

Discs fly at Chingford course



Rotary Club of Dunedin president Grant Chirside (left) and Disc Golf Dunedin chairwoman Hannah Joynt celebrate cutting the ribbon to open a new nine-hole disc golf course at Chingford Park.

DUNEDIN'S FIRST disc golf course has opened in the valley at Chingford Park.

About 80 people gathered for the opening and played a round in blustery conditions before enjoying a sausage sizzle.

Disc Golf Dunedin chairwoman Hannah Joynt is delighted with the new course and says a lot of hard work was put in by volunteers to raise funds and help install it. The Rotary Club of Dunedin put in funding and free labour to help establish the course.

Disc golf is played similar to golf, but with a

concrete pad to tee off, and it uses frisbees, called discs, instead of balls, and baskets in place of holes. Like golf clubs, discs are weighted and shaped differently for different purposes, such as drivers which are designed to fly a long distance or putters which are used for throws close to the basket.

The Valley Project sponsored one basket on the course. Scorecards with a course map and a bag of discs are available for hire for a gold coin donation at the project office in the community rooms at 262 North Rd.

—Edith Leigh

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Valley Project general meeting invite

THE FUTURE of the Valley Project and a celebration of Lindsay Creek will be discussed at a Valley Project general meeting this month.

Valley Project members and the public are invited to the meeting to hear about how the Valley Project plans to be sustainable into the future when current government funding from the Department of Internal Affairs finishes.

Project manager Marty Cancills says a lot of works has been happening behind the scenes.

A day to celebrate Lindsay Creek is also being planned for February next year and people who are interested in being involved with this are invited to join the organising team. Community worker Anna Parker says the community will be invited to walk the stream, as much as possible, with activities and educational stations along the way, and finishing with a picnic at Chingford Park. "We want to bring the creek into the consciousness of the community," says Anna.



Department of Conservation ranger Rose Clucas and Valley Project community worker Anna Parker investigate invertebrates in Lindsay Creek.

Valley Project general meeting: community rooms, 262 North Rd 7pm, Wednesday 18 November. All welcome.

More help for warm, dry healthy homes

BEVERLY OHLIN, a long-term resident of the valley, will be joining the Valley Project's Cosy Homes initiative as our new Home Performance Assessment advisor. She will be rolling out home energy assessments and advice for valley residents, along with Peter MacDonald our other advisor.

Beverly will be undertaking the level one and two home performance assessors training to become a qualified energy assessor.

Cosy Homes volunteer and facilitator Fatima McKague says she is "very excited" to begin a new round of Cosy Homes initiatives for 2016.

A home performance assessment is a thorough energy assessment of your house that looks into insulation, the energy efficiency of your appliances and heating systems, as well as the structure including draught and moisture levels. At the end of a session the advisor gives advice and steps that can be taken for a warmer, drier and healthier home.

The Valley Project also have the window insulation kits available for low-income households.

Opportunities with the Valley Project

Do you love writing or taking photographs? Would you like to be involved with producing our community newsletter, the *Valley Voice*? We are looking for volunteers to help produce the editorial content of the newsletter. Whether you would like to write articles or head along to community events to take photographs please get in touch with the *Valley Voice* editor Edith Leigh on 473 8614. All published contributions will be credited.



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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Opinions expressed in the articles are those of the authors and not necessarily shared by the editor, or any member of the Valley Project team. Submitted articles may be edited at editor's discretion.

Art Resource Centre will be a treasure-trove

A CENTRALISED place to collect and distribute recycled materials for art and craft projects is being planned for the valley.

It is hoped the Art Resource Centre (ARC) will be established in the Valley Community Work-space on Allen St where it will be run by volunteers.

Committee member Kaitrin McMullan says the idea is modelled on similar very successful schemes around the country. As an artist she has to make trips all over town to pick up various materials, so to have them all in one place will be a great resource for artists, schools, early childhood centres and other art groups.

"We want to add some more 'Rs' into the 'reduce, re-use and recycle' message to include re-think, re-purpose and rejoice. It will be like a treasure-trove of art materials that would otherwise go in the landfill."

The committee is currently working towards becoming an incorporated society as well as fundraising. "We have got a fantastic committee, but we could use more members. Meetings are heaps of fun, with chocolate, camaraderie and the community buzz."

