

connecting our community whiria te taura tangata



your local newsletter published by the Valley Project • april 2015

Volunteers churn out preserves



Seventy-five bottles of chutneys, jams and jellies, thirty crumbles and twenty bottles of pears in syrup was the final tally of a community baking and preserving day held at Dunedin North Intermediate. Organiser Annika Korsten says the Community Food Harvesting Dunedin group has been picking fruit since January and this was their second community workshop. They have also run workshops with school pupils through the Volunteering Otago holiday programme.

The valley workshop was "awesome" with about twenty people coming through, Annika says. There were a few experienced preservers but many people came to learn new skills, such as how to sterilise equipment correctly or how to make a good jelly.

The food harvesting group now has more than 100 trees and fifty volunteers on their database. They have given us twenty copies of two University of Otago preserving food booklets to give-away. "These books are like gold dust for preservers," says Annika. Call into the Valley Project office at 262 North Rd to collect a free copy.

How warm and dry will your home be this winter?

AS FAST-APPROACHING winter starts to make its icy presence felt, it is time to start thinking about how warm, dry and healthy your home is. The Valley Project is hosting a Cosy Homes Expo to raise awareness about one of the leading issues facing Dunedin —

living in a cold, damp house. Community worker Iko McKague says the expo is an opportunity for people to find out what resources and help are available in the community. The expo will be on Sunday, 3 May, from 1pm to 4pm at the community rooms.

continued on page 3



/ FREE Appraisal

✓ Professional ✓ Highly qualified

✓ Reliable

✓ Honest

✓ Hard working

Gets results!

Peter Gale (B.Com, M.Com)

Ph 473 1721 or 021 608 107 **DARLING**REALTY



(03) 477 7464 lyn.howe@forsythbarr.co.nz



Disclosure Statements are available on request and free of charge.









26 Bank St, North East Valley

ph 473 0144 www.gardensphysio.co.nz

Free Parking, ACC & Private Clients

Activity • Life • Balance

Take My Word

WEB CONTENT & COPY WRITING SERVICES IN THE VALLEY!

- WER CONTENT CREATION
- SOCIAL MEDIA
- MARKETING MATERIALS

Mobile: 0210 831 8408 Email: samantha@takemyword.co.nz Website: www.takemyword.co.nz





www.greentrees.co.nz Fine pruning of trees large & small

473 8065

LAWN MOWING

Fresh cut lawn and garden services



Free quotes

regular or one-off • section tidy ups • rubbish removal • fence line spraying • general yard work

Cell: 021 040 3422 Ph: 473 1112 fresh_cut_lawns@yaholoco.nz



"Proudly servicing the valley for over 20 years"

Our plumbing services include

Gas fitting Solar hot water Drainage Plumbing – new and existing



Laser Plumbing Dunedin
369 King Edward Street South Dunedin
Phone (03) 456 3178

E. dunedin.central@laserplumbing.co.nz

Games keep kids busy



From left: Adam and Sophie McKague and Rita Hamilton would have stayed all night playing games at the Valley Project games evening. Board games are expensive. Sign up for a year's membership to our games library for just \$10 and get access to a wide variety of games to take home on loan. Donations of board games in good condition are welcomed.

How family friendly are our rooms?



Anna Miller and son Angus (5 months) read a book while waiting for a Plunket appointment at the community rooms.

WITH THREE mums with young children working at the Valley Project we have been taking a look at just how family friendly our community rooms are.

Community worker Anna Parker says not only do we want the community rooms to be inviting and easy for families to use, we also want them to be a supportive space for breast-feeding. With a new Plunket hub and a

public health nurse based at the rooms we have lots of young families coming in and waiting for appointments.

Anna plans to get a nappy changing table installed, update our toybox and provide a comfortable, supportive armchair suitable for breast-feeding. If you have any other ideas please call Anna on 473 8614 and let her know.

"We also have some great family resources available such as free wi-fi, a computer, a free-box, a book swap that includes children's books, and a games library. The foosball table on the verandah is also really popular with kids."

