

Evie's valley transformation



James Hardisty looks forward to some more test drives with 'Evie', a '57 Ford Fairlane, which was converted to electric for Mercury Energy to use in their latest advertising campaign.

A NATIONWIDE advertising campaign for Mercury Energy features a bright yellow 1957 Ford Fairlane nicknamed Evie, which was converted to electric right here in North East Valley at the Valley Community Workspace.

James Hardisty and Hagen Bruggemann spent a couple of months working on the conversion after they were contacted by Mercury. They have done a lot of conversions as well as helping other people to do them.

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Ministry's offices a stark contrast to schools: principal

DUNEDIN NORTH Intermediate principal Heidi Hayward is the first to admit she was worried that the school has spent a lot of money on 'offices'.

That was until she visited the Ministry of Education offices in Wellington.

"I walked in there and thought, wow, this is absolutely beautiful."

The space is modern and designed to be highly functional while remaining stunning, in stark contrast to many schools, she says.

"The ministry is really out of whack with schools. Lots of schools are operating out of 60s-style buildings. I think our kids deserve better than that."

A commercial photographer who photographed the MoE's new offices describes them on his website as "unapologetically up-to-the-second".

"The publicly accessible open planned ground and first floors illustrate new ideas about dealing with reception and meeting points.

• continued on page 3

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Sad farewell to community advocate



Valley Project community coordinator Anna Parker was often seen behind the microphone, with her clipboard or involving her family at community events, but a huge amount of her work took place behind the scenes out of sight.

PEOPLE, AND specifically their passion and ideas, are what Anna Parker is going to miss the most when she finishes her role at the Valley Project next month.

"Working with the community and seeing peoples' passions and ideas come to fruition has been the highlight of this role for me. Those are the bits I'm going to miss terribly."

In her time at the Valley Project Anna was a tireless advocate for community, our environment and our connection with mana whenua. She supported and helped to grow many community-led initiatives such as CreekFest, Matariki Huka Nui and the Open Valley Urban Ecosanctuary (OpenVUE).

When she began in the role of community coordinator the future of the Valley Project was uncertain due to the end of government funding from the Department of Internal Affairs. During the past two years she has worked hard to build a more secure financial base.

"Although there is still more work to do I can leave knowing I have made a strong contribution to the future sustainability of the project."

Anna was with the Valley Project for three years and is taking some time out for her family, but she plans to keep supporting community initiatives in lots of different ways.

Nominations open for Valley Project board

THE VALLEY Project Annual General Meeting will be held on 27 June. Nominations are now open for the executive board. Nomination forms are available at the Valley Project office.

We will be farewelling Anna at the community get-together to be followed by the AGM at the Normanby Bistro on Wednesday 27 June. Please feel free to join us.

Reception role taking shape

SARAH FRAMPTON

has been wanting to volunteer at the Valley Project ever since she did a research project here as part of her undergraduate studies in 2016.

When she saw a call in the Valley Voice looking for volunteer receptionists she thought "yes, this is my moment, seize the day!"

Sarah will be running the reception on Thursdays from 10am to 2pm and is ready to welcome the community to come in for a chat.

"It's great, I'm thoroughly enjoying it and have got lots of ideas," she says. She has been busy sorting through all the many pamphlets that have been collected and dropped off at the community rooms over the years.

"There is so much good information here," says Sarah. "We'll be able to help people find childcare, volunteer opportunities, let them know what's happening in the valley and a lot more."

If you are interested in joining the volunteer reception team, get in touch with Valley Project community coordinator Charlotte Wilson via charlotte@northeastvalley.org or phone 473 8614.



New Valley Project reception volunteer Sarah Frampton settling into her new role at the community rooms.

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Celebration planned for redevelopment

school
NEWS

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THE TWELVE working levels are connected via generous multilevel staircases and mezzanines – huge all-in-one spaces that enhance the feeling of being in a hub, rather than scattered through several buildings, which was the ministry's previous arrangement."

The ministry came under fire at the time of the almost \$20 million rebuild, with the Opposition of the time labelling the \$2.5 million 12-floor staircase "the Stairway to Heaven".

Education minister at the time Hekia Parata said in 2016 that the costs for the refit came from a different budget than that for classrooms: "it was not money being kept from schools".

