

# Spring bursts into valley



One of the groups enjoying a cheerful rest after clearing track sides, clambering over blackberries on steep banks and wading in the river. Photo: Ash Henderson

A RECENT event organised by Keep NZ Beautiful and Love the Lindsay turned out to be a wonderful way for about 30 local residents to connect with each other and the valley's natural environment.

One group of volunteers started at the Selwyn St bridge and covered the creek up to the quarry as well as the Watt's Rd bridge. The other group got their feet wet at the Allen St bridge and went down stream to the North Rd bridge.

"It was fascinating walking along the creek and seeing the hidden beauty that flows through our valley including little waterfalls that we never knew existed," says organiser Steve Tripp.

However it was sad to see all the rubbish that has been dumped there.

"In less than three hours we had filled a skip with everything from dead umbrellas to a complete set • continued on page 3



The North Rd trough in bloom, with the spring-cleaned Lindsay Creek beyond. Photo: Kuini Scott

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## Carrying on the conversation - pop-up consultation



Vicky and Albie (10 mo) Renward check out some of the many opportunities to be involved in valley life. The volunteer map is being developed by intern Sarah Mitchell, with lots of community input from the ongoing Valley Project surveys, morning teas and pop-up consultations.

FOLLOWING YOUR passion is a key part in volunteering, says valley local Polly Mason. "We come together to do the things we love."

We have many wonderful volunteers and community members like Polly who love to be connected with all the exciting things happening in the valley, but until recently our system for keeping track of everyone and what they are passionate about was not very functional.

We now have a new contact/volunteer database process. You'll be able to record your passions and skills in our system, and thus connect with events and happenings that you care about.

This database works alongside the Volunteer Map, which allows us to visually explore all the many opportunities to get involved in the Valley area. —Anna Parker, community development coordinator

**CALLING ALL** wacky witches and ghostly ghouls. The Valley Project's much loved annual family Halloween party provides a safe fun alternative to door knocking.

Help setting up and running the event is very welcome. Please contact the Valley Project, ph 473 8614 or charlotte@northeastvalley.org

Valley Project office hours: Tuesday–Friday, 9am–4pm, closed Mondays and school holidays



The Valley Project is a registered charitable organisation

If you like what we do you can donate at [www.givealittle.co.nz/northeastvalley](http://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.

# Loved (but not lavish) Garden Tour

VALLEY GARDENERS will be opening up their gardens to the public for a fundraising garden tour to be held at the end of this month.

Organiser Mary Waymouth is delighted with the response she had to her idea. Thirteen gardens will be on show for the tour.

The tour is intended as a celebration of 'the common garden' which has been created with joy and enthusiasm and which provides much pleasure and satisfaction to the both the owners, and those who visit.

The garden tour will be a self-guided tour and the addresses and descriptions of the

gardens will be provided with the purchase of tickets. The gardens will be open on Sunday 30 October from 10.30am to 4.30pm.

Although unlikely, if postponed by weather the tour will run on Sunday 6 November.

Tickets are \$6 per person, or \$10 for two



*Plum blossom and broad beans: June and Roy Robertson delight in their garden of 50 years. Using only organic and biodynamic principles they grow a wide range of vegetables, all recorded in Roy's notebook since 1966! Photo: Kuini Scott*

bought together. They will be able to be purchased from the Valley Project office at 262 North Rd and local businesses from early October. Look out for posters going up soon with information.

Mary, a keen gardener herself, has organised the tour as a fundraiser for the Valley Project.

## Clean-up highlights creek's beauty

• continued from page 1

of car seats."

Steve describes Lindsay Creek as a beautiful natural resource in our valley that we need to learn to respect and care for.

"In spite of the mistreatment it still has koura (fresh water crayfish) and many fish species living in it."