Bike library needs a base

THE BEGINNINGS of a valley bike library are in place with a set of tools and two bike stands on their way, thanks to volunteer Peter McDonald and Bike Otago.

Modelled on Dunedin DIY bike workshop, the Crooked Spoke, this will be a place for the community to repair bikes, purchase refurbished ones or sign them out for a finite time.

What we need now is a place to put all of this. Do you have an old garage, basement or shed where this could happen? The Valley Project could help with clean out, fix-up, lock-up and insurance. The space would be used a couple of times per week. If you think you have something that would fit the bill call 473 8614 or email marty@northeastvalley.org. —Marty Cancilla

Harvest hub

We have had lots of people dropping off excess fruit and vegetables from their gardens to share with the community. Valley Voice editor Edith Leigh says it would be great if we could create a harvest hub at the community rooms for people to giveaway their excess produce, rather than letting it go to waste. If you have more vegetables and fruit in your garden than your family can eat, drop it in and we will help it find its way to someone else's table. Keep an eye on our Facebook page to see what we have on offer.

valley voice editor Edith Leigh distribution 3700 copies per issue online www.northeastvalley.org readers 7400 approximately advertising (03) 473 8614

copy deadline 15th of the month prior

- **T** (03) 473 8614 **M** 021 214 4075
- **E** voice@northeastvalley.org
- f facebook.com/valleyproject
- @valleyproject

262 north road north east valley dunedin 9010

postal address po box 8118 • dunedin 9041

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.

Plenty of yarns shared in knitters' book

FOR SOME members of the North East Valley Knitting Squad knitting is a break from their busy lives, but for others knitting is a way to keep busy.

But one thing they all enjoy about coming together to knit is the conversation and shared stories. Keen knitter Kaitrin McMullan has been recording the stories of group members and has collated them in a book, which she published last month.



Knitting squad members celebrate the publication of their stories, from left, Marjory Brown, Kaitrin McMullan, Suzanne Mitchell, Vivien Dwyer and Sheila Bauchop.

A story-telling workshop prompted Kaitrin to undertake the project. People have been gen- If you would like to peruse a copy of Knit One, has kept the stories in the knitters' own Project at 262 North Rd. —Edith Leigh

words, "so when I read it I can hear their voice".

erous with their life histories, she says. She Purl One, Chat Two Together call into the Valley

Become a Masterchef of healthy eating on a budget

HEALTHY COOKING on a budget will be the focus of a Masterchef-style cooking workshop open to the community this month.

Valley Project community worker Iko McKague says the free workshop will be organised in conjunction with dietician students from the University of Otago. The recipes will be based around food boxes distributed by the Valley Project and FoodShare, and all ingredients will be provided.

"I love cooking," says Iko. "I find it very relaxing after a busy day at work. I love that my husband comes home to a home-cooked meal at the end of the day. I guess I'm old-fashioned like that." Iko, and other volunteers, will be sharing their cooking skills at the Saturday workshop on 18 April from noon to 2pm at DNI. Anybody is welcome to attend but places are limited, so to register your interest contact the Valley Project on 473 8614 or project@northeastvalley.org.

Make your home a cosy place this winter

(continued from page 1)

Light refreshments will be provided and everybody who comes along will go into the draw to win a home energy kit.

Speakers include representatives from the Otago Polytechnic and the Dunedin Curtain Bank and Dunedin mayor Dave Cull will talk

about the Warm Dunedin scheme. "We are also inviting the businesses involved in household energy to showcase their services and products." Anybody interested in taking part can contact Iko on 473 8614 or project@northeastvalley.org. Donations of good-quality blankets, coats, beanies, gloves and other winter clothes are also being called for to give to those in need of a little warming this winter.



FOLDING Friday, 1 May, 9am—10am **GUILD** Community Rooms, 262 North Rd Homebaking, All Welcome





Ask the friendly team at Gillions about the pre-arrangement and pre-payment options available today.

