy with Saturday sports.

The council has told her a bin will be installed around the new year.

Dr Matthew Hamilton

MbChB, Dip Child Health, BSc Biochem (dist)

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Listening to community reports during the Valley Project's AGM at the North East Valley Bowling Club last month.

THE VALLEY Project held its annual general meeting on a cold and frosty night last month. Despite the inhospitable weather, a range of community members and group representatives came along to share the evening.

After enjoying some lovely nibbles provided by Mercy Hospital, we were well nourished to proceed with the business side of things.

Steve Tripp gave his final report as chair of the Valley Project executive, followed by outgoing treasurer Fraser Hunter, who presented the draft financial reports. We also enjoyed short presentations from the North East Valley Community Garden, Transition Valley 473, the Valley Community Workspace and the Open Valley Urban Ecosanctuary (Open VUE).

These groups sure have been busy. It was wonderful to have

an insight into the happenings around the valley and the many shared aspirations across these groups.

The meeting then shifted into some round-table discussions about gambling foundation funding, and finished off with the election of our new executive and a farewell to those leaving the group.

Steve Tripp, Nolan Hill, Megan Turnbull, Fraser Hunter and Joe Flaherty were given a fond farewell along with Rosa Miles-Seeley and Pete Abey, who left earlier in the year.

The newly elected Valley Project executive consists of some existing and some new members. We would like to warmly welcome Radha Forrest, Marama Smyth, Hinewai Broughton and Nicky Bisle to the executive. They will join existing members Ian Telfer, Sarah Gallagher, Rob Thomson and Lois Scott.

Highlights from the Valley Project annual report

READ THE FULL ANNUAL REPORT ON OUR BLOG AT WWW.VALLEYPROJECT.ORG/BLOG

- Community rooms repainted and refreshed by staff and volunteers in January. The working spaces were also reorganised, creating more welcoming and functional spaces.
- Kai share has a new shed and feeds approximately 125 people a week with fresh food through our partnership with KiwiHarvest.
- The Healthy Homes programme has revved up again with new HeatSeekers drop-in clinics to connect valley residents with insulation subsidies, services and information.
- The *Valley Voice*, our monthly community newsletter, reaches 3600 households. New initiatives include a supporters' donation scheme, advertising review, new columnists and a recent focus on the migrant housing crisis.
- Love the Lindsay is now gearing up for Creekfest 2019 in spring.
- Open VUE has completed two years of in-schools education. Focus is now on backyards and biodiversity enhancements.
- Great relationships developed with our tertiary community, including student projects, interns and volunteers. Staff invited to give lectures and presentations on community-led development.

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

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Cold, dark and crazy attracts runners



IT TAKES a certain kind of delirium to come up with an event in which participants get to run up and down Mt Cargill every two hours over and over again on the shortest day of the year.

Add to that a level of cruelty to start the event at 8pm on the night before, and you wouldn't expect people to bother turning up.

However, turn up they did. On 21 June 26 runners lined up at 8pm to start the Crush the Cargill Longest Shortest Day event at Bethunes Gully.

As the very long, cold night dragged on the numbers steadily dwindled until by daylight only 10 runners were left. At that stage they had each travelled over 50km and climbed roughly the height of Mt Cook.

Numbers continued to dwindle over the short day until by 2pm only two runners were left. Chris Bisley and Malcolm Law – on his own fundraising campaign to climb 1 million feet for Mental Health – both kept going until dark.

Mal finally tapped out at the end of his twelfth lap (over 100km and nearly 7000m elevation).

According to the rules of the event Chris couldn't be declared the winner until he had run more laps than anyone else, so he had to run one more lap up the hill, in the dark, on his own.

Meanwhile the organisers packed up and threatened to go



Runners, Michael Pranker, left, and Bruce Smith, still smiling as they finish another lap up and down Mt Cargill during last month's Crush the Cargill Longest Shortest Day event.

home to bed. No fanfare for the winner, but congratulations to Chris anyway! More than \$700 was raised for the Valley Project which will be used to help keep people warm over those long nights and short days.—Co-organiser Steve Tripp

Plea not to leave second-hand goods

A DIRTY toilet seat, sofas left out in the rain and a 25-year-old child's car seat are just some of the unwanted secondhand items that have been dumped after-hours at the Valley Project in the past few months.

Valley Project manager Tess Trotter says dealing with dumped goods is both time-consuming and costly for the project.

"We want to put the word out to the valley community to be thoughtful with items no longer needed or wanted. We do not have the space or the resources to deal with secondhand goods."

North East Valley has three op shops who make great use of quality secondhand items and we ask

that people directly donate items locally, or dispose of unsuitable items themselves rather than dumping in our carpark."