Next time you are wandering along North Rd, pause at the bridge and enjoy the beauty of our creek – it looks even better now with a skip less rubbish! —Steve Tripp

## Growing happiness

*David Ellison offers his tomato seedlings a bit of TLC. Each year the sunny carport of his small flat near the Gardens, North Rd, becomes a vibrant vertical forest of ripening tomatoes and vegetables.*

"A garden is very 'happifying', even when it only consists of a few pots of herbs, lettuce and a rimu tree," laughs ecology student Tōrea Scott-Fyfe of her Chambers St flat's efforts. Produce-wise, though, "we probably won't be giving up our All Saints fruit & vege bag very soon!"



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# Study participants wanted



University of Otago researcher Andrew Reynolds enjoying an after-meal stroll on North Road.

A DESIRE to help people and do research that is useful is what led University of Otago researcher Andrew Reynolds into the areas of heart disease and diabetes.

Dr Reynolds, who is a valley resident, says health was an obvious choice for him, as heart disease and diabetes are the biggest diseases in New Zealand.

Dr Reynolds has just finished his PhD, in which he looked at the effect of physical activity on diabetes management.

Participants in the study had to walk for 10 minutes after every meal and the results showed profound effects on improving their blood sugars. Improved blood sugars reduces

complications, such as eye problems. "It wasn't rocket science but we did show some pretty cool stuff," says Dr Reynolds. "I'm less interested in drugs and surgical interventions, but how people can slightly change their lives to improve their health."

*"It wasn't rocket science, but we did show some pretty cool stuff."*

Dr Reynolds is now looking for participants for two new research projects. For the first one he is looking for a very specific group of people, namely, women with type 2 diabetes who are post-menopausal.

The study will involve eating nuts and seeds, which are supplied, every day for 12 weeks, to see if there is any effect on blood sugars. Participants needed for the second study are people who are 35 years or older and have some risk of heart disease or diabetes, or have type 2 diabetes. An online tool at [www.knowyournumbers.co.nz](http://www.knowyournumbers.co.nz) can help people see if they are at risk of heart disease.

The study is looking to see if the level of activity people do predicts their risk of heart disease or having a heart event. It is easy to take part in and involves completing an online questionnaire and wearing an accelerometer for 10 days, and then repeating again in one year.

*If you are willing to take part in either study please contact Dr Reynolds via [andrew.reynolds@otago.ac.nz](mailto:andrew.reynolds@otago.ac.nz)*

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# Post your vote by 5 Oct

MY ENVELOPE arrived last week... it's been sitting there looking too fat to contemplate. Yet now I've opened it, there's only one piece of paper that matters, some circles to write in, and an envelope to return it in. I'm a pretty staunch fan of people joining in decision making, but I still forget how governance works. Who does what?

In a nutshell, city councils deal with the things *people* need. Regional councils are about ensuring a healthy, sustainable environment. District health boards oversee health and disability services. All three deserve our vote. Voting papers need to be in the post by Wednesday, 5 October to ensure they arrive on time. They can be dropped off to service centres and at special voting facilities until 7 October and at the Civic Centre until the

morning of 8 October.

Special voting facilities are available at the Civic Centre until voting closes.

Special votes are available for anyone: on the unpublished roll, whose name is not on the printed roll for this election or who has been wrongly deleted from the roll, whose address is out of date, who enrolled as an elector after the printed roll closed, who spoilt, lost or didn't receive voting documents, or in circumstances where it is not possible or practicable to cast an ordinary vote without hardship or undue inconvenience.

Election information is available at [www.dunedin.govt.nz/elections](http://www.dunedin.govt.nz/elections).

Now, where's my pen? —*Kuini Scott*

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**THIS YEAR** Jonathan Rhodes Kindergarten has been working towards becoming more sustainable, teaching children about how to be more proactive in caring for their environment.

Some of the ways we have been achieving this is through active recycling, setting up free shops for families, planting a vegetable garden, using a Bokashi bin to make compost for the garden and encouraging parents to provide litter-free lunchboxes for their children.

Part of being more sustainable for us is also about supporting and caring for the local community.

This year the kindergarten hosted third year medical students as part of their training to observe well children at play.

For each student we hosted, the kindergarten received a \$10 voucher of our choice. Having 20 students we decided to donate the \$200



*A quiet moment for the busy children of Johnathon Rhodes Kindergarten.*

New World vouchers we received to Otago Community Hospice along with some baking done by the children. The hospice does such a fantastic job in the community and we feel it is important for children to understand the importance of giving to others and giving back to the local community.