The \$1.5 million redevelopment at DNI School included creating a performing arts centre, new administration offices, a new entrance way and re-painting the school. A large, airy space has been created in front of the school hall which will be used as a music room but can also be opened up to expand the use of the hall.

School pupil Nixie Pepers (12) says the redevelopment is a huge improvement. "I think it's pretty cool. It's really warm and looks so much better. That weird turquoise green colour [from before] was a funny colour to have. The turquoise and maroon was a bit confusing."



Expressing their excitement about the completion of Dunedin North Intermediate's new redevelopment which includes the creation of a performing arts centre and a new entrance to the school are, from left, pupils Nixie Pepers, Cameron Wirihana and Meila McCartney (all 12 years) and Maria Carter (11).

Ms Hayward says the former office buildings had been deemed surplus to requirements so the school had no choice about tearing them down.

She is "super-excited" about the new space. When she spoke to the *Valley Voice*, opening celebrations for the new building were still in the planning stage with discussions being held with whānau, school pupils via the school council, and the school board.—*Edith Leigh*

Electric Evie to go on tour

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Electricians by trade, both men have a keen interest in alternative energy and also do a lot of work fitting solar panels for homes and commercial businesses.

Electric vehicles are very quiet to drive, cheap to run and "really reliable", says James. They charge up overnight and are ready to go, with no need for re-filling at the petrol station.

Their main disadvantage is the distance they can go before needing to be re-charged. While fine for running around town, a drive to Christchurch, for example, would necessitate a recharge stop along the way.

Being on set for the filming of the Mercury ad – in case anything went wrong with the car – was fun and interesting, James says. He also became the lead actor in the making of the ad, which includes a timelapse of the old petrol motor being removed and the electric motor installed.

The car is back in town to "show it off a bit" and to do some road testing before it goes on tour around the country. To learn more about Evie's conversion go to Mercury Energy's website.

Do you LOVE your garden? We want to hear from you!

THE CHILL of winter has taken hold but spring will surely follow. With that blossoming thought in mind we are planning our second 'Loved (but not Lavish) Gardens' tour as a fundraiser for the Valley Project.

The previous event held in October 2016 was a marvelous occasion and attracted well over 100 people.

This year the date will be Sunday 28 October with the following Sunday, 4 November, as an alternative should the weather be unmanageable.

Do you LOVE creating and tending your garden?

Would you be happy to share it with others for a day?

This is not about grand or weed-free gardens. The only criteria is LOVING it!

If you live in Pine Hill, North East Valley, Opoho, Leith Valley or the North Dunedin area and would like your garden to be part of the tour, please contact Mary on 473 8065 or 027 473 8065, or Diana on 473 9899 or 021 058 0846.—*Mary Waymouth*

Lots of energy for OpenVUE projects

THE FUTURE is looking bright for the Open Valley Urban Ecosanctuary (OpenVUE) group.

Since our consultation evening early last year, an enthusiastic steering group has formed and has boosted community energy to launch our vision of an open urban ecosanctuary in the valley area.

We were incredibly lucky to receive a Curious Minds Participatory Science Platform grant to run a scientifically driven curriculum-based biodiversity education programme in local schools and backyards, last year.

Children were fascinated to find cats, hedgehogs, rats, dogs, mice and possums inhabited their gardens at home, as well as many native and introduced birds. The research the children did showed that silver eyes, tui and bellbirds absolutely loved the fat balls, apple and sugar water we used in our survey, while greenfinches and sparrows were partial to seed.

Fortunately, we have received another Curious Minds PSP funding grant which will enable us to continue to expand this school-based programme into 2018.

We now have the opportunity to survey predators, birds, lizards and invertebrates with schools. We will keep you updated with monthly articles and regular Facebook posts in our OpenVUE group on the Valley Project Facebook page.

We have been absolutely blown away with the support of our Creekfest and Wild Dunedin booths in March and April and the TRAPBOX workshops held last month. Lots of adults and children used their woodworking skills to create pinecone feeders for birds



Taman Mladenov (9) enjoyed making a trapbox to catch predators such as rats and mice in his backyard at one of the OpenVUE trapbox workshops held last month.

and 100 TRAPBOXES were made over two weekend workshops.