Previously the Valley Project ran a 'free box' and for a short time there was a clothing bin in the carpark meaning people have begun to see it as a place to leave unwanted goods.

"We ask anyone wanting to donate something contacts us before bringing goods to us. We have had real success stories in matching donated items with people in need."

We will be having our annual Valley Spring Clean in September, which is a time to dispose of unwanted items responsibly at low, or free, cost.

Volunteer opportunities

JOIN OUR awesome team of volunteer receptionists and gain some valuable office and administration experience.

Our receptionists cover Monday to Friday from 10am–2pm. We are currently looking for someone to cover Wednesdays and Fridays, as well as people who are happy to fill in at short notice.

We are also always keen for people to help out with events, such as Creekfest and the Valley Spring Clean. There are lots of different roles, so drop in to the office or give us a call on 473 8614 to find out if anything would suit you.

Valley Spring Clean coming up later this year

SAVE THE DATE: SATURDAY 21 SEPTEMBER

The annual Valley Spring Clean is coming up later this year and will be bigger and better than ever!

We are planning to have:

- a skip for general waste
- paint recycling
- green waste

- subsidised E-waste
- a 'Swap Shop' – bring your unwanted items and see if they can find a new home
- waste-less workshops on how to DIY waste minimisation in your home.

Lots more ideas coming. Watch this space for more details next month.

Skating: Freedom, creativity & balance



Opoho School pupils improve their balance and coordination while learning to skateboard with Otago Polytechnic Bachelor of Applied Science student Jimmy Hay. Pictured are, from left, Thomas Jopson (10), Joe Scott (9), Amali Addai (9), Abel Parker (9), Max Hambleton (8), James Fagerlund (9), Oscar Ross (9) and Oliver Morgan (9). Photo: Edith Leigh

AS EIGHT children raced across the court at Opoho School to grab a skateboard and helmet for a photoshoot with the *Valley Voice*, it was clear that they have discovered a new sport they all enjoy.

The innovative skate programme is the brainchild of Otago Polytechnic student Jimmy Hay, whose passion for skateboarding inspired his community project.

The project is part of his third-year study for a Bachelor of Applied Science. As nobody currently teaches skateboarding in Dunedin, Jimmy saw an opportunity that might eventually lead to a small business.

The skateboarding lessons are part of the school's Discovery programme. With options such as yoga, cooking, digital technology and cardboard construction, it is a time for pupils to build their self-management and explore their own interests.

Most schools have a lot of competitive and team sports on offer, says Jimmy, but skateboarding is a sport that provides freedom and creativity. There is no pressure. Skaters build confidence and learn at their own pace, and help each other to learn.

Teacher Sandor Toth says it has been amazing to see the children develop from having never been on a skateboard to now riding confidently around the courts, down the drive and learning 'ollies' and other tricks.

"It has just been wonderful. It's great for resilience, as well as balance and coordination. They always come in with a bit of a sweat on."

Nine-year-old Amali Addai says skateboarding is fun and she loves learning new things. "Sometimes I get really scared I'm going

to tip off, but when I did I just sat there for a bit and then got back on."

The project is supported by skate shop Pavement, who got behind the idea and supplied skateboards and helmets.

Jimmy hopes the project will help to combat negative stereotypes sometimes associated with skateboarding. His next step is to expand into other schools.

Understanding school system



Bilingual and liaison worker Mohammad Matter, left, and facilitator Justene Allen will be hosted at North East Valley Normal School in a programme to help refugee children and their families navigate the New Zealand school system. They will be working with schools in north Dunedin. Mohammed says helping pupils with issues and problems and assisting parents to understand how things work, from school newsletters to school trips, are the kinds of support he will provide.

DIY recycled pelmet workshop



WANT TO get warmer in your home? Did you know that 20–30% of your home's heat can be lost through your windows?

Come along to a free workshop on DIY pelmets and go home with a simple solution to help insulate your windows better.

Good curtains that fit well and pelmets will help improve heat retention and reduce energy costs. Fitted pelmets reduce heat loss above windows and can be made of any material as long as it creates an air barrier.