Later in the year we are hoping to be involved in 'Adopt a Spot' and 'Keep New Zealand Beautiful clean-up week'.—*Bronwyn McEwan*

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## Singing the high notes



*Opoho singer Sophie Morris*

**Opoho singer-performer** Sophie Morris is thrilled to be releasing her debut album "Sophie Morris – Songs from the Stage" on October 28<sup>th</sup>.

Songs from the Stage is the culmination of the last year and a half during which Sophie undertook a Master of Music in contemporary voice performance at Otago University and returned to her roots as a musical theatre

performer after years of intensive operatic training.

Although she achieved very high recognition with her classical performances, she is absolutely loving the change in style, and is taking on any challenge that is presented to her.

"My goal for this debut album was to encompass the magic that happens on the hardwood floors of the stage, including the thrill that the performer feels when they "tread the boards" and the joy that they are able to share with the audience."

Sophie Morris' EP album is currently available for listening and purchase on Bandcamp at [www.sophiemorrisoprano.bandcamp.com](http://www.sophiemorrisoprano.bandcamp.com)

## Westpac Gardens branch to close

**AS WE** were preparing to print this edition of the Valley Voice the news came through that Westpac had decided to close 16 branches around the country including the one at the Gardens.

A number of community members have expressed their disappointment at this as it will adversely affect seniors in our community, who find traveling into the city a challenge and who do not have access to internet banking services. There is also a genuine concern for the on-flow affects to other businesses in the garden's precinct. We regret the loss of the bank and the value that the staff at Westpac have added to our community. We hope to follow this story in our next issue.—*Steve O'Connor*

# All the fun of the fair

OPOHO PLAYCENTRE are having their major fundraising event for the year and it is shaping up to be a fun event for the local community.

They're offering plenty of free activities for children, entertainment, and spot prizes on the day.

There will also be opportunities to support the centre with the sale of yummy food including a sausage sizzle, cakes and Devonshire tea for the grownups, preloved goods, crafts, plants and raffles on offer.

The fair will be held at the Opoho Playcentre grounds, 28A Signal Hill Road on Saturday 15th October from 10am-2pm.



Event poster by Heidi Cleland



## Looking after friends and colleagues when out drinking could prevent offending

**EVEN AFTER** nearly 30 years of policing, I still can be surprised by the outright stupidity of some people who are effected by alcohol.



Community constable  
Brendan Thomson

A case in point was when I worked 'high visibility' policing in the Octagon recently. A clearly intoxicated

male was rightly refused entry to a bar by the ever-vigilant door staff. After several attempts by him to persuade them otherwise, he wandered a short distance away.

My colleague had been watching with interest from about 20m away in our yellow 'glow vests' when the man decided to run and vault over the barriers, sending a table and

drinks flying. It was an act that was never going to end well and I thought this is obviously where the term 'blind drunk' comes from.

When questioned later, he could not fathom how we had arrived at the scene so quickly. Drinking to excess has also raised its head in the valley recently with one person making unwanted advances in a local bar, while a group of youths in a residential street caused carnage with out-of-control parties and 'boy racer' type antics.

I will never begrudge anyone having a few social drinks and enjoying themselves but there is a limit as to what is acceptable and what I have outlined here is clearly out of order.

I believe it is incumbent on all of us to take some responsibility not only for our own actions around alcohol, but for that of our friends and colleagues as well. It's especially important if

we believe they have gone beyond what is socially acceptable or are on the verge of committing an offence.

Clearly the chap in the Octagon needed some guidance from a friend well before he took part in his own brand of steeplechase, but they were nowhere to be seen.

I am constantly seeing people arrested for alcohol related offences, where if they had listened to good advice or were removed from the situation prior to police involvement, a date with the magistrate could have been avoided.

Christmas is not too far away. We all tend to enjoy the festivities that this time of years brings, but remember to look after your mates at social functions; and that the only safe alcohol level to drive with is zero.