Recycled materials would include domestic and commercial waste.—*Edith Leigh*



Committee members Kaitrin McMullan and Kirstin Flockton are excited about setting up an Art Resource Centre to gather recyclable materials for art.

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Winning mural design based on paper flower installation



Artist Tara Douglas

AN ARTISTIC installation of paper flowers representing coloured flowers blooming in the night is the basis for the winning design of a competition to paint a mural on a North Rd substation wall.

The winning artist, Tara Douglas, works with paper to create sculptural installations and

has just finished an artist residency in Japan. "It's very special to have this design chosen for the valley as the valley feels like home to me. I grew up close by, went to Dunedin North Intermediate, and lived in the valley while I was studying."

Northern Artery member Clare Adams says the selection panel is thrilled with the work. "The winning submission was selected for its bright and bold design. It was felt that the image had impact

and movement, and will appeal to a wide sector of the community. "The valley is known for its beautiful plant life and this work celebrates this fact."

The vibrancy and strong use of colour in the design will be a great deterrent from graffiti, she says.

As Tara is presently living overseas the work will be painted by Filipa Crofsky. The mural is being funded by Delta.—*Edith Leigh*

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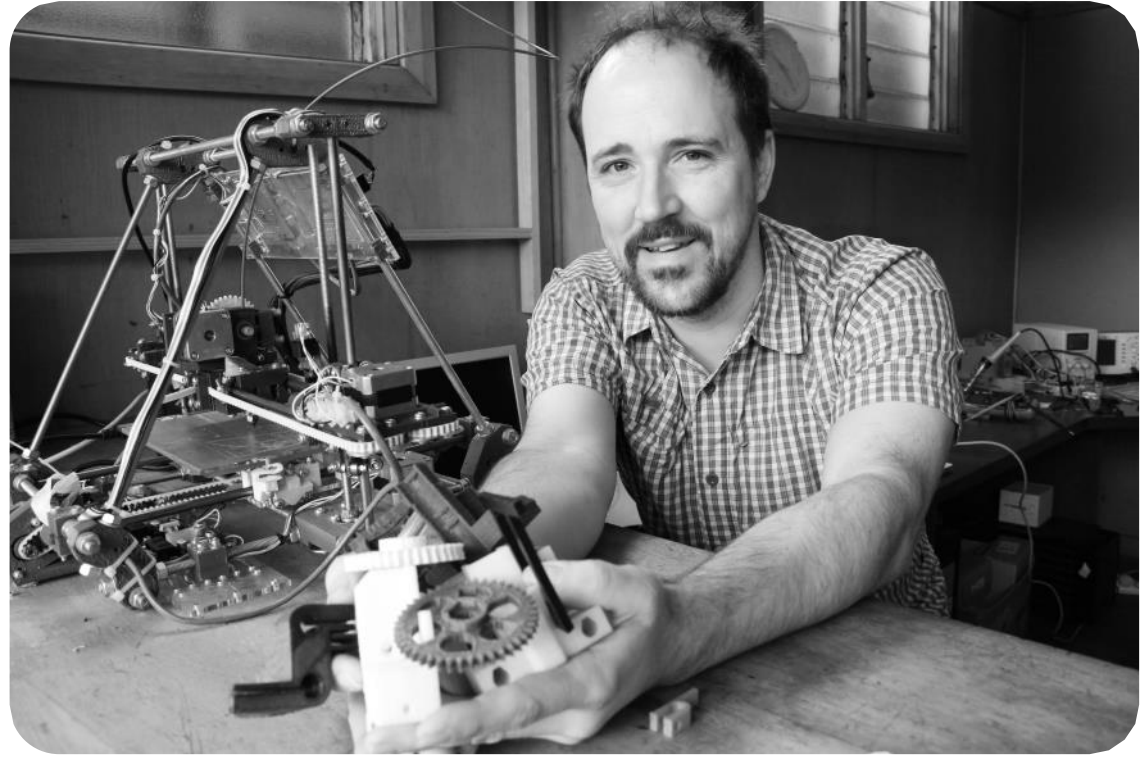
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Dunedin MakerSpace member Tim Bishop with some of the parts printed on the 3D-printer to make a new 3D-printer.