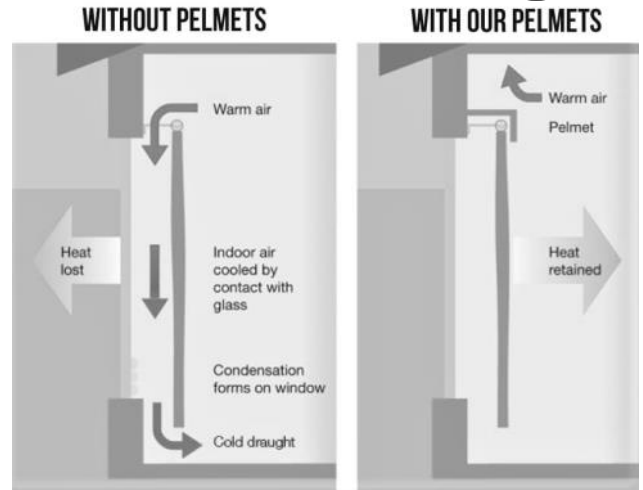
Pelmets only need to be against the wall and reach to or past the curtain – they do not need to be attached.

Valley Project manager Tess Trotter used to work at the Dunedin Curtain Bank, and during her time there she came up with a canny way to make pelmets out of recycled corflute signage.

The design is easy to make and fits onto a curtain rail without needing to be attached. This makes it ideal for use in rental housing or as a temporary solution during the colder months.

The first workshop will be held on Tuesday 23 July from 10am–noon in the Valley Project community rooms. Please come with the measurements of the curtain rails you want to make pelmets for. Everything else will be provided. Email charlotte@northeastvalley.org if you can't make the workshop but would like the written instructions.

—Charlotte Wilson, Valley Project community worker



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Good curtains make a big difference to heat

PROPERLY INSTALLED CURTAINS CAN BE AS GOOD AS DOUBLE GLAZING SAYS LISA IN THIS MONTH'S HEAT SEEKERS COLUMN.

WINDOWS AND glass doors account for substantial heat loss in most homes. Curtains and insulating blinds help retain heat and, if installed properly, can be as effective as double glazing.

Unfortunately, most curtains are not reaching their potential, but getting a bit creative can often improve their performance.

It's important to remember to always open your curtains in the morning to let the sun in, and close all curtains (even in the rooms you don't use) as soon as the sun starts to disappear.



Lisa Burrough

What makes a good curtain or blind?

A curtain or blind needs to seal off the window. Otherwise air in the room is going to move behind the curtain and be cooled by the cold glass.

To seal off the window, make sure the fabric is close to the wall or edges of the frames and ideally touching the floor (sometimes you can let the hems down).

Curtains should meet in the middle and have no gap between the rail and the wall at the top. You can block off a gap at the top either by rolling up towels/blankets and putting them along the gap, using wood/card/corflute along the top, purchasing a curtain rail with a 'lid', or having a pelmet.

The same applies for a blind, but blinds often seal against the window sill and along the insides of the window frame.

How to check the fit

A good way of checking the fit is to shut the curtains and turn the light on at night. Have a look from the outside – where you can see light is where heat is escaping.

The best curtains and blinds have two or more layers. It doesn't matter if they're thermal or black out, they just need to stop air movement. You can create your own by buying linings that hook onto curtain hooks, connecting two sets of curtains, pinning a sheet to the curtain, or hanging a blanket over the top.

Find out more

The Dunedin Curtain Bank (www.dunedincurtainbank.org.nz) supplies free curtains to those who qualify.

For more information on curtains and making your home warm and dry, call in to the Valley Project's HeatSeekers: Healthy Homes in the Valley drop-in clinics on Tuesdays, 10am–noon at the community rooms, or check out www.ecodesignadvisor.org.nz.

Dunedin City Council's Eco Design advisor also offers free custom advice for your home. To book a free assessment on the DCC website, email ecodesign@dcc.govt.nz or call 477 4000.—Lisa Burrough



Opoho meeting

A COMMUNITY meeting to look at establishing an Opoho

Neighbourhood Support Group is planned for 7.30pm on Monday 15 July at the Valley Project community rooms.

Opoho resident Ed Ansell says the meeting had been organised following community concerns and fears about activities that have been happening in the neighbourhood. It would also be really useful to establish more community links and connections in the neighbourhood, says Ed.

The meeting will be facilitated by Otago Neighbourhood Support and police.

Gifted children group

A GUIDED parent discussion group to help parents and caregivers understand and support their gifted children is being run at the Valley Project community rooms, starting this month.

The 1 Step Ahead course, run by the Otago Association of Gifted Children has been offered for the past two year and been helpful and informative for those attending.

The group meets on eight Saturday afternoons from 27 July to 14 September, from 2.30–4pm. To register or find out more email Cherie at events@otagogifted.org.nz

HortTalk: Codfish Island

AUTHOR NEVILLE Peat gives a fascinating look into Codfish Island as he talks about his latest book, *Whenua Hou: A New Land: The flora of Codfish Island*. The book was written for the Department of Conservation, the Murihiku rūnanga and the Whenua Hou committee, and was published in April.