Stay safe and look after one another.—Brendan Thomson

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## Storm



**AGE:** 12 years male

**BREED:** Grey cat

**PERSONALITY:** shy at times, but friendly

**LOVES:** a quiet home

Storm is shy but once he gets to know you he is very sweet natured, very talkative and loves to be your friend. Storm came to us after his owner sadly passed away. He is an older gentleman who is looking for a retirement home on his own, to live out his remaining golden years.

## Marley



**AGE:** 1 year old

**BREED:** Collie x

**PERSONALITY:** Adorable and fun

Marley is an absolutely adorable boy, and being a collie he has the brains as well. He's really gentle for his age and likes other dogs and children too. He is full of energy and loves going to the park or beach and playing ball or going for long walks. Marley does require high fencing as he likes to jump. Marley just loves to please and is looking for his forever home.

## Leith kids

LEITH ATHLETIC AND HARRIERS welcomes all children from age 3+ to join their family friendly club located at Chingford Park, North Road, North East Valley.

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**Get Set Go** ages 3-6 focuses on the children having lots of fun while they develop their catching, striking, running, jumping and throwing skills. Some parental involvement is required, especially for the under 5's.

**Run Jump Throw** for ages 7+ focuses on the children having lots of fun while learning more specific athletic skills. Children are encouraged to participate in all the different athletics activities so that they develop skills in each event, and are more able to start to

specialise in the particular events that suit them as they get older.

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Ready, set.. go. Photo: David Barton



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THE VALLEY isn't known for its earthquakes. But 10–16 October is Get Ready Week, and researching and communicating earthquake and tsunami risk is my day job, so please bear with me while I climb up onto my soapbox.

As someone who lived and worked through the Canterbury earthquakes, there are two things I don't want to hear again.

Thing #1: "But no one told me we could get earthquakes here!" New Zealand lies smack bang on top of where two enormous tectonic plates are smashing into each other. A lot of squishing and squeezing goes on. We get earthquakes.

Sure, places closer to the actual plate boundary than us – Fiordland, North Canterbury/ Marlborough, eastern North Island – get more earthquakes, but anywhere in New Zealand can experience a damaging earthquake.

Yes, even Dunedin. Our last decent shake was a magnitude 4.9 just offshore in 1974, which caused minor to moderate damage across Dunedin, but more about that in a future column.

Thing #2: "It's been two days and we haven't heard anything from Civil Defence! I don't know what's going on." There are three emergency management officers at Dunedin City Council. Divide that between 120,000 people and you'll see, even if they bring in some mates to help, they may be a little stretched in any big emergency.

If you think your neighbourhood is being ignored by 'the authorities' after a disaster, it probably is. In favour of people who are actually dying, or stuck in buildings, or elderly, or disabled people who *really* need help.

When they say you may be on your own for three days or possibly more, *they actually mean exactly that.*

You could be without power, water, phone and any decent information for days, and you need to be able to look after yourselves and your neighbours while Civil Defence are busy with those dying/stuck/vulnerable people.

On a sunnier note, this is where we are so fortunate in the valley. We have a fantastic community network and a great community hub, which means we will be better able to look after ourselves and take the load off 'the authorities' (who, I might add, are actual people also living through a disaster). Go us.

As for emergency kits – don't worry about getting too Dad's Army. If there's one thing you



*Helen Jack's kitchen floor when she finally got home to it the day of the February 2011 earthquake in Christchurch.*

do for Get Ready Week, make it storing away some water.

Every time you finish a bottle of fizzy or juice (not milk bottles which have too many potential nasties) wash it out, fill it to the very top with water and put it somewhere away from sunlight where it won't get squished.

Stored water is really useful, if not for drinking, then at least for cleaning up the broken preserving bottles and peaches from all over your kitchen floor.

Other than that, if you know your neighbours and community then we can generally pool our resources to get through the first few days of a calamitous event.

If you do want to get serious, the Ministry of Civil Defence & Emergency Management has a new website at [www.happens.nz](http://www.happens.nz) with easy tips and weird videos about getting prepared.