We hope to continue to further education and do more surveys and workshops into the future to build an even greater picture of our biodiversity and to promote a safe place for Dunedin wildlife in our nature-rich area.—OpenVUE educator Clare Cross

Lantern making workshop to be held at DNI

THE DUNEDIN Midwinter Carnival invites YOU to join the lantern procession! A 'traditional lantern-making workshop' will be hosted at Dunedin North Intermediate this month.

This is a great family activity aimed at children aged seven years and older. All under-12s must be accompanied by an adult.

Bookings are essential and can be made online at www.midwintercarnival.co.nz

The DNI workshop is on the weekend of 16 and 17 June. Other workshops in Dunedin include making a 'golden ball' lantern on 9 and 10 June, or a 'mushroom' lantern on 23 and 24 June.

Adults and teenagers are also invited to join the team as volunteers. Volunteers can help at the lantern workshops or on the night of the parade itself. If you are interested in being involved you can register on the webpage to find out more.

The Midwinter Carnival is New Zealand's largest lantern procession and is well known for its lantern sculptures and spectacular costumes.

This year's theme is 'A Winter's Tale', bringing to life a fairyland world full of fantastical characters, right in the heart of the city. It will be held on Saturday 30 June.

This year the procession will travel from First Church, down Moray Place, up Stuart St and around the Octagon, before returning to First Church via Princess St. The new route is intended to give more residents a fantastic view of the creations currently



Xanthe Naylor and Tania Bracey-Brown with some traditional lanterns, golden globes and mushroom lanterns which will be made at family-orientated workshops for the Dunedin Midwinter Carnival this year. Traditional lanterns will be made at a workshop at Dunedin North Intermediate.

under construction.

Come and be a part of this wonderful community event.

—Lantern workshop coordinator Tania Bracey-Brown

Community super stars wanted

community NEWS

WANTED: Amazing, community-spirited leaders and volunteers.

WHY: To support the Valley Project's equally amazing, community-spirited event, Te Matariki Huka Nui Hāngi, the valley's Māori New Year celebration for 2018.

If you enjoy a fun, social and cultural experience, traditionally cooked kai (food) and enjoy community orientated celebrations, maybe you would be keen to volunteer in the following areas:

- foodservice leader, crew and dessert crew
- medical personnel leader and assistant
- pack in/out leader and crew
- hall monitor leader and monitors

We welcome volunteers of all ages!

If you are interested and would like to be one of our superstars please contact Destynee Poutama at

destynee.poutama@gmail.com or leave a message on her mobile 027 300 8800. This year's event will be on Saturday 28 July.



Te Matariki Huka Nui Hāngi organiser Destynee Poutama at last year's event.

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Programme a life-changing opportunity

TWENTY-NINE YEARS ago I wrote and presented a programme that subsequently seemed to change people's lives.

I was a bit surprised.

Within a few years the programme was being taught at the University of Otago and for the past 22 years students have been telling me "these are the best lectures we ever had". I was even more surprised when, decades later, those same students started coming back to me saying "that stuff changed my life". "I did all of it. I remembered all of it, those lectures really mattered."

We formed a new expert team with Dr Peter Strang, the former director of Otago University Student Health, associate professor Jacques Vandermeer from the Otago University Department of Education and Fraser Jopson of the Otago University professional studies faculty to review and develop the programme further to make it widely available throughout New Zealand.

The programme has been run in corporate companies and in prisons. It has been picked up internationally and this month we will be running it in North East Valley.

The programme is designed to help people manage life stressors well, to be resilient, and to be emotionally healthy. It appears to be very successful, and in comparisons with known international efforts, 'Time to Live' now appears to be a world-class program.

The reasons for the increasing interest in this programme are not a surprise when we look at some of New Zealand's mental health statistics. There has been an off-the-chart rise in crisis calls to health agencies in just one year between 2016 to 2017, from 48,000 to 168,000. New Zealand also has the highest adolescent suicides rates out of 41 EU/OECD countries.

Clearly something is wrong, very wrong.

This programme will help people to learn about many different areas, including how modern lifestyle technologies such as electricity and telecommunications affect the human body, and the importance of quality relationships, whether with partners, children or colleagues. There will be lots of time for questions.



Dunedin clinical therapist Peter Frost shows his enthusiasm for the 'Time to Live' programme which will be run in North East Valley this month. The programme helps people with lifestyle and work-style issues to improve 'wellness' and build resilience.