Keep furry family warm

AS TEMPERATURES drop and winter sets in, North East Valley resident Jenny Davy wants to remind people to think about their furry family members.

"Just like people, dogs need places where they are sheltered from wind and rain," says Jenny. If your dog is spending a lot of time outdoors, it must be protected from draughts and the weather.

If a dog's shelter is also its bed, it must be as comfortable as possible. Bedding should be soft, warm, dry and cleaned regularly.

Brain and development

AN UPCOMING seminar from the Brainwave Trust will aim to help parents support and nurture their tamariki. The seminar will cover some basics such as how the brain grows and develops, why children need to feel loved, how to help children handle stress and feel safe and how experiences shape healthy development.

The seminar is on Saturday 20 July from 1-3pm at the Valley Baptist Community Centre. Cost is free but participants must register at bit.ly/brainseminar

New cafe and gallery

in
BRIEF

WORK IS underway on a new cafe and gallery on Bank St with plans for it to open this month.

Co-owner Jonas Hansen, who is also an artist, says the cafe will have a Danish influence as well as a strong focus on art. Once the cafe is up and running he plans to hold regular art exhibitions.

Jonas is undertaking the new business with his partner who has a background in hospitality. We have a lot of ideas for the cafe, he says, so be sure to call in once we are open.

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Making community more resilient

THE TRANSITION Valley 473 initiating group meets monthly to discuss how we can make

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We welcome new people to these meetings or to any of our activities. Contact Philippa on 473 9293 or see us on Facebook at 'Transition Valley 473'.

community orchard

Our Community Orchard consists of fruit and nut trees and berry bushes planted on six different sites in Pine Hill and North East Valley. Come and join a working bee to prune the currant bushes at Wilkinson St Park, Pine Hill, Saturday 6 July at 1pm. Phone Philippa 473 9293 or Joanne 021 325 695.

car share scheme

Do you want to be part of a neighbourhood car share scheme (car owner or not)? Phone Alex on 021 410 420.

Transition Valley has supported lower speed limits for parts of the Dunedin road network, including around the Gardens Corner. The NZTA's online risk assessment tool for roads, Mega Maps, shows that for most urban areas, the safe and appropriate speed would be 30 to 40 km/hr. We'll continue to argue for lower speeds where there is significant interaction across roads such as around schools, hospitals, the university and shopping centres.

plastic-free July

How can we reduce our use of plastic? One way is by buying in bulk in reusable containers, or making some things at home, such as yoghurt. We've included a recipe for you.

—Philippa Jamieson



Many hands make light work! The team pruning the blackcurrant bushes at Pine Hill Park last month.

How to make your own yoghurt by Maureen Howard

1. Sterilise your container, stirrer and lid to kill the undesirables by pouring boiling water carefully over all the surfaces, including the screw-up edges. Mind your fingers!
2. Pour whole milk into a saucepan (1 tsp yoghurt to 1L milk) and heat until it scalds, i.e. bubbles just begin to form.
3. Allow to cool so it's still warm but not too hot to hold your (washed) finger in, that's 46°C apparently!
4. Mix in 1 to 2 tablespoons of live natural yoghurt (store-bought or previous batch, live natural yoghurt

has no sugar or flavourings added and is likely to list some of bacteria present such as lactobacillus).

5. Pour it into the sterilised container and keep it warm for 8-12 hours (an EasiYo set-up works well, or a wide-neck flask).

Hey presto – yoghurt! Refrigerate and use within 1–2 weeks, remembering to keep some for your next batch.

I find I can repeat this 4–6 times before it goes slimy and I need to buy more yoghurt for the starter. You might be lucky enough to find a friend who has a starter that will keep making good yoghurt forever.

Co-op makes eating fresh fruit and veg easy

WE ALL know we should eat our five-plus a day of fruit and vegetables, but that can be easier said than done if you don't have a generous budget or the time or space for a vegetable garden. There is a solution! All Saints Fruit and Veges Co-op offers fresh fruit and vegetables at wholesale prices every week on Thursdays from 4.30–5.30 pm at St Martin's Church, 194 North Road.

A small group of volunteers has been handing out bags of fruit and vegetables to grateful customers at St Martin's for four years now.

Customers can sign up and pay online, or you can come along to St Martin's on a Thursday to pay in advance and collect your order the following week. The fresh produce is packaged in reusable cotton bags which users return each week.

We cater for different sized households. For small households we have a \$3 bag, which contains a minimum of three pieces of seasonal vegetables and two or three pieces of fruit. A medium \$6 bag has a generous selection of various fruit and vegetables, and the large \$12 bag has twice that, for the bigger household.