THE DUNEDIN MakerSpace group is appealing for younger people and school pupils to join them and get involved with making and creating many different things in their shared workshop in North East Valley.

Now based at the Valley Community Workspace on Allen St, the MakerSpace group works in many different disciplines and also has a 3D-printer.

Member Tim Bishop says they want to see electronics, craft, art, programming, engineering, weaving and all other types of creative enterprise happening in their workshop. The workshop is also a place where people can learn new skills from others and do projects they may not be able to do by themselves.

"We are designing and building our ideas for a low-carbon future."

MakerSpace appeals to people who like to understand how things work and make them better, says Tim. Current members are working on all sorts of projects such as making a wireless gate for their home, understanding renewable energy, retro-fitting

an old toaster to play CDs and using the 3D-printer to print a new 3D-printer.

"It is a very creative thing to do – to come in here and make things."

The MakerSpace movement began about a decade ago as people started to realise it is much more fun to work on projects together rather than to labour away alone.

"The Dunedin MakerSpace crowd are a friendly bunch and someone will usually be happy to give you a hand.

"Whether you are trying to fix something, make something, want to see what we do or see if you can print something out in 3D, just come in and talk to us.

"We love the idea of mentoring and working with young people."

Keen school pupils are welcome to the group, and members are also happy to come and talk in school classrooms about

"We love the idea of mentoring and working with young people."

The Dunedin MakerSpace workshop is open every Saturday, 1pm–5pm, for working on projects, watching others or just talking.
More organised talks on Thursdays, 7pm.
All welcome. Valley Community Workspace, 11 Allen St.

Pop-up market to sell plants in the heart of the valley



Students Jamie Burns, left, and Kelsey Bradshaw at the Thursday morning YouthGrow plant market outside the Salvation Army hall. Behind is youth worker Stephen Dewdney.

A POP-UP market selling vegetable and herb plants in the heart of North East Valley is being held by YouthGrow.

The stall will be set up outside the Salvation Army hall across from the Gardens Mall from 10am to noon on Thursdays.

Youth worker Murray Young says the idea is to give the nursery another market and to make it easier for valley residents to buy plants. "We also have a larger selection of plants at our nursery at 146 Norwood St," he says.

YouthGrow is a horticulture-based youth development programme run by Presbyterian Support Otago to help young people gain life skills and work towards employment.

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Opoho soprano to perform one concert

Dunedin soprano and Opoho resident Sophie Morris will perform one night only of Classical Crossover and Musical Theatre favourites.

Sophie studied both classical and contemporary singing at the University of Otago and is currently completing a Master of Music in Contemporary Performance.

Sophie will present a night of musical variety demonstrating her wide versatility and skills. She will be performing with Alexandra Wiltshire and other guests.

From the music of Puccini to Lloyd Weber, *Sophie Morris On Stage* will take you on a beautiful and exciting musical journey. Tickets are available at Ticket Direct. On at the Glenroy Auditorium, 7.30pm, 25 November.

Art portrays life in concentration camps



Valley artist Desi Liversage with one her artworks.

A TRIBUTE to a great-grandmother who spent two years in a British concentration camp during the Anglo Boer war is the theme behind the work in this month's Northern Artery Pop-Up Gallery.

South African-born artist Desi Liversage says she has used the stories her great-grandmother told her to try and break through "the mythology of history" surrounding the war in South Africa from 1899 to 1902.

"Many New Zealanders are unaware of the South African war or New Zealand's — and in particular Dunedin's — involvement in it. Based on a vivid dream about my great-grandmother, I knew I had to pass on her stories of the every day from inside a concentration camp during the war." At least as many Africans were in-

terred as whites, and 22,000 white children and 20,000 African children died, says Desi. The works are constructed entirely from recycled materials, imprinted with the lives and memories of others adding layer of meaning to the stories. View Desi's work at the pop-up gallery in the Gardens Mall on the corner of North Rd and Opoho Rd.

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Reusable containers encouraged at Taste Nature

• advertising feature

TASTE NATURE, Dunedin's organic grocery store and eatery, has always been committed to finding ways to sustainably reduce unnecessary packaging and invest in durable items that can be reused for a long time. This month they are promoting the use of reusable packaging in their store and eatery.