—Helen Jack

## Electric car sharing

INTERESTED IN being part of an electric vehicle (EV) car sharing scheme? A group from the Valley Community Workspace (VCW) are applying to EECA for funding for a feasibility study for a Dunedin wide scheme.

Car sharing schemes overseas commonly involve swipe-card access to a shared fleet of vehicles. Members just pay for the time they have the car. They have been shown to reduce traffic and emissions, support active and public transport, and save money.

You can help by filling in and sharing a survey at:

<https://www.surveymonkey.com/r/TLD6LJ7>.


For further information contact Tom at [tandpmckinlay@xtra.co.nz](mailto:tandpmckinlay@xtra.co.nz). or see [valleyworkspace.org](http://valleyworkspace.org)

Need an MP?  
**Dr David CLARK**  
MP for Dunedin North

P 03 474 1973 | F 03 474 9913  
32 Albany Street, Dunedin  
(Next to The Cook)

[david.clark@parliament.govt.nz](mailto:david.clark@parliament.govt.nz)  
[labour.org.nz](http://labour.org.nz)

Authorised by David Clark,  
Parliament Buildings, Wellington





Nau mai, haere mai  
**Metiria Turei**  
Green Party MP

Dunedin Office  
5th Floor Burns House  
10 George St  
Please phone  
for appointment  
03 477 8502



Authorised by Metiria Turei,  
Parliament Buildings,  
Wellington

ccs  
**disability action**  
Including all people

We are seeking an enthusiastic person with great initiative to assist two teenagers who live with physical/sensory disability with their personal care needs; to get out of their school uniforms and to provide them with afternoon tea.

The support is needed between 3.45-4.45 pm, Monday to Friday, during school term times. Must be physically strong and be able to use a hoist for transfers. This position is based in North East Valley.

Applications with CV and references can be sent to Sandra Cromarty, PO Box 6174, Dunedin North, Dunedin 9059, or to [Sandra.cromarty@ccsdisabilityaction.org.nz](mailto:Sandra.cromarty@ccsdisabilityaction.org.nz)



# Passion for Puppets

**AAHMES QUINCE** was born in Christchurch, lives in Long Beach, Dunedin, and works with a mix of materials.

carver Yuri Terenyi. Ahmes has exhibited in a range of national shows including the 2010 Novadown Fashioned Feathers Wearable Art Show and the 2014 Cadbury Couture in Dunedin.

The figures in this pop up exhibition are a set of characters which could have come from a story of animals depicting human traits. They reflect her move away from wearable arts and her interest in puppets/dolls. —*Aahmes Quince*



She is self-taught and has not formally studied or trained in visual arts or art theory.

In the 1990s she completed a Parks and Recreation Management degree at Lincoln University.

Last decade she toured puppet shows through the South Island. The puppets and set were made by Ahmes and wood and bone

## Looking for WORK?



Would you like assistance in a supportive environment? Workbridge is a free specialist employment service. We assist people by working one on one for job opportunities which leads to employment and support on the job. If our agency sounds like you, please feel free to call us. For more information call our free phone 0508 858 858 (Dunedin) or landline 477 0877 and talk to Mandy or Sue. Criteria will apply.

## 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, 4pm
- 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.

## 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, 10-11am Wed, 10-11.30am Sat.

### FANTAIL TRAILS

Unstructured exploration in nearby nature for families with young children, email [gabrielle.david@gmail.com](mailto:gabrielle.david@gmail.com)

### MINI MUSIC GROUP

Preschool music and movement session, 9.15-9.45am, Mon, Nga Maara Hall, Sacred Heart School, school terms, gold coin. All welcome.

### MT CARGILL GIRLGUIDES

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

### NEW PARENTS' GROUP

Coffee group for parents with babies, 11.30am-1.30pm, fortnightly Mon. 5 Sep, botanic gardens picnic, BYO food, meet at playground. 19 Sep, Mosgiel playground, BYO food, ph for carpooling/transport options. All welcome. Ph Charlotte 473 8614 or 027 476 1066.