Come along and try for yourself. To join today go online at www.fruitvege.allsaintsdn.org.nz and order, or just turn up at St Martin's, 194 North Road, at 4.30pm on Thursday and order for the following week. We assure you of a warm welcome and good bargains.

—Ruth Doig



All Saints Fruit and Veges volunteer Gleenys Faulds, left, with satisfied customer Steven Homes and volunteer Ruth Doig.

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Baptist Church, 270 North Rd, 10am-11.30am, Fri, \$4. Ph Yvonne 455 2406, stured1@yahoo.co.nz

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QIGONG

Classes, Sun, 4-5pm, community rooms, 262 North Rd, cost \$10, last Sunday of the month is a healing meditation. Contact Jay 027 584 4537, bodymindqi@gmail.com

PARKRUN

A free, weekly timed 5km run/walk, Sat, Botanic Gardens. Meet at cafe, 8am summer, 9am winter. Go to parkrun.co.nz for more info.

SPAN NEV

Stretch'n'flex, low-impact exercise, fun and friendship, community rooms, 262 North Rd, 10am-11am, Tue, over-65s, \$4. Ph 473 9311.

SPORTS AEROBICS

Competitive aerobics and casual fitness classes. No previous experience required. Training held at DNI Fri and Sun. Working towards NZCAF regionals next August. Contact rebeccafishemz@yahoo.co.nz

STEADY AS YOU GO

(Age Concern) Gentle balance and strength exercises, NEV Baptist Church, 10.30am-11.30am, Mon, and Pine Hill School Library, 11am, Thur.

TANNOCK GLEN

The 3.5acre garden of the Dunedin Rhododendron Group is situated in Torridon St, Opoho. Members of the public are invited to visit at any time. Dogs permitted on a lead.

THREE LEFT FEET

Social dance group, no experience or partners necessary. European dance - folk and traditional, \$5 or \$7.50/couple, Nga Maara hall, 6pm-7pm, Thu. Ph. Marilyn 473 7829.

ZEN MEDITATION

With the Dunedin Zen group. Meet 7pm Weds, St Martin's Church in the downstairs room.

YOGA IN THE VALLEY

Instructor Adair Bruce, 6-7pm, Mon & Fri, DNI designspace; 9.15-10.15am, Mon, Wed, community rooms. \$10 waged, \$8 unwaged, for more info contact adairbruce@hotmail.com

further education

CITIZENS ADVICE

Dunedin Citizens Advice Bureau - a free confidential service for all. We can help with tenancy problems, employment issues, consumer problems & host of other issues. Rodgers House, 155 Princes St, 471 6166, cab.org.nz

COMPUTER CLASS

A free class to learn how to use computers, 10.30am-noon, Weds, community rooms.

FREE LITERACY COURSE

For more information contact Ana & Marg at Literacy Aotearoa, 477 2055.

FRENCH TUTOR

Beginner to advanced, 30 years experience, hourly rate, ph 473 0159 evenings.

LEARN ITALIAN

Planning a trip to Italy this year? Fun, communicative lessons Ph. Samantha 021 0831 8408.

INDOOR BOWLS

Play indoor bowls at the NEV Bowling Club, 139 North Rd, Thurs, 1.30pm start. Ph. Jack for more info 473 9565.

ITALIAN CLASSES

Exp teacher, native speaker of Italian ph Antonella 027 341 8312, 473 0832 antonella.vecchiato@gmail.com

LEARN ENGLISH

English for daily life and work. Free and low cost courses. Contact Tamara or Felicity at English Language Partners 455 5266, dunedin@englishlanguage.org.nz

SPANISH

Looking for Spanish conversational tutoring in NEV, perhaps a weekly small group? Ph Ana 021 0243 3071.

STAND-UP COMEDY

Open mic at Inch Bar, 1st & 3rd Thursday every month. Comedy workshop classes every other Thursday, open to all skill levels. For more info contact reuben@dunedincomedy.co.nz

art, craft & music

ART CLASSES

For all levels, casual attendance welcome, tutor Anneloes Douglas, community rooms, 10am-noon, Thur and 6pm-8pm, Fri. Ph 027 307 7034, 467 9993, anneloes.douglas@xtra.co.nz

ART CLASSES

Continuous class, newcomers welcome, 1-3pm, Wed, community rooms; 1-3pm, Thurs, St Peter's Church Hall, Caversham; 7-9pm, Thurs, Logan Park High School, \$15 per session. Ph Friederike 482 2025.

KNITTING SQUAD

BYO knitting or crocheting, or come & learn, community rooms, 1pm-3pm, Wed. Ph Marjory 473 7751.