It is an in-depth programme which will be held over three two-hour blocks from 7–9pm on Wednesday 20 and 27 June and 4 July in the North East Valley Normal School hall.

The programme is free but participants must register. Please contact Cameron Sinclair on 027 372 3877 to register.

—Dunedin clinical therapist Peter Frost

Octacan donations accepted at Ross Home

IF YOU would like to support Presbyterian Support Otago's annual Octacan collection for their foodbank, donations can be dropped off at Ross Home and Hospital on North Rd any time until Friday 22 June.

The annual event will be held in the lower Octagon on Thursday 21 June with organisers hoping to collect 18,000 cans and \$5000 in donations.

Community support and donations have increased every year with more than 22,000 items donated last year. Overall 100,000 items have been donated to the Octacan drive during the past nine years.

Family Works practice manager Debbie Gelling says the Family Works team distrib-

utes over 10,000 items in food parcels each month.

"The foodbank is a critical service for the local community. Octacan is a very easy way for the public to support us. We are particularly keen for people to donate cans that have easy tear tops, as these can be used by anyone."

Cash donations are also appreciated. A Give-a-Little site is already active; just search for Octacan.

Let's see if we can continue the trend of going above and beyond! If you are in Dunedin, please join us for Octacan on Thursday 21 June from 7.30am.—*Jasmin Graham*

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Call for young people

ARE YOU a young person aged between 12 and 25 years with a connection to the valley?

The Valley Project wants to work alongside young people who live, work, study and play in our area, to collaborate on youth-focused projects in our community.

Our approach is strengths-based and youth-led. What this means is we are seeking to integrate young people's ideas and energy into community development in our wonderful valley.

We don't have an agenda or desired outcomes, except to support young people to direct and lead initiatives that benefit them and their peers.

So, if you have an idea, or want to represent youth in decision-making, come along to a workshop or get in touch with Tess on

tess@northeastvalley.org

We define the valley area as including North East Valley, Opoho and Pine Hill.—*Tess Trotter*

Bags For Good sew for a cause



Making bags at a Bags For Good sewing bee at the Valley Project community rooms. The next sewing bees will be on 2 June, 7 July and 4 August at 10am to make bags for a community bag library. Learn and build your sewing confidence.

Build your own coffin at shed

ARE YOU interested in building your own coffin? The North Dunedin Shed is looking to develop a pilot group of people interested in building their own coffins using our workshop in Bonnington St.

We have support for materials from Bunings and are looking for around six people

to work together on the project.

Expressions of interest will be followed by a meeting to develop the concept. To express your interest email northdunedin-shedsoc@gmail.com or phone Jim on 473 0030.

Be in to be in the draw for a free coffin.

Council investment in communities around the city

MILLIONS OF dollars are spent by the Dunedin City Council enhancing the city but many community groups based in different suburbs around Dunedin believe the city's most valuable asset is its people.

Those groups had a significant win the council's long term plan when a new place-based community grants scheme worth \$300,000 was established.

This investment did not just appear in the council's long term plan, it is the result of more than a year of concentrated effort. Looking back over the past decade many Dunedin suburban communities have had the opportunity to do some important community development work for themselves thanks to funding schemes through the Department of Internal Affairs.

However, these communities, including Brockville, Greater Green Island and North East Valley, have struggles to maintain momentum and generate their own income once the government funding schemes finished.

What was clear, however, was the many benefits this funding generated for these communities, such as building stronger communities and connections within those communities, leading to noticeable and celebrated impacts for these communities of place.

A coalition of these place-based community groups we came together early last year with a vision and belief in this model of

community building. We did not want to see this work and investment in our communities lost. So we wrote a submission to the 2017 city council annual plan asking the council to invest in our communities of place across Dunedin city.

This submission along with the support of our city councillors who are allies of community resulted in a consultant's report that explored what resourcing of place-based community groups was necessary.

Recommendations from this report went into the council's draft long term plan, which was followed up by a motion from city councillor Marie Laufiso to increase the proposed investment from \$200,000 to \$300,000.

This resulted in several weeks of lobbying, submission writing and speaking to our council while the long term plan was up for consultation.

We are delighted that on 14 May our councillors voted to invest \$300,000 in this new scheme.