### 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](mailto: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 with experienced yoga teacher & birth educator Uschi Heyd, ph 027 360 0238, 473 0393 or visit [www.birthcircle.org](http://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, Thur and Fri (Te Reo Māori group), 351 Pinehill Rd, \$3 koha & piece of fruit, Ph Steiner School 471 2163.

### SPACE PROGRAMME

Programme to support new parents through first year of child's development (Supporting Parents Alongside Children's Education). Valley Baptist Church. Contact Amy on 473 0014 or [space.valleybaptist@gmail.com](mailto:space.valleybaptist@gmail.com)

## NEV PLAYGROUP

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

## fitness & health

### ATHLETICS & HARRIERS

Children 3-6yrs and 7+yrs, Chingford Park Clubrooms, 5.30-6.45pm, Mon, and Caledonian grounds, Sat morn. [www.leithharrisers.co.nz](http://www.leithharrisers.co.nz)

### CLASSIC YOGA

Move, breathe & relax with professional yoga and meditation teacher Uschi Heyd. Classes start in March, [www.birthcircle.org/yoga-classes](http://www.birthcircle.org/yoga-classes)

### CONTRA DANCE

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

### DUNEDIN ACROYOGA

Combining acrobatics and yoga, no partner needed. Beginners classes available. 6-9pm, Tue, Opoho Presbyterian Church, 50 Signal Hill Rd. Facebook or email [josoke@gmail.com](mailto:josoke@gmail.com)

### DUNEDIN BMX CLUB

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

### FOLK DANCING FOR FUN

Baptist Church, 270 North Rd, 10am-11.30am, Fri, \$3. Ph Yvonne 455 2406, [stured1@yahoo.co.nz](mailto:stured1@yahoo.co.nz)

### INDOOR BOWLS

Friendly games, 1pm start, Thur, NEV Bowling Club, 139 North Rd. Ph Jack 473 9565 or Sean 473 8822.

### HISTORICAL DANCE

Explore European dance from the medieval era to the late 19th century. Historical dance workshop, 2nd Sun each month, 10am-noon, Nga Maara Hall, 63 North Rd. Beginners welcome, \$10, [www.frenchdancing.co.nz](http://www.frenchdancing.co.nz)

### LEARN TAEKWONDO

Korean martial art, supportive environment. Training Mon, Thur, NEV Normal School hall, 6pm-7.30pm. Ph 027 412 5770 or [dunedinolympictkd@hotmail.co.nz](mailto:dunedinolympictkd@hotmail.co.nz)

### MEDITATION

Meditation and mindfulness afternoon workshop every two weeks, ph 021 035 2392, [www.meditatenz.com](http://www.meditatenz.com)

### NAKAJIMA JUDO CLUB.

Weekly evening class for all levels and ages. Ph. Keri 021 027 93683.

### OPOHO BOWLING CLUB

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.

### PARKRUN

A free, weekly timed 5km run/walk, Sat, Botanic Gardens. Meet at café, 8am summer, 9am winter. Go to [parkrun.co.nz](http://parkrun.co.nz) for more info and to register & get your personal barcode.

**community garden working bees**

top paddock behind North East Valley Normal School

**Sunday 2 Oct 1pm-4pm**  
**Saturday 8 Oct 9am-noon**  
**Sunday 16 Oct 1pm-4pm**  
**Saturday 22 Oct 9am-noon**

# Classifieds and community notices (for non-profits)

## CHANGING WAYS

Lose weight without dieting

Virtual Gastric Band Programme  
95% success rate

Ph Karyn on 021 0275 4881  
www.changingways.co.nz

## THAI MASSAGE

Traditional, clothes on,  
massage for health

20 years experience and Thai trained,  
here in NEV

By apt only  
Ph Heidi on 473 6256 or 021 174 9290

## GARDENS PHYSIOTHERAPY CLINICAL PILATES

Beginners Pilates

Fridays 9.30am-10.30am

Levels 1-2 Pilates

Tuesdays, 11.30am-12.30pm

Fridays, 1.15pm-2.15pm

\$15 per session/\$72 six sessions  
www.gardensphysio.co.nz

## 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

## QIGONG

Classes in Yuan Gong, Ans 027 756  
8383, yuangongdunedin@gmail.com Jay  
027 584 4537, www.bodymindqi.com

## SELF DEFENCE COURSES

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

## SPAN NEV

Stretch'n'flex, 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, and  
Pine Hill School Library, 11am, Thur.