ART FIBRE DUNEDIN

Bring lunch and requirements, 10am-3pm, second Sun each month, community rooms, Ph Viv 473 0343, www.artfibredunedin.blogspot.com.

DUNEDIN FIDDLE CLUB

Community rooms, 7.30pm, Wed.

MUSIC LESSONS

Guitar, drums, singing, with professional musician. All ages. Contact Bevan bevan37@hotmail.com or ph 027 363 1376.

SENIOR MUSOS

Retired musicians who put on music for an afternoon at the Normanby Bistro. Scones, jam & cream \$3, 3rd Thurs of the month from 2pm.

SOUNDS NOR'EASTERLY

Do you enjoy singing with a group? Why not join your local community choir? All ages and abilities welcome. DNI design lobby every Tues, 7.30-8.45pm. Email Clare for more info clare-n-don@clear.net.nz

UKULELE SESSIONS

Wed, 7-8.30pm, Baptist Church, 280 North Rd. Just turn up or text Adrienne 027 389 2574 for more info.

VALLEY BLUEGRASS JAM

Monthly jam session at the Normanby Bistro, 3rd Sun of the month from 2pm.

WOMEN'S ART GROUP

An art & craft group aimed at helping new Dunedin residents learn & share skills & connect with others. Tues, 1pm, community rooms, 262 North Rd.

community

BIBLE HOUR

Friendly small group Bible learning over morning tea, Sun, 9.30am, DNI (tech area) during school terms. All welcome, free, ph 020 4079 5727 or www.dunedinchristadelphians.org

BIKE WORKSHOP

Get help, use our workshop, bikes available for koha, 3.30-6pm Tues, and 9.30am-12.30pm Sat, Valley Community Workspace, 11 Allen St. Contact Peter on peterd0n@yahoo.com

COMMUNITY ACCOUNTING

Dunedin Community Accounting provides free accounting training & advice for non-profits in Otago. For more info call 0800 113 160, kiaora@dca.org.nz or www.dca.org.nz.

FRUIT & VEGES CO-OP

Fresh fruit and veges at wholesale prices with All Saints Fruit and Veges Co-op. Small, med, large weekly bags. Order at St Martins, 194 North Rd, Thur, 4.30pm, or sign up online fruit.vege.allsaintsdn.org.nz or

LEGAL ADVICE

Free at Community Law Otago, legal advice by qualified lawyers, practical solutions, 11am-12.30pm Mon-Fri, 5.30-7pm Mon, Fri and 2-3.30pm Mon, Floor 1, 169 Princes St, 474 1922.

MEN'S PROBUS

NEV bowling club, 10am, 2nd Mon each month, new members welcome. Ph Peter 455 1256, peabee@xtra.co.nz or ph Don 473 7544.

COMMUNITY GARDEN

North East Valley, the top paddock behind North East Valley Normal School, working bees every weekend alternating Saturday 9.30am-noon and Sundays 1-4pm. All welcome.

COMMUNITY GARDEN

Pine Hill, Dalmore Reserve entrance on Allenby Ave, check Facebook page 'Dalmore Reserve Bandit Gardeners' for upcoming events & working bees, dalmorecommunitygarden@gmail.com

DUNEDIN MAKERSPACE

Work on project, watch others and chat, 1pm-5pm, Sat; organised talks, 7pm, Thur, Valley Community Workspace, 11 Allen St.

Classifieds and community notices (for non-profits)

Belleknowes Golf Club

Green fees \$15
(after 4pm \$10/player)

Come & enjoy our fantastic 9-hole golf course on Lawson Street

Want health, wellbeing and relaxation?

Yuan Gong Qigong exercises are easy to learn, effective & enjoyable

All welcome

For class times or private sessions contact Jay 027 584 4537
www.bodymindqi.com

ENLIVEN DAY CLUB

Ross Home, drivers and help with activities needed, light food preparation. Tues, Wed & Fri, ph Maybank 473 0890.

LADIES' PROBUS CLUB

Meets 10am, first Mon each month, NEV Bowling Clubrooms. New members welcome. For more info ph 455 6683.

NEED A JP?

Contact Colin Lind to arrange to meet, ph 473 7174 or 027 733 0066 or colin@lind.co.nz.

NORTH DUNEDIN SHED

New members welcome. Open Wed and Sat mornings 35 Bonnington St over bridge. Find us on Facebook: North Dunedin Shed Society Inc

MULTICULTURAL GROUP

Women's multicultural group, make new friends, speakers, cooking, outings. Community rooms, 10am-noon, Fri, ph Afife 473 8944.