Taste Nature offer a wide selection of certified organic products in bulk bins and on tap, such as honey, oil and vinegar. Buying in bulk reduces the need for unnecessary packaging and keeps prices affordable for customers who can buy as little or as much as they want.

Taste Nature encourage customers to bring their own containers to fill directly from the bulk supplies. When taken home, these can be put straight away without the need to dispose of unnecessary packaging. Or customers can pay a small charge to use Taste Nature sterilised jars and bottles and receive a refund when these are returned clean. They keep a limited range of used plastic containers available to fill the non-food bulk items such as shampoo, conditioner, body

wash, laundry liquid and dish wash liquid.

Taste Nature offer a range of good quality, durable bags and containers for customers to purchase, use and re-use, such as Trade Aid bags, Honey Wraps, Munch Sandwich Wraps,



A selection of reusable containers

Rethink String Bags, Natural Value Waxed Paper and Bags, and EcoTanks to name a few.

They have recently sourced a new range of reusable stainless steel containers and cups from U-Konserve that can be used directly in the soup and salad bar and for self-serve coffee and tea. They offer a \$1 discount to customers who bring their own containers for any of these.

Special promotion — Reusable packaging for November

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New greengrocer takes on 'life of its own'



The team at Black's Road Green Grocer, from left, Keri Petterson, Lorinda Barson-McLean, Sue Muir and Courtney Boyle during a brief break in their busy first opening week.

WHEN LORINDA Barson-McLean started renovating the now Black's Road Green Grocer so many locals stopped in to chat it was hard to get any work done.

"There's been so much interest from people walking past, they can't wait," Lorinda said a few weeks before she opened for business. Family and friends have painted the shop inside and out and given it a good freshen-up.

"When the [former shop] closed down I kept on driving past and thinking I would love to do something with that shop. It's such a fantastic building and location."

Now her dream is reality and she is bubbling over with ideas while chatting to the *Valley Voice*. "It's taking on a life of its own in some ways." Fresh fruit and vegetables for sale in-

clude local and organic produce. Real fruit ice-creams, smoothies, fresh fruit juice and take-away coffee are also available.

A feature of the new shop is the free community trading table where people can swap excess fruit and vegetables from their own garden for other items.

Re-useable jute bags from Freeset, a fair-trade business offering employment to women trapped in Kolkata's sex trade, are used in the shop in support of the charitable trust, says Lorinda. "I visited the factory in India and it was amazing. About 180 women work there and it is all run by volunteers."

A valley local, Lorinda has formerly owned restaurants and a cattery. Fruit and vegetables are new for her, but hospitality is not, she says.

Dress-up day raises money for Make-A-Wish Founda-



Creativity and lots of imagination were on display at North East Valley School last month as pupils dressed-up as 'what you want to be'.

The dress-up day was a fundraiser for Make-A-Wish New Zealand and the school raised more than \$300. The charitable organisation grants the wishes of children with life-threatening medical conditions to bring hope, strength and joy. Pictured is Room H1.

Climate change banner workshops

Tiny art works will offer people an opportunity to portray their love for Earth and will be sewn onto a banner being sent to the Paris Climate Change talks at the end of this month.

Workshops to make artworks, sized 8cm square or less, will be held at the Valley Project community rooms this month, and the final banner will be put together at a "Love the Earth" vigil.



Opoho resident Gabrielle Pankhurst looks at fabric for a banner.

Co-organiser Gabrielle Pankhurst says the vigil, to be held at St Paul's Cathedral, will be about hope and will include music, singing, readings, poetry and reflections.

There will be a welcome in the Octagon at 7pm on 22 November, and the vigil will run until 10pm in the cathedral. From 7pm to 8.30pm will be children's time as well as time to work on the banner.

"We want to make people aware of the issues, and make them feel more positive and that they can do something about the issues, alongside getting a sense of community." A march is being held the following weekend on Sunday 29 November.

Banner-making, Valley Project community rooms, Saturday 7 November, 11am-1pm; Sunday 15 November, 2pm-4pm.

Climate Change Vigil, Sunday 22 November, 7pm-10pm, Octagon and St Paul's Cathedral.