## 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

## ZUMBA

All welcome with or without children,  
qualified instructor Liana, 11am-  
noon, Mon, Baptist Church hall, \$5, ph  
021 299 1024.

## further education

### COMPUTER CLASSES

Free class, 9.30-11am, Tues, commu-  
nity rooms, 262 North Rd. Tutor Rob  
Tigeir. Ph Afife 473 8944 for info.

### ENGLISH CONVERSATION

Multicultural Women's Group New  
English speakers welcome, 10-noon,  
Wed, community rooms, 262 North  
Rd. www.multicultural-women.com

### FREE LITERACY COURSE

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

### LEARN ITALIAN

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

### ITALIAN CLASSES

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

## LEARN ENGLISH FAST

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

## SEA OF FAITH

Highgate Church Hall (cnr Drivers Rd  
and Highgate), 6-7.30pm, fourth Thur  
each month. Enquiries ph 473 0031.

## art, craft & music

### ART TARDIS @ THE GRID

Coffeehouse featuring 'Mud Diamond'  
by Elise Johnston

### ARTYFACTS

Art group for support and motivation,  
bring your own work, 9.30am-noon,  
Wed, free. 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 wel-  
come, 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,  
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.

### QUADRILLE CLUB

Wanted musicians to collaborate with  
the Quadrille Club on an informal  
basis. Our dance repertoire is mostly  
from the 18th/19th centuries. Contact  
Kate at info@frenchdancing.co.nz

### 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

### HORT TALK

Digging the Dirt on Soil, soil basics by  
Lisa Short, Hort Lecturer, Otago Poly-  
technic. Botanic Garden information  
centre, free, noon, Friday 7 October

## ELECTRIC BIKES

for sale

On display at the  
Valley Community Workspace  
11 Allen St

Ph Nathan Parker 027 214 8294 or  
Facebook Blueskin Bikes for free trial  
appointment and advice

## community groups

### BIKE WORKSHOP

Get help - use our workshop, bikes  
available for koha. 3.30pm-5.30pm,  
Tues, and 10.30am-1.30pm, Sat,  
Community Workspace, 11 Allen St.

### DUNEDIN MAKERSPACE

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

### 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, Mon, NEV Bowling  
Clubrooms. New members welcome.  
For more info ph 455 6683.

### MEN'S PROBUS

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

### MULTICULTURAL GROUP

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

### PINEHILL COFFEE & CAKE

Morning tea outing to Dunedin café,  
last Wed of each month. Ph Carolyn  
477 7115 for more info.

### NORTH DUNEDIN SHED

Sat mornings Bonnington St over  
bridge. Ph Paul 474 0060.

### OPOHO EUCHRE GROUP

Opocho Bowling Club, 1.30pm, Wed.  
Ph Roy 473 7162.

### BARBIE REDRESSED,

VCW at 11 Allen St, Sun 16 Oct 2pm.  
Bring Barbie/Bratz, \$5 koha per family.  
Jewellery workshop Nov TBC  
Phone Kaitrin for details 03 425 8959

### RHODODENDRON SALE

Rhododendron Dell, upper garden car  
park, Sunday 16 Oct 2016 9:00am-  
1:00pm

## COMMUNITY NOTICES

Priority given to valley groups,  
email voice@northeastvalley.org  
Please keep notices brief. They may  
be edited to fit the space.

## trading corner

### BABYSITTER AVAILABLE

Experienced 21 yr old. Kelly ph  
027 697 9194.

