

VALLEY VOICE

North-East Valley
Community Newsletter

A Publication From The North-East Valley Community Development Project
voice@northeastvalley.org – 262 North Road NEV – (03) 473 8614

December
2014

Young families benefit from grandmotherly help



SuperGran assistant coordinator Lana Morrison and mum Nikki Hillerby share a laugh during a visit.

NORTH EAST Valley resident Marie Sutherland was about to retire when an old friend rang and convinced her to start up a new mentoring programme for young families in Dunedin. That was eleven years ago and the 75-year-old is showing no signs of slowing down as she bubbles over with passion for the SuperGrans service.

SuperGrans is a charitable organisation that matches older people with young mothers and families to help them learn basic life skills such as cooking, budgeting, gardening, healthy eating and sewing.

“I could not believe the number of young people that did not have any skills at all,” Marie says. “We came across a mum that couldn’t sew on a button. “SuperGrans is about helping people to help themselves. It is not about doing stuff for them but showing them how to do stuff themselves.”

North East Valley mum Nikki Hillerby found a way to bond with her son thanks to regular visits from her Super Gran, who taught her how to bake, which her children love to help with. Often when her children asked her to play, the answer was always “in a minute, I’ll just do this” and before you know it the day is gone, Nikki says. Now

while they mix and measure together, they chat and her son tells her about school. Other times she would just have a cuppa with her Super Gran and get a bit of advice on how to de-stress and keep calm.

Marie says the SuperGran program is always looking for new Grans. They range in age from twenty-six to eighty-three years, but most are recently retired and in their sixties and seventies.

—Edith Leigh

Support sandwiches

Do you want to learn more about support services in our community? The Valley Project is hosting a Support Services Expo on Tuesday, 9 December. Everybody is welcome to come and make a panini and mingle over lunch. Meet like-minded professionals, sign up as a volunteer or find out what help is available.

Services attending include SuperGrans, Plunket, Operation New Direction, The Family Network, Neighbourhood Support, The Buddy Programme, Disability Information Service and Parent to Parent Altogether Autism.

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All welcome to Xmas exchange and pool party



The Valley Project is hosting a Christmas Exchange which is your opportunity to find some free gifts. Pictured, Manu (8) and Amelia (5) Wharerimu-Matthews take a peek at some of the first items to arrive. We have been collecting donations for the past week and items can be browsed from Tuesday to Thursday, 2-4 December, from 9am to 5pm, at the community rooms. There will be a changing space and gift wrapping table. The Salvation Army will have a display of ideas to keep costs down over the holidays. The project is also having a family Christmas pool party on Saturday, 13 December from 1pm to 4pm at Dunedin North Intermediate School. All welcome.

Meet the exec: Community a family passion

MAKING A difference with children and supporting improved housing and health initiatives are some aspects of the Valley Project that executive board member Dr Sarah Young is passionate about. "I love being involved in community organisations and I really believe in the project. I think it has the propensity to do a lot of great things for the community."

Sarah grew up with parents who were always involved in lots of community organisations so it was only natural she would follow their lead. A busy work-life at the University of Otago where she is an associate professor, head of the Department of Pathology and director of the Medical Laboratory Science programme, did not stop her joining the executive board two and a half years ago. The board is the governance body for the North East Valley Community Development Programme.

The valley has been home for Sarah for the past eight years and she loves the community's eclectic mix with young people, families and different cultures. "It is a great place for children to grow up."



Exec member Sarah Young

Bright and beautiful



Keep an eye out for these beauties around town. The newly-branded Valley Project community vans are available to hire for community groups and organisations. For more information contact the project office on 473 8614.

Record stories easily

STORYTELLING AND taking is all the rage lately and the Valley Project is jumping on the bandwagon. To help with your story process a Tascam voice recorder has been purchased and is available for sign-out from the community rooms.

It makes a good quality recording, is easy to use and has already been put to work collecting station IDs for the Valley Voice Radio, which airs weekly from 5pm to 5.30pm, Tuesdays, on Otago Access Radio.

If your group would like to make use of this handy tool, it is available with a \$10 deposit and gold coin donation. It can be signed out for up to one week. Contact the community rooms on 473 8614 for more details. -Marty Cancilla



MERRY CHRISTMAS AND HAPPY NEW YEAR FROM THE VALLEY PROJECT TEAM

Next issue of the Valley Voice in February next year
A BIG thank you to all our advertisers. Without them we could not produce the Valley Voice. Please give them your support.

Witches and ghouls parade through Ross Home



Mrs Natalie Locke enjoys the Halloween parade around Ross Home. Pictured in costume are, from left, Riley McGregor (9), Casey Parker-Gillatt (8), Grace Mount (8), Jackson McGregor (7), Jack Aubin (7, masked) and Holly Mount (8). There was a great turn out for the inaugural Valley Project Halloween Party on 31 October, which included a barbecue with delicious sausages provided by Deep Creek Deli.

Cop that: Caution advised for new alcohol limits



BY THE time you read this the new alcohol law for over twenty year olds will have come into force on 1 December. In case you are not aware, or unsure, I will summarise the main points as it may affect you as a driver. Firstly, if you are under twenty

nothing has changed – the alcohol limit is still zero.

For those folks over twenty, the breath alcohol limit has decreased from a breath alcohol limit of 400mcg/l to 250mcg/l. Hand in hand with this is the lowering of the blood alcohol limit from 80mg of alcohol per 100ml of blood, to 50mg. Those whose breath alcohol level is