We look forward to seeing how this scheme will be established to generate the best outcomes for our communities.

It has been a heartening experience for our coalition of community groups, and for the many volunteers and community workers who give passionately, to see democracy in action and to have our voices listened to by a responsive council.

—*Valley Project community coordinator Anna Parker*

Busy time of year for community garden



The North East Valley Community Garden was a hive of industry on Mother's Day with a great turn-out for the weekly working bee. Up to 24 people were busy harvesting, moving compost onto beds and weeding. Community garden member Jenny Roxburgh says the garden is as busy as ever at this time of year. Community members are welcome to come along to any working bees (turn to page 10 for the dates and times). There is no need to join, just turn up. Come for one workshop or join the crew every week – the choice is yours.

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letter to the editor: climate action needed

I WAS proud to see that the majority of attendees at the Climate Change (Crisis) meeting held at Opoho Church on 29 April were in my own age group of grey-heads. After all we've enjoyed the comfortable lifestyle and should now make efforts to pay back and take responsibility for its detrimental consequences.

But I was saddened to see that the youth were not there to give their perspective. After all it is they who will be living in this post-apocalyptic world we've left them.

Electric cars are all good if you can afford one, but what makes the electricity? If it's still fossil fuels then we are not done.

Art is a language that is free and necessary, but where were the posters to share the message beyond our computer screens?

Travel by freight instead of flight was new, but I think we may have to give up long-distance travel, unless we have six weeks to spare.

We seem driven to find ways to maintain this luxurious lifestyle and not propose to lower our expectations towards a more frugal lifestyle. The crisis when it comes will oblige us to do so.

I came away uneasy that all we'd achieved was confirmation that community projects work, and that's comforting. We humans know how to be community-minded, we've done it for thousands of years and, given a crisis, this trait comes through. But it still looks like we're bracing ourselves for the inevitable, and not using it to say 'stop'.

Where is the urgency in our response? We need to change radically for we are facing radical change, and 'slowly, slowly' is too slow.

Still, we were there because we care and that's something, but I fear it's not enough.

Sincerely, Alice Rose (NEV)

community gardens

NORTH EAST VALLEY

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

June dates: Sun 10 June, Sat 16

June, Sun 24 June, Sat 8 July.

PINE HILL

Dalmore Reserve entrance on Allenby Ave. Working bee dates on Facebook page: Dalmore Reserve Bandit Gardeners. Contact dalmorecommunitygarden@gmail.com

church services

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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.

for families, kids & teens

ATHLETICS & HARRIERS

Children 3-6yrs and 7+yrs, Chingford Park Clubrooms, 5.30-6.45pm, Mon, and Caledonian grounds, Sat morn. www.leithharriers.co.nz

CHINESE FOR KIWIS

Bear Cats Club and Chinese ABC playgroups for children to learn Chinese. Tues, 3.30-4.30pm, Pine Hill School, 11 Hislop St. Ph 021 589 075 or www.chineseforkiwis.co.nz

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, 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.

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. 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. 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.

PRESCHOOL MUSIC

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

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

NEV PLAYGROUP

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

SUNDAY SCHOOL

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

RUDOLF STEINER

Dunedin Rudolf Steiner playgroups, Te Whare Ako Marie, Pinehill and Maia. A sanctuary of creative play for children from birth to kindergarten and a place of peace and friendship for parents. Groups meet weekly, term time. For more info contact 471 2163 or dunedin-steinerplaygroup@gmail.com

YOUNG PARENTS

Young Parents Group Te Roopuu Maatua Maahuri, where young parents come together to share and support each other. For parents who had their first child before 26 years. Children welcome. 1-2.30pm, Thurs, community rooms. Ph Emma 021 125 0850.

TINKER SCHOOL

Afterschool courses, Mon-Fri, 3-5.30pm, 347 North Rd. Ph Andrew 021 982 216.

fitness & health

CONTRA DANCE

7.30pm, Mon, \$2, 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 jooske@gmail.com

DUNEDIN BMX CLUB

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

FOLK DANCING FOR FUN

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

LEARN TAEKWONDO

Korean martial art, supportive environment, family friendly. Training Mon, Thur, Pine Hill School hall, 6-7.30pm. For more details and to register email dunedinolympictkd@hotmail.co.nz

NAKAJIMA JUDO CLUB.