Dunedin People's Climate March, Sunday 29 November, 1pm, from the University of Otago School of Dentistry to the Octagon.

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Sue



AGE: 11 months old

BREED: *slinky black & white female cat*

PERSONALITY: *energetic & slightly crazy*

LOVES: *running around and playing*

Our Sue is full of youthful cheekiness. She just loves to play and wrestle, and is very, very friendly.

Sue has been diagnosed with a slight heart murmur. Like any murmur, we cannot tell if this will worsen later in life, but she doesn't let it affect her at all. She certainly lives life to the full and enjoys it.

Sue is a really lovely young thing — come and meet her today.

Jackson



AGE: 5-6 months old

BREED: *white & tan male American*

Staffordshire Terrier cross

PERSONALITY: *sometimes shy, but friendly*

LOVES: *food and cuddles—in that order!*

We think of Jackson as a sweet mallow-puff, he looks hard and tough on the outside, but he's really sweet and soft on the inside.

He was left alone for a long period as a puppy, and not given all the love and attention a young boy of this age should receive. Due to this he is cautious and shy at times. He needs time to get to know you and relax in your company.

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Former NEV town hall demolished in 1972

UP UNTIL 1972 the North East Valley Town Hall building was an embodiment of earlier pioneering years.

Built in two parts over a decade, it faced directly onto the street, overlooking the quarry, on what was once the main highway north out of Dunedin.

Due to a population growth to well over 3000, the North East Valley District was recognised in 1877 and a Borough Council established.

The council chambers on Calder Avenue (Calder Court 1880–98) housed some of the area's public archives and local government matters. Significant records of the past, its people, resource management and evidence of earlier events were lost when this building was destroyed by fire in December 1898.

The council was then reconvened in the public hall on North Road, which housed the mayors, councillors and town clerks until amalgamation with the wider Dune-

din City Council in 1910.

The hall was demolished in 1972 and the site redeveloped as housing units.

Many other local buildings, in particular school, church and sports halls, are still regularly used by the public. So although the centralised hall stands no longer, the wider community continues to exist as a collection of neighbourhoods and different sections which over time, have merged into the larger collective suburban area we know today.

One can only imagine what it would be like if the hall was still here.

—*Fiona Dun-Frae**
*pen-name

Special thanks for source material:

Carole Hendry, 'Ferguslie to Hawthorne: the development of North East Valley' 1979.

Gary Blackman, History Notes, 'The Valley News' (Dec 2008/ Jan 2009).

Chris Scott at the DCC Archives. Web search: TeAra.nz, Paperspast, Upright! (via page admin).

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Former North East Valley Town Hall pictured in 1912



Detail from a photograph of North East Valley taken in 1912. The North East Valley Town Hall on the right was built in 1899 and demolished in 1972. The intersection with Baldwin Street is just out of shot to its right. A number of the houses still stand, including the one at the bottom left. Photo by Muir & Moodie (Te Papa C.025239).

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Phone Valley Voice editor
Edith on 473 8614
voice@northeastvalley.org

Desire to give company to lonely people

HI, MY name is Kerry and my years of experience in the caring field have alerted me to the fact that loneliness is ever-prevalent. Loneliness is also said to be as bad for your health as smoking 15 cigarettes a day.

My dream is to be able to offer genuine companionship to those who are house-bound, to help alleviate their sense of isolation.

As a caregiver, support worker, activities officer, teacher's aide and occupational therapy aide I have had a wealth of experience working and interacting with disabled children and adults, and the elderly. I have become well aware of some people's feelings of loneliness and isolation and the subsequent desire for company — even if it's just a natter over a cuppa.

I am currently employed as a support worker for people in their own homes. I have references and referees, and have been police vetted to back up my honesty, trustworthiness, integrity and sincerity. I am more than happy to meet with agencies, families and concerned friends etc first.