Locally owned and operated for three generations.



407 Hillside Rd, Dunedin Ph 455 2128. www.gillions.co.nz



Wendy Bowman Ph.: 473 7832

Mb: 027 609 7599

Contact Wendy now for a FREE appraisal of your home.

wendy.bowman@harcourts.co.nz www.wendybowman.co.nz





146 Norwood St, youth grow NEV Ph 473 1334

A Presbyterian Support Otago service



NO JOB TOO SMALL Competitive Hourly Rates or Quotes

Contact BRYAN Home: 473 7488

Cell: 021 108 1860

b.a.porteous@clear.net.nz

Normanby Tavern & Bistro

454 North Road 473 0373

Lunch and Evening dining - Wednesday to Sunday Lunch Under \$10 - Dinner Under \$20 Functions and special occasions catered for Drop in for a quiet drink, and play pokies, pool or darts.

The Normanby A Great Little Pub



Your Loca Banking Evnort



Nicola Wilkinson Ph. 473 0726 WESTPAC GARDENS

To find out what I can do for you, feel free to give me a call and we'll arrange a time for a visit



Gardens Shopping Mall
Ph 473 0333 today
for an appointment
Men's Student haircuts
\$20

SCO CO

coffees!

Open 7 Days 10.00 am - 4 pm

cakes!

Ross Home 360 North Road

(inside the main entrance and foyer)

Competitively priced,

come and join us!



Filadelfio's Restaurant & Bar @ the Gardens

The best gourmet pizza experience in Dunedin. Accompanied with fine wines and ales. Ph. 473 6232

School beehive yields 30kg of honey



Opoho School pupils, from left, Ned (7), Odin Hyink (6), Mixi Flint (9) and Mikayla McDonnell (9), enjoyed tending the school beehive, learning about bees and harvesting honey

A STUDY of ancient civilisations led to Opoho School having its own beehive in the school gardens.

Teacher Lucy Marr says a school parent, who is an apiarist, talked about how fascinating the bee community was. To study how the bees

interacted an observation beehive with glass panels was installed in the classroom. "We drilled a hole in the classroom wall to let the bees in and out of their hive."

"The children really en-

joyed that and it led to a proposal to have our own hive." Now the beehive sits in the school's edible garden, surrounded by a high screen which forces the bees to fly up and over the

school trees. School pupils help monitor the hive and extract the honey with apariast Otto Hyink . This year they harvested 30kg of honey which filled 60 jars. The honey was sold in the school community and the money will be used to purchase their own bee boxes and frames.

"we drilled a hole in the classroom wall to let the bees in and out"

The school has bought small-sized bee suits for the children to wear and Otto brings his smoker when they work on the hive.

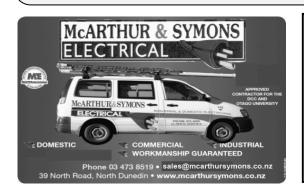
The honey was deliciously sweet, says Lucy. It is believed the

bees foraged through Opoho back-yard gardens and the manuka and kanuka trees in nearby parks.

—Edith Leigh

community garden working bees

Sunday 5 April 1pm-4pm Sunday 19 April 1pm-4pm Saturday 11 April 9am-noon Saturday 25 April 9am-noon





Window Cleaning Services Ltd



Window cleaning, external and internal gutter cleaning, spider spraying, water blasting, conservatory cleaning, external house/flat washing

Simon Niblock Phone: 021 0268 0618 / 473 7360 gleam.windowcleaning@yahoo.co.nz

Group to motivate artists



Patricia McCarty, pictured with a painting of her dog Jack, is starting up a new art group in the valley, Artyfact, to provide support and encouragement for artists. Participants will work on their own projects and everybody, from complete beginners through to experienced artists, will be welcome, Patricia says. "This is an opportunity for those who like to paint, but want the friendship and support of others who like to dabble, mutually inspiring each other." The class will be at the Valley Project community rooms on Wednedays from 9.30am to noon. The cost is \$3 to cover the room hire. For more information contact Patricia on 473 1494.