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

QIGONG

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



Classifieds and community notices (for non-profits)

DUNEDIN ELECTRIC BIKES

shiny, new & recycled ebikes
Valley Community Workspace
11 Allen St
Tues-Thurs, Sat 9am-2pm
Fri 9am-5pm. Message us on Facebook
or ph Nathan Parker 027 214 8294

PARKRUN

A free, weekly timed 5km run/walk, Sat, Botanic Gardens. Meet at café, 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 4739311. Last class end Nov, restart in Feb.

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 Rebecca rebeccafishernz@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.

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

ZEN MEDITATION

With the Dunedin Zen group. Meet 7pm Weds, St Martin's Church in the downstairs room. Free introductory course Mon at 7pm.

further education

COMPUTER CLASS

A free class to learn how to use computers, 10am-noon, Weds, community rooms.

FREE LITERACY COURSE

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

Want health, wellbeing and relaxation?

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

All welcome

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

SEA OF FAITH

St Johns Church Hall (cnr Wright St and Highgate), 6-7.30pm, third Thur each month. Enquiries ph. 473 0031.

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 Normaby Bistro. Scones, jam & cream \$3, Thurs 17 May, 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, Sun 20 May, 2pm.

community groups

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. 3.30-7pm, Tues, and 9am-12.30pm, Sat, Valley Community Workspace, 11 Allen St. Contact Peter on peterd0n@yahoo.com

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, 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.

MEN'S PROBUS

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

NORTH DUNEDIN SHED

New members welcome. Open Wed and Sat mornings Bonnington St over bridge. Ph Paul 474 0060 or 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.

REFUGEE & MIGRANT CENTRE

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

TWILIGHT TINKERING CLASSES

Mon & Thurs, 7-9pm, 347 North Rd, Ph Andrew 021 982 216

trading corner

BABYSITTER AVAILABLE

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

COMPUTER SERVICES

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

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 or email jeffreYROBINSON@yahoo.co.nz

LOG SPLITTER FOR HIRE

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

SENIORS HAIRDRESSING

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

ROSE PRUNER

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

RHUBARB CROWNS

For sale, ph 473 1151.

STRAW BALES FOR SALE

Left-over bales from building a straw bale house, wheat straw, \$10ea, pick up in NEV. Contact sistja@gmail.com

The Normanby Tavern

Bar open from 11am daily
(open from 3pm Mon & Tues)
Bistro open Thurs-Sunday
Lunch 11.30am-2pm
Dinner 5-8pm

Kiwi Poker League
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Learn how to create less waste

ONE 40L bag of rubbish and two bin-loads of recycling was all that Sarah Tay's household created last year.

In trying to tread more gently on the planet, Sarah's goals are to send nothing to landfill and to create minimal recycling while still being as normal as possible.

All it took were some changes to the way they lived, says the student teacher who is currently on a seven-week placement at North East Valley Normal School. Sarah believes those changes are so achievable she is now running workshops to inspire others.

Her workshops teach about why it's important to reduce our waste; how she reduces her own waste; how you can do it in Dunedin; and setting goals and where to find more information.

Some simple changes she has made include shopping differently, using reusable bags and carrying cutlery, a drink bottle and reusable coffee cup in her handbag.

"I think it's really important to take little steps and make them habits rather than trying to change everything overnight."

The workshop is being held from 3-4.30pm on Saturday 9 June at the Valley Project community rooms. Too book visit www.pikaado.com/sarah-zero-waste Join Sarah on social media at www.facebook.com/zerowastesarah



Zero Waste advocater Sarah Tay with one month's worth of rubbish from her home.



A typical weekend away kit with a lunch box, drink bottle, coffee cup, cutlery, straw, napkin, non-plastic packaged deodorant and a reusable bag.

what's on

Valley Project AGM

Community get-together to farewell Anna Parker followed by the AGM. 6.30pm, Wednesday 27 June, Normanby Bistro, food provided

time to live

Change your life, manage life stressors, become resilient and emotionally healthy. Three 2-hour blocks, 7-9pm, 20, 27 June, 4 July, NEVN School hall. Registration essential.

zero waste

A workshop to inspire people to reduce their waste and why it's important. 3-4.30pm Saturday 9 June, community rooms. Bookings essential at www.pikaado.com

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