I am available between the hours of 10am and 5pm, seven days a week and ask \$5 to cover transport costs. I am just an email (ossiecossie@hotmail.com), text or phone call (021 0242 6761) away.—Kerry Otto



Kerry Otto on her sixtieth birthday

ADVENT SERVICE

You are invited to come along to the Opoho Church Community Advent Service at 2pm on Wednesday 25 November at the church in Signal Hill Rd. After the service there will be time for chat and catching up over an always lovely afternoon tea. If you need help to get to the service or have any queries please contact the Minister Margaret Garland on 395 6129 or marg.garland@gmail.com

Babies bring smiles at Ross Home



Ross Home resident, 92-year-old Phyllis Veitch, enjoys a cuddle with 7-month-old Caleb Garden during a visit from the New Parents Coffee Group. The coffee group meets on Mondays at the Valley Project community rooms from 10am to noon. All parents with babies welcome.

Sunday 1 Nov
1pm–4pm
Saturday 7 Nov
9am–noon
Sunday 15 Nov
1pm–4pm
Saturday 21 Nov
9am–noon

community garden working bees

top paddock behind North East Valley Normal School

church services

- Salvation Army**, 43 North Rd, Nitechurch, 6pm
- 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, 6pm
- Opoho Presbyterian**, 50 Signal Hill Rd, 10am
- NEV Presbyterian**, 224 North Rd, 9.30am cafe service
- St Mark's Presbyterian**, 304 Pine Hill Rd, 10am
- NEV Baptist**, 270 North Road, 10.30am.

VALLEY PLAYGROUP

Come along with your children 0–4 years, Baptist Hall, 270 North Rd, 10am–2pm, Mon; 9am–3pm, Tue, Wed. Ph Michael 473 0572.

ZUMBA

All welcome with or without children, qualified instructor Liana, 11am–noon, Mon; 1.30pm–2.30pm, Thur, Baptist Church hall, \$2.50, ph 021 299 1024.

for families, kids & teens

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, 10am–11am, Wed and Sat.

FANTAIL TRAILS

Unstructured exploration in nearby nature for families with young children, on www.meetup.com/Fantail-Trails, or email gabrielle.david@gmail.com

MT CARGILL GIRLGUIDES

Pippins, brownies, guides and ranger groups in the valley. More info on Facebook or Ph Eileen 476 1813.

MUSIC AND MOVEMENT

For little ones, Salvation Army Hall, Mon, school terms only, two sessions, 9.30am–10am, 10am–10.30am, gold coin. Ph 473 0581.

MUM 'n' BUBS YOGA

A class for mothers and babies from about 8 weeks old until they are actively mobile. 1.30pm–2.30pm, Mon, Baptist Church. Ph KJ 021 174 0149 or catchkj@gmail.com.

NEW PARENTS' GROUP

Coffee group for parents with babies, 10am–noon, Mon, community rooms. All welcome. Ph Charlotte 473 8614.

OPOHO PLAYCENTRE

Sessions for 0–6 year olds, 9am–noon, Mon–Fri, school terms, 28A Signal Hill Rd. Visitors welcome. For more info 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.

PREGNANCY YOGA

Move & breathe your way towards a positive birth, 5.30pm–6.45pm, Mon, community rooms. With experienced yoga teacher & birth educator Uschi Heyd, ph 027 360 0238, 473 0393 or visit www.birthcircle.org

PRESCHOOL MUSIC

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

RUDOLF STEINER

Playgroup in Pinehill, 10am–noon, Mon and Fri (Te Reo Māori group), 351 Pinehill Rd, gold coin & fruit to share, Ph Steiner School 471 2163.

TUNEFUL TUESDAYS

Music session for pre-schoolers and parents, limited spaces. NEV Baptist Church, 1.30pm–2.15pm, Tues, gold coin. Ph Kaitrin 425 8959.

Classifieds and community notices (for non-profits)

CHANGING WAYS

Motivating Resistant People
A workshop to learn how to help others change when they feel stuck and unmotivated.

6pm–9pm, Mon 9 Nov
Ph Karyn on 021 0275 4881
www.changingways.co.nz

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Tuesdays, 11.30am–12.30pm
Fridays, 1.15pm–2.15pm
\$15 per session/\$72 six sessions
www.gardensphysio.co.nz

ARTS BAZAAR

Yes, the Arts Bazaar is back!
Support local arts and craftspeople at the North East Valley Christmas Arts Bazaar
10am–3pm
Saturday 5 December
Nga Maara Hall
More info on Northern Artery Facebook page

fitness & health

CLASSIC YOGA

Move, breathe & relax with professional yoga and meditation teacher Uschi Heyd. For all abilities, Baptist Church, 5.30pm–6.45pm, Tues. Ph 027 360 0238, 473 0393 or visit www.birthcircle.org/yoga-classes.