### BABYSITTER AVAILABLE

17 year old with extensive first aid  
training and experience with chil-  
dren of all ages. References avail-  
able. Kyra Ph 0221507349

### COMPUTER SERVICES

Trouble-shooting, tuition, low rates.  
Ph Dave 473 9542, 022 635 9414 or  
email davemaxz@actrix.co.nz

### FERTILISER FUNDRAISER

Opocho School PTA, 2kg fertiliser &  
10kg lime for just \$10 each. Order by  
Wed 12 Oct, ph Lucy 473 1549 or  
email lmar@opocho.school.nz

### FIREWOOD FUNDRAISER

North Dunedin Shed, cut up demoli-  
tion timber, dry, untreated, good-  
burning hardwood. Pick up \$40/cubic  
metre Sat morning, ph Paul 474 0060.

### HOUSEMINDER AVAIL

House-minder available, 10 yrs experi-  
ence minding your pets and plants.  
Mature male (53), non-drinker, non-  
smoker. Ph Jeffrey 027 446 7915 or  
jeffreYROBINSON@yahoo.co.nz

### WANTED IN OPOHO

Cook for 2hrs/week on Mon or Tues,  
prefer afternoon. Housekeeper for  
1hr/week, time flexible.  
Ph 021 039 5899.

### WANTED TO BUY

Family home in NEV or Opocho. Can  
complete a sale within a few weeks,  
as are cashed up and renting on a  
periodic lease. Keri ph 021 0279 3683  
or kremdelakremlin@gmail.com

### WANTED TO BUY

Local family looking for house to buy  
in NEV, Opocho, Glenleith, privately or  
through agent. We'd love to hear  
from you if you are considering sell-  
ing. Ph 022 186 3009 or  
hmg11wrk@gmail.com

### WANTED TO RENT

4 bdr needed urgently for working  
family + dog. Ph. Karen 022 682 8751

# Polyfest 2016 excites and delights



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Open Wed-Sun  
Lunch: 11.30am-2pm  
Dinner: 5pm-8pm\*  
(\*9pm on Friday & Saturday)

Ask about our Gold Card discount

Susanne and Richard look forward to meeting you

Compassionate guidance, support and advice 24/7



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**SOLD** Sale

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www.meganturnbull.co.nz



253 North Road, North East Valley,  
Dunedin 9010



NEVNS students (left) and Sacred Heart's Manawa Tapu group (right) perform at Otago Polyfest 2016.

THE THRILL of watching your children perform is hard to beat, especially when there's 6000 of them. "It brings out the joy in families," observes Talia Wharerimu, mother of two. She says it's a great opportunity for parents to feel proud of their kids and culture. "Every time kapa haka comes around you feel more Māori. You want to teach the children Māori, wear your pounamu and break out the waiata."

## He whaikōrero manawa

THREE NGĀI TAHU rakitahi (youth) represented their kura, Logan Park High School, whānau and iwi at this year's Ngā Manu Kōrero National Secondary School competition in Whangarei in September.

NEV student Ahi has entered Ngā Manu Kōrero for the past three years, and this year won Best Speaker in Otago-Southland.



Ahi Kaitai-Mullane, Year 12 at Logan Park High School.

"The encouraging atmosphere and opportunity to learn from everybody's speeches is what has kept me coming back." Ahi placed 6th equal overall, 5th in impromptu and 4th in prepared. "Logan Park presented well as did Otago girls, Otago boys, Kings and Queens. All our rakatahi were amazing," says her mother Kerri Cleaver.

## what's on calendar

### quiz night

NEV Bowling Club 7pm, Thursday 6 Oct. Ph 473 9704 to register your team.

### spring fair

Opoho Playcentre, 28a Signal Hill Road. Everything a fabulous fun fair should be! 10am-2pm, Saturday 15 October.

### garden tour

Loved (but not Lavish) Sunday 30 October from 10.30am to 4.30pm. Tickets \$6 single \$10 couple, from Valley Project office.

### family halloween party

4pm-6pm, Saturday 31 Oct, community rooms, 262 North Road. Dress up and come along.

You can see both these wonderfully inspiring events online at:

**Otago Polyfest 2016** <http://livestream.com/accounts/15197514/Polyfest2016>  
**Ngā Manu Kōrero 2016 Nationals** <https://tehiku.nz/te-hiku-tv/nga-manu-korero-2016-nationals/>