New work in art tardis

WALKING AS a way to explore the world is reflected by a sculptural work in the art tardis, by Kate Fitzharris. The work was created from materials collected while walking on tracks around her home. The art tardis is presently outside the community rooms. To exhibit email northernartery@gmail.com

Laptops for community

Ten new laptop computers will soon join the Valley Project's growing list of community resources. A request for help to establish a Code Club for children in the valley initiated the purchase of the laptops, which are being funded by the Department of Internal Affairs.

One of the Valley Project's aims is to provide lifelong learning for valley residents. The laptops will be available for activities such as computing classes for seniors, CV-writing workshops and community use at the rooms.

Dunedin's first Code Club will be launched at the community rooms on 23 April. Code Club is an international, volunteerled programme to introduce children to programming.



SALES & PROPERTY MANAGEMENT Need your property

SOLD or **RENTED**? Call us for a free no-obligation appraisal

> Call our team today 473-1721

21 North Road, Gardens

DARLING REALTY.co.NZ

Ready for change?



individuals and couples. **Enquiries** Welcome

Experienced.

professional

counselling and

therapy with

Dip. Couns. MNZAC

sonjaacounselling@gmail.com Ph 473 0429 or 021 269 8421



Dakin Electrical

- * Guaranteed Electrical Service * Reasonable Rates
- * Pensioner Concessions
- * Domestic and Commercial

Ph: 473 7981 88 Selwyn St. NEV 027 4322 381

Window films give cost-efficient thermal insulation

glazing films

Letesha Campbell and Stephen Ellis

Learn how you could transform poorly insulated windows of the world and bringing this technology to Dunedin and into highly energy-efficient windows at the Valley Project Cosy Homes Expo. Glazing Films owner and co-director

Stephen Ellis and co-director Letesha Campbell will be talking about window films, and how they can add up to 92% more insulation to your windows at a cost significantly lower than glass replacement.

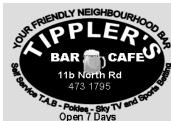
Glazing Films installed glass insulation energy-efficient EnerLogic window film VEP70 to the Valley Project commu-

nity rooms last year. Project manager Marty Cancilla says with the recent cold snap the rooms have been noticeably quicker to warm up in the morning and retain heat during the day. "We all used to shiver for an hour or two before they warmed up, but now the temperature is comfortable within five or ten minutes of turning on the heater." The Glazing Films office is based on North Rd. Letesha grew up in the valley and is loving being back in this part

Otago. Stephen was previously president of the Window Film Association of Australia and New Zealand. With a

> huge variety of window film types available on the market, Stephen is an expert at finding the right film for any situation and to best suit all glass types, including factors such as solar energy, emissivity (level of heat retention), UV, fade control and thermal control. EnerLogic window films are WERS verified provide equivalent thermal performance to that of a standard clear double-glazed unit (3/6/3) or

low E glass, and almost equivalent thermal performance to that of a standard clear double-glazed unit (4/8/4). Glazing Films has been engaged to carry out a variety of window film installations in Dunedin, including to the Toitū Otago Settlers Museum and the new Countdown Supermarket on Andersons Bay Rd. For more information go to www.glazingfilms.co.nz or come along to the expo on Sunday, 3 May at the community rooms.



Ph. 473 1795

Supper Happy Hour 4-7 Fridays Bar Draw, Meat Raffles Fri/Sat/Sun Self Service TAB, Sky TV, Pensioners' Happy Hour 10:30-3 Tuesdays

Happy Hour 4-5pm every day!





convenient local cheap 20% discount for non-profits

Support the Valley Voice
Have your printing or photocopying done at the Valley
Project office
262 North Rd
voice@northeastvalley.org



Youth Drop-In

Friday and Saturday Evening 7-10pm



Supervised fun for year 7-13 students NEV Baptist 270 North Road



CHARTERED ACCOUNTANTS Investment House • 462 Moray Place 477 5867 • www.betterbusiness.co.nz

When you're busy looking ahead, **we've got your back.**

Cop that: Patience needed



Things have certainly become a lot busier in the valley over the past few weeks with North Rd at times looking like Auckland's Southern Motorway during rush hour.