CONTRADANCE

7.30pm, Mon, \$3, 52 Dundas St. Ph 473 8640 for more information.

DUNEDIN BMX CLUB

Race night, Forrester Park BMX track, 6pm, Thu.

EXERCISE GEAR WANTED

Do you have exercise gear, such as weights, mats & bands, you no longer need? Donate it to the NEV community Sat morning exercise class.

FOLK DANCING FOR FUN

Baptist Church, 270 North Rd, 10am–11.30am, Fri, \$3. Ph Yvonne 455 2406, stureid1@yahoo.co.nz

FREE FITNESS CLASS

Outdoor circuit training, NEV Normal School, classes restart on 14 Nov. Ph Knox Rehabilitation Clinic 474 0517.

HISTORICAL DANCE

Explore European dance from the medieval era to the late 19th century. Historical dance workshop, 2nd Sunday each month, 10am–noon, Nga Maara Hall, 63 North Rd. Beginners welcome, \$10, www.frenchdancing.co.nz

LAUGHTER YOGA

Laugh yourself to health and happiness. 5.15pm–6pm, Wed, Otago Polytechnic H block, room 608.

LEARN TAEKWONDO

Korean martial art, supportive environment. Training Mon, Thur, NEV Normal School hall, 6pm–7.30pm. Ph 027 412 5770 or dunedinolympic@hotmail.co.nz

MEDITATION

Meditation and mindfulness afternoon workshop every two weeks, ph 021 035 2392, www.meditatenz.co.nz

OPOHO BOWLING CLUB

We are Dunedin's friendly little club on the hill. Become part of our lawn bowling community, club day 1.30pm, Mon. Ph Paul and Bridget 471 0743.

QIGONG

Interested in Qigong? Ph Ans 473 6114 or 027 756 8383, www.qigongrenxue.org.nz

QIGONG CLASSES

Jay Glubb runs a Qigong class at the community rooms, 6pm, Thur. Ph 027 584 4537.

SELF DEFENCE COURSES

For women and girls, learn simple ways to use your mind, body and voice to keep safe. Contact Imogen to arrange evening or weekend course, ircoxhead@gmail.com

SPAN NEV

Stretch'n'flex, gentle low-impact exercise, St David's Presb Church lounge, 10am–11am, Tue, over-65s \$3. Ph 473 9311.

STEADY AS YOU GO

(Age Concern) Gentle balance and strength exercises, NEV Baptist Church, 10.30am–11.30am, Mon.

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.

YOGA IN THE VALLEY

Instructor Adair Bruce, DNI tech block, 6pm, Mon–Fri, \$5 waged, \$4 unwaged; St David's Church, cnr James St & North Rd, 9.15am, Mon, Wed, Fri, adairbruce@hotmail.com

art, craft & music

ARTYFACTS

Art group for support and motivation, bring your own work. Community rooms, 9.30am–noon, Wed. Ph Patricia 473 1494.

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, 1pm–3pm and 7pm–9pm, Wed, St David's Church, \$15 per session. Ph Friederike 482 2025.

ART FIBRE DUNEDIN

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

DUNEDIN FIDDLE CLUB

Community rooms, 7.30pm, Wed.

KNITTING SQUAD

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

further education

FREE LITERACY COURSE

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

ITALIAN CLASSES

Exp teacher, native speaker of Italian (PhD Linguistics), ph Antonella 473 0832 or 027 341 8312, antonella.vecchiato@gmail.com, www.italianclasses.co.nz, Benvenuti!

LEARN ENGLISH FAST

English for daily life and work, free. Contact Paul or Tamara at English Language Partners 477 7261, dunedin@englishlanguage.org.nz

LEARN ITALIAN

Planning a trip to Italy this year? Fun, communicative lessons with qualified, experienced teacher. Contact Samantha 021 0831 8408.

SEA OF FAITH

Highgate Church Hall (cnr Drivers Rd and Highgate), 3–5pm, fourth Thur each month. Enquiries ph 473 0031.