NEIGHBOUR SUPPORT

Create safer, more caring communities. For more info and local contacts ph Lois on 456 0857 or neighbourhoodsupport@gmail.com.

NORWOOD NEIGHBOURS

We have a Facebook group for those living in Norwood St for sharing news, ideas & connecting, email Liz the.martin.family@xtra.co.nz

REFUGEE CENTRE

Mon, 9-11am, Dunedin Community House, 301 Moray Pl. Coordinator Afife, ph 027 419 3125 or email afife.harris@gmail.com To volunteer at centre please get in touch.

VALLEY VOICE

Deadline for August issue copy is 20 July. Email voice@northeastvalley.org

trading corner

BABYSITTER

Experienced 23 year old, have worked with children of all ages. Ph Kelly 027 697 9194 .

BABYSITTER

High school student available for babysitting evenings and weekends. Ph Laura 027 905 9911 after 4pm.

CAKE BAKER

Home-baked cakes large/small for your pleasure. Made to order. Price list available. Ph 473 0159 evenings.

COMPUTERS

I fix computers! Low rates, great service, Windows, Linux, Mac, Android. Call Matt 022 048 0012.

FLAT WANTED

Mature & respected lady looking for 1-2 bedroom flat or apartment in NEV, non-smoker, no pets. Ph 473 7399 or email admin@northeastvalley.org

FOR SALE

New navy wool tights, girl's size 11-14 \$5; adult tall \$8; cotton over knee socks, size 9-12, x3 \$5; short socks x5 \$5, x3 \$3. Ph 021 705 708.

KNIFE SHARPENING

Mobile knife sharpening service for house knives, \$15/ knife. Ph. 022 416 5446.

HOUSE-MINDER

House-minder avail to look after your house, pets & plants, late July onwards. 12yrs experience in Dunedin area. Ph Jeffrey 027 4467 915, jeffreyhobinson@yahoo.co.nz

church services

Salvation Army, 43 North Rd, community worker only, Mark O'Donnell

Sacred Heart Catholic, 89 North Rd, Mass 9.30am

Glenaven Methodist, 7 Chambers St, 11am

Pacific Island Presbyterian, 160 North Rd, English 11am on 1st, 2nd and 3rd Sundays; Cook Island 9.30am; Samoan 11am, 4th and 5th Sundays

Anglican: St Martin's, 194 North Rd, 10.45am

St Thomas', Raleigh St and Pine Hill Rd, children & family service, 4.30pm, 3rd Sunday

Opoho Presbyterian, 50 Signal Hill Rd, 10am

NEV Presbyterian, community rooms, 9.30am, first, third and fourth Sundays, cafe service, contact Cameron Sinclair on sinclairs@snap.net.nz

St Mark's Presbyterian, 304 Pine Hill Rd, 10am

NEV Baptist, 270 North Road, 10.30am.

HOUSE WANTED

Educated & mature woman visiting Dunedin requires a house or flat to rent over Jan/ Feb 2020. If you are travelling next summer & would like a reliable tenant for security, ph Danny 473 1509.

LOG SPLITTER

Commercial power Briggs & Stratton Model 12000 Vanguard. Local pick up & delivery with full tank, \$50/day. User responsibility, ph 473 0393.

ROSE PRUNER

Winter pruning, experienced, hourly rate, pensioner discount, ph 473 0159 evenings.

HAIRDRESSER

Retired senior hairdresser providing service for seniors. Your home or mine. Dunedin North only, ph Helen 467 9644 or 021 104 1011.

WORK WANTED

Mature woman seeks gardening work, ph Jude 473 1650.

COMMUNITY NOTICES

Priority for groups and activities in the Valley Voice readership area. Email voice@northeastvalley.org

Please keep notices brief. They may be edited to fit the space.

Please email if your listing needs updating, correcting or re-instating.

for families, kids & teens

ACTIVE MUSIC

For 0-5yrs, with Yvette, 10.30am Wed, Valley Baptist Community Centre, 270 North Rd, ph 473 9413 or nevplaygroup@gmail.com

DUNEDIN TOY LIBRARY

A vibrant toy library for children from birth to 7 years. Huge range of toys, ride-ons, dress ups, puzzles, games. St Martin's Hall, Northumberland St, 3.30-4pm Wed, and 10-11.30am Sat

GIRLS BRIGADE

Dunedin Girls Brigade Company, all girls, from age 5 up welcome, 6-7.30pm, Wed, St Marks Presbyterian Church Hall, 304 Pine Hill Rd.