They say patience is a virtue and it is definitely required around those busy times, predominately from 8am for an hour or so and late afternoon from 3pm. I realise I crack on about the schools in our

area and kids crossing roads with bikes and scooters, but special attention is needed at these busy times. It's probably a timely reminder to those parents out there whose children walk, bike or scooter to school to reinforce to them that pedestrian crossings and traffic lights are the preferred method to cross the road rather than darting between parked cars, as I witnessed during their first week back.

Road works at several points along North Rd have caused issues for some pedestrians at times over the past month. The contractor should be providing a safe alternative route past by way of cones and barriers and if not, either the police or the Dunedin City Council should be notified.

Last month, the greater North East Valley area was subject to a large number of thefts from vehicles and house burglaries. Thankfully the alleged offender was located breaking into several cars. He was subsequently arrested and remanded in custody on a variety of charges.

The community needs to be aware that this person is not the only criminal living among us, so please ensure you make the effort to secure your property at the end of the day. Most of the items taken were from unlocked vehicles, so it is possible that other people have had their vehicles interfered with and not know it.

On that note, if you wish to report a historical crime the number to call is 03 471 4800. Your call will be directed to the crime reporting line and your complaint taken. Clearly if the offence is taking place at the time, 111 is the number to call.

That's all from me this month. Be careful on our roads and look after each other. —*Brendan Thomson*

Valley relay team raises over \$3k



Many of the Valley Relay for Life team met for the first time at the Cancer Society's fundraising event at Forsyth Barr stadium last month. "It was fantastic to get to know people better and make new friends," says Valley Voice editor Edith Leigh. Overall the Cancer Society raised \$250,000 at the event. Our thanks to MoveMe Dunedin who sponsored the valley team.

Opening hours for north police station

DUNEDIN NORTH Police Station is now open on Wednesdays from 9am to 11am for community policing advice matters.

Please drop in or call senior constable Brendan Thomson on 473 0737.

for families, kids & teens

DUNEDIN TOY LIBRARY

St Martin's Hall, Northumberland St, 10am–11am, Wed and Sat.

FANTAIL TRAILS

Unstructured exploration in nearby nature for families with young children. Next event 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—10.30am, 10am—10.30am, gold coin. Ph 473 0581.

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.

RUDOLF STEINER

Playgroup in Pinehill, 10am—noon, Mon and Fri (Te Reo Māori group on Fri), 351 Pinehill Rd, gold coin and piece of 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.

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.

YOUTH DROP-IN

Supervised fun for young people years 7–13, NEV Baptist Church, 7pm–10pm, Fri, Sat. Ph Steve 027 424 1828.

Classifieds and community notices (for non-profits)

YOGA

Body-breath-mind connection. Tuesdays 6pm-7.15pm Baptist Church. Jenny Haydon 482 1409 027 482 1426 or claydons@actrix.co.nz Qualified Satyananda Yoga teacher, 20 years-plus teaching experience.

Ph Karyn on 021 0275 4881 or go to

www.changingways.co.nz

CHANGING WAYS

Tricky Teens Workshop

Create a happy household. Listen more and argue less. Learn how to respond. 18 April, 9am-12.30pm

AND TRAINING SERVICES

LET'S GO DOG WALKING

Affordable dog walking and training with experienced dog handler and trainer, behaviour consultations Ph Laura 021 296 4249 or 487 8850

Email letsgodogwalker@gmail.com Find us on Facebook

GARDENS PHYSIOTHERAPY CLINICAL PILATES

Beginners Pilates Fridays 9.30am-10.30am Levels 1-2 Pilates Tuesdays, 11.30am-12.30pm Thursdays, 12.30pm-1.30pm \$15 per session/\$72 six sessions

www.gardensphysio.co.nz

fitness & fun

ART FIBRE DUNEDIN

Bring tea and whatever you want to work on, 5.30pm, first Thu each month at the community rooms.