SOCIALIST ORGANISATION

Meetings 7.30pm, Thurs, OUSA Recreation Centre. Ph Andrew 473 0502.

community groups

BIKE WORKSHOP

Get help to repair or tune-up your bike, use our workshop, bikes available for koha. 3.30pm–5.30pm, Tues, and 10.30am–1.30pm, Sat, Valley Community Workspace, 11 Allen St.

CHAI AND CHAT

Where women come together to socialise, children welcome, gold coin donation, Community House, Moray Pl, 10.30am–12.30pm, Fri. Contact Yulia and Shiraani chaichatdunedin@gmail.com

MEN'S PROBUS

NEV bowling club, 10am, 2nd Mon each month, new members welcome. Ph Don 473 7544.

COMPANIONSHIP

Lonely? I offer genuine companionship to house-bound disabled and aged folk. Refs available. Ph Kerry 021 0242 6761

DUNEDIN MAKERSPACE

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

ENLIVEN DAY CLUB

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

LADIES PROBUS

Cup of tea followed by light-hearted quiz for last meeting of year, 10am Mon 2 Nov, NEV Bowling Club. New members welcome, ph 455 6683 for more info.

MENTORS REQUIRED

Become a mentor to young people who need a good male role model in their lives, Operation 'New Direction'. Ph Rob Fitzpatrick 473 6825, garden@northeastvalley.org

LIONS IN THE VALLEY

Toroa Lions Club meets twice monthly Mon evenings, Morrison Lounge, Opoho Church, new members, men and women, welcome. Ph Tess 473 8114 or email Genny at gennyhann@gmail.com

MULTICULTURAL GROUP

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

NORTH DUNEDIN SHED

Working bees, Bonnington St, over bridge, 10am–early afternoon, Sat. Coffee, tea & scones welcome. Ph Bob 488 2647 or Paul 474 0060.

OPOHO EUCHRE GROUP

Opoho Bowling Club, 1.30pm, Wed. Ph Lesley 473 9771.

PINEHILL COFFEE & CAKE

Morning tea outing to Dunedin café, last Wed of each month. Ph Noora or Amanada 477 7116 for more info.

COMMUNITY NOTICES

Community notices welcomed. Priority given to groups and activities based in the valley. Email voice@northeastvalley.org

WILD THINGS

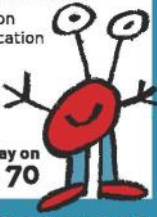
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(*8pm on Sunday)

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Susanne and Richard look forward to meeting you

Jumping for joy at Zumba popularity



Zumba classes in the valley have become so popular a second class has started up. Run by the Valley Playgroup at the North East Valley Baptist Church hall, classes are at 11am on Monday and 1.30pm on Tuesday. Zumba is a dance-based exercise class with a qualified instructor. All ages and abilities welcome.

Giant vegetables on art menu



Members of the Art Fibre group who meet monthly at the community rooms help stuff giant vegetables for an art work. Pictured, from left, are Megan Griffiths, Sue Nunn, April Nunn, Jeanette Lines, Rowena Larsen and Chris Hely.

AN ABHORRENCE of food waste inspired an art project of giant stuffed vegetables to highlight the issue.

The project is part of Sue Nunn's final year at the Otago Polytechnic Dunedin School of Art and will feature up to 100 stuffed vegetables, made almost entirely from recycled materials. Many people gave her material and the stuffing came from places such as offcuts of foam and dacron from upholsterers. "I hate the idea of throwing stuff in the landfill when it could be recycled," says Sue.

The vegetables will be on display as part of the Site15 exhibition of work from third-year graduate honours students, at the art school from 23 to 26 November.

what's on calendar

banner-making

Express your love of earth in tiny artworks for a banner.
Saturday 7 November, 11am-1pm; Sunday 15 November, 2pm-4pm, community rooms.

general meeting

Valley Project general meeting about funding into the future and an upcoming celebration of Lindsay Creek. All welcome.
7pm, Wednesday 18 November, community rooms.

advent service

Community advent service at Opoho Church. All welcome.
2pm, Wednesday 25 November

pop-up plants

YouthGrow Otago pop-up market selling locally-grown plants. Every Thursday, 10am-noon, outside Salvation Army hall.