MT CARGILL GIRLGUIDES

Pippins, brownies, guides and ranger groups in the valley, ph 0800 222 292 or info@girlguiding.org.nz

OPOHO PLAYCENTRE

Sessions for 0-6 year olds, 9am-noon, Mon-Fri, school terms, 28A Signal Hill Rd. Visitors welcome, ph 473 0819 or email opoho.playcentre@yahoo.com

OPOHO SCOUTS

Keas, 5.30pm-6.30pm, Tues; Cubs, 6pm-7.30pm, Thur; Scouts, 7pm-8.30pm, Wed. Opoho Scout Den, ph Kevin 0800 SCOUTS.

PLAYGROUP

Leith Valley Church, Malvern St, 10am-noon, school terms, ph. Julia 027 635 8181.

PRESCHOOL MUSIC

At Opoho School, 9am-9.30am, Fri, during school term, Room 3, gold coin, drop in, ph 473 8019.

SUNDAY SCHOOL

Variety of classes with stories, crafts, songs and more. Ages 4-18, 9.30am Sun (term time only), DNI (tech area). All welcome, no charge, ph 020 4079 5727 or www.dunedinchristadelphians.org

SPACE FOR BABIES

Programs run by registered ECE teachers supporting families through their first year with a new baby, school terms, 12.30-2.30pm, day TBC, Valley Baptist Community Centre, ph 473 0014 or space.valleybaptist@gmail.com, www.spacenz.org.nz

NEV PLAYGROUP

For 0-5yrs, variety experiences to enhance development of your child, meet other local young families, free morning tea & lunch provided, Valley Baptist Community Centre, 270 North Rd, 9am-2.30pm Tue & Wed, ph 473 9413 or nevplaygroup@gmail.com

RUDOLF STEINER PLAYGROUPS

Te Whare Ako Marie, Pinehill & Maia. A sanctuary for creative play for children from birth to kindergarten, a place of peace & friendship for parents. Groups meet weekly, term time, ph 471 2163 or dunedinsteinerplaygroup@gmail.com

THE BREAST ROOM

Free peer support and help around breastfeeding. All parents welcome. Every Wed, 10.30am-12.30pm, community rooms, 262 North Rd.

Need an MP?
David Clark
 MP for Dunedin North

03 474 1973
 32 Albany Street, Dunedin
 dunedin.north@parliament.govt.nz
 fb.com/DavidClarkMP

Labour

One million feet to climb



Runner and fundraiser Malcolm Law's 12 ascents of Mt Cargill during the Crush the Cargill Longest Shortest Day event contributed 23,000 feet towards his goal of climbing one million feet in a year to raise funds for the Mental Health Foundation of New Zealand.

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MALCOLM LAW is no stranger to crazy ideas and the idea of running up and down Mt Cargill in the cold and dark until the last runner was left standing appealed to his wackier side. It was also a great opportunity to add some mileage to his current challenge of climbing 1 million feet (304,800m) in a year to raise money for the Mental Health Foundation of New Zealand. Even so, he hadn't been particularly looking forward to the Crush the Cargill Longest Shortest Day event, but found himself really enjoying it. It was very friendly and low key, Malcolm says, nothing like your usual running events. Malcolm was the second-last runner to dip out, after 12 ascents of Mt Cargill. He started at 8pm on the longest night of the year and continued through to the shortest day. The almost 7000m (22,965ft) of climbing took him close to half way towards his goal of 1 million feet, which puts him on target as he is halfway through the year. Malcolm says he has had a long association with the Mental Health Foundation and a lot of empathy for their cause. "I have experienced depression myself. I know the value of being active in the outdoors to stave off the black dog and using it as therapy when you feel a bit down." Malcolm adds, with a laugh, that other people don't have to take it to same extreme as he does.

Malcolm has undertaken many outdoor fundraising challenges including the High Five-O Challenge in 2015.

To find out more or donate to the cause, head to bit.ly/millionfeet and help Malcolm meet his goal of raising \$100,000.—Edith Leigh

*Crush the Cargill Longest Shortest Day report on page three.

What's on

currant pruning

Help or learn how to prune currant bushes at a working bee at Wilkinson St Park, Pine Hill, on Sat 6 July at 1pm.

pelmet workshop

DIY pelmets to go above your curtains to improve heat retention and reduce window condensation. All welcome, Tues 23 July, 10am–noon, community rooms.

Brainwave seminar

Learn about brain growth and development to help support and nurture your children. On at the Valley Baptist Community Centre, Sat, 20 July, 1–3pm. Free, but registration essential.

fruit & vege coop

Get a selection of in-season fruit and vegetables at wholesale prices, 4.30pm Thurs at St Martin's, 194 North Rd or order online.