CONTRADANCE

Baptist Church Hall, 270 North Rd, 7.30pm, Mon, \$3.

DUNEDIN BMX CLUB

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

DUNEDIN FIDDLE CLUB

Community rooms, 7.30pm, Wed.

FOLK DANCING FOR FUN

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

FREE FITNESS CLASS

Outdoor circuit training, NEV Normal School, 9.30am, Sat, free, bookings essential. Ph Knox Rehabilitation Clinic 474 0517.

HISTORICAL DANCE

Belles Vilaines historical monthly dance workshop, Nga Maara Hall, \$10, second Sun each month. More info at www.frenchdancing.co.nz

KNITTING SQUAD

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

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

OPOHO EUCHRE GROUP

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

RECLAIMING THE NIGHT

Approx. 1hr walk, meet at pedestrian crossing outside DNI, 6.30pm, Wed. Starts first Wed of April. Ph Jennifer 473 1694.

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.

ZUMBA

All welcome with or without children, qualified instructor Liana, 11amnoon, Mon, Baptist Church hall, \$2.

meet new people

CHAI AND CHAT

Where women come together to socialise, children welcome, gold coin donation, Community House, Moray Pl, 10.30am-12.30pm, Fri. Ph Afife 473 8944

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

MENS' PROBUS

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

try something new

ART CLASSES

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

FREE LITERACY COURSE

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

ARTYFACTS

Art group for support and motivation, bring your own work. Community rooms, 9.30am-noon, Wed, starts April 8. Ph Patricia 473 1494.

ITALIAN CLASSES

Exp teacher, native speaker of Italian (PhD Linguistics), Benvenuti! Ph Antonella 473 0832, 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

LEARN ITALIAN

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

MEDITATION

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

OIGONG

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.

SEA OF FAITH

Highgate Church Hall (cnr Drivers Rd and Highgate), 5pm, light meal, 6pm-7.30pm, meeting, fourth Thur each month.

can you help?

ENLIVEN DAY CLUB

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

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

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.

trading corner

BEDROOM FOR RENT

Near gardens, 1min walk to New World supermarket, \$135/week incl power, ph 473 1896 or 022 091 1669.

COMPUTER SERVICES

Trouble-shooting, tuition, low rates. Ph Dave 473 9542 or davescomputer@actrix.co.nz

HOUSE FOR RENT

Lovely, warm, furnished 2-bedroom home in Normanby, available April but flexible dates. Ph 021 184 7735.

HOUSE-SIT WANTED

During Easter school hols, parents from Australia looking for house to stay in from 5-12 April. Contact Ian 473 0542, 027 490 1211 or maze@slingshot.co.nz

LONG-TERM RENTAL

Family wanting long-term house to rent, up to \$300. Ph 926 6774.

PEA STRAW FOR SALE

Fundraiser for NEV Normal School, delivery available. Contact nevpeastraw@gmail.com or ph Amy 027 256 9182.

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; 5th Sunday, 2pm.



Annika Korsten with a basket of apples and pears.

Apple juice set to flow

A volunteer thank you and apple-press day will be on at the Valley Project community rooms on Saturday, 18 April, organised by Community Food Harvest Dunedin. Co-ordinator Annika Korsten says they will be testing preserves made during this harvesting season.

They will also have the apple press from the Waitati Open Orchard group on site. "Bring your spare apples along and take home freshly pressed, golden apple juice." The press will be running from 10am to 4pm. For more information contact Annika at dunedinharvest@gmail.com

Petition launched for speed control on Signal Hill Rd following horror smash

Opoho residents have started a petition to seek the urgent development of speed control measures on Signal Hill Rd. A horrific crash last month, attributed to speed in which six people were hospitalised, confirmed their concerns, residents say. The petition will be presented to the Dunedin City Council. It can be signed online at www.petitions24.com or at the Valley Project office at 262 North Rd.

Building a Great Small City

The DCC is working on a Long Term Plan to help make Dunedin one of the world's great small cities.

The plan will set budgets for the infrastructure, facilities and services the DCC will provide over the next ten years, will outline how debt is to be reduced and will set limits on rates.

While the Council's thinking is based on the city's agreed priorities – including supporting jobs and income growth, improving the look and feel of the central city, providing safe and efficient transport choices and managing our finances responsibly, councillors need to know what you think.

FIND OUT MORE

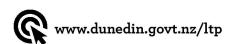
A consultation document is available on the DCC's website, at DCC libraries, or by calling (03) 477 4000. There will also be community engagement events throughout the city, including at the Otago Farmers Market.

HAVE YOUR SAY

Feedback Form	Online (see link below) or hard copy (in the consultation			
	document)			
Post:	LTP, Dunedin City Council, PO Box 5045, Moray Place,			
	Dunedin, 9058			
Social Media:	Comment on the DCC's Facebook page or tweet			
	@ DnCityCouncil with the hashtag #LTP			
Face-to-Face:	Events are listed on the DCC's website			
Hearing:	Be heard by the full Council in person between 12–14 May			

Feedback closes at 5pm on Tuesday, 28 April 2015.

Councillors and staff will be at the Otago Farmers Market on Saturday 11 April. This will be an opportunity to find out more about the Council's plans and give your feedback face-to-face.





Caring for animals gives instant rewards

Meet Alistair Easson. He has been volunteering at the Otago SPCA for more than 20 years. He can be found at the Opoho animal haven three afternoons a week, from 1pm to 4pm. Alistair took some time out from looking after the rescued cats and kittens for a chat with the *Valley Voice*.

What got you involved in the first place?

I was looking for something to do and working at the SPCA gives you immediate rewards seeing happy animals after feeding and caring for them.

What do you wish other people knew about the SPCA?

How much fun it can be. I speak to a lot of people that say 'oh, I've always thought about working there', so I say 'give it a go'.

What's the quirkiest animal you've met?

You do get quite a lot of white cats with two different-coloured eyes. We also had a cat with

four extra dew claws. Some cats make some very strange noises instead of meowing.



Alistair Easson volunteers three afternoons a week at the Otago SPCA.

:wo

Do you want to take all the animals home?

You do have to separate yourself from them or you would have a house full of animals. Occasionally you do get one that really affects you.

Have you adopted an animal yourself?

Our last two cats, Smokey and Wylie, came from the SPCA. We came to get one and there were two sitting together so we took both of them . . . it turned out they didn't like each other at all.

What do you do when you're not volunteering?

I like comics and science fiction.

What would you say to someone who was thinking of volunteering or donating?

Go ahead and do it. We always need more money and more food, and even on Christmas Day or other holidays the animals still need to be looked after every day.

The Otago SPCA works to ensure animals in Dunedin and Otago are being looked after properly. They offer a haven for animals in need and adoption opportunities for the community. Every year they care for thousands of animals that have been lost, abandoned, injured or abused.

School fair hailed a huge success despite the wet weather



Wet weather didn't dampen spirits at the North East Valley Normal School fair last month, which raised \$9,500.

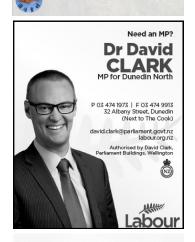
Fair committee chair Jesseme Johnston-Jones says the proceeds exceeded the committee's expectations. "We had a great turnout with people queuing at the school gates by 10am."

Senior pupils opened the fair with a kapahaka performance and all the food stalls did really well.

"We would like to extend our thanks to everyone who came along and supported the school. I'm sure it won't be another 13 years until the next fair."

Pictured are Cheryl Staynes and Susan McGregor pricing the home-baking before the fair started.





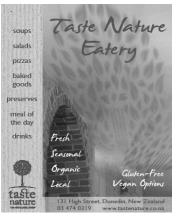
Does someone you know have a story to tell? Everyone's story is unique as they are.

Many people intend to put their musings into a book but do not know where or how to begin. From a series of reflective conversations I can write transcribe, edit and creatively compile your story into a simple book. My service provides a completed manuscript with all of the organising and writing done for you.

Water under the Bridge Publications

Authentic lifestories treasured in print

03 4822 372 | www.onword.co.nz





Margaret Hillerby 473 7139 www.bodyintune.co.nz









The Normanby Bistro

(At the Normanby Tavern)

Open Wed-Sun Lunch: 11.30am-2pm, all \$13.50 Dinner: 5pm-9pm*, from \$15.50 (*8pm on Sunday)

Ask about our Gold Card discount

Susanne and Richard look forward to meeting you



Plunket Clinic now at the North East Valley Community Hub, 262 North Road

Phone Lou, Plunket Nurse for an appointment 027 675 3259 or Plunket Area Office (03) 474 0490

Plunketline 24/7 0800 933 922

Like us on Facebook—Otago Plunket



Plunket's vision is Together, the best start for every child. *Mā te mahi ngātahi, e puāwai ai ā tātou tamariki*.



YOUR LOCAL BUTCHER

Retail • Wholesale Homekill

New to the Valley Group on garden visit



Rain and cool temperatures didn't prevent the inaugural New to the Valley group from exploring the North East Valley Community Garden. Community worker Anna Parker says the group enjoyed some beautiful home-baking and excellent conversation. It is great when people come along to connect with their new community, she says. Pictured, from left, are garden enthusiast Jenny Roxborogh, Sirisha Motepalli, Kim Romerill, Julpa Patel and Guy Howat. The next group meeting will include a tour of Toitū Otago Settlers Museum on Wednesday, 22 April. Meet at the community rooms at 262 North Rd at 10am. All newcomers welcome.

Resurgence in archery credited to Hunger Games triology heroine



An archer practices his skills at Chingford Park

ARROWS FROM the Dunedin Archery Club have been flying at Chingford Park since 1974.

Club treasurer Ivan Powley says archery clubs throughout the country have experienced big surges in interest following *The Hunger Games* books and movies, which feature a female protagonist who is an expert archer.

The club welcomes new members who have to do a five-week introductory course before they can join regular club shoots on Saturdays. The club provides all the gear as it takes time to know what gear is suitable to

each person, says Ivan. Children need to be at least ten years old to join.

Ivan says he took up archery when he was 19. "You get bitten by it, but you never master it. The beauty of archery is once you have your arrows you can keep shooting them, unlike other ammunition."

For more information go to www.dunedinarcheryclub.co. nz or visit their Facebook page.

The South Island Champs will be at Chingford Park during Easter weekend.

—Edith Leigh

what's on

natives HortTalk

Iain Reid will be talking about the release of ten new fact sheets to introduce NZ native plants, from the NZ Plant Conservation Network.

Information Centre, Dunedin-Botanic Garden, noon, Friday, 10 April, free

sunday sounds

Bring a picnic, the family and enjoy a Sunday afternoon concert at the Dunedin Botanic Garden. Coming up this month are the Mosgiel Brass Band on 12 April from 1pm to 2.30pm, and the Dunedin City Jazz Orchestra on 19 April, from 1pm to 2.30pm.

tuneful tuesdays

Puppets, dance, percussion, poems and te reo will all feature at a new music session for preschoolers. Led by Kaitrin McMullan (of Kat Anna Fiddle) and Amy Souquet, the music session starts on Tuesday, 21 April, from 1.30pm to 2.15pm, at the NEV Baptist Church. Gold coin donation

Places are limited. Contact Kaitrin on 425 8959 or Amy on 027 256 9182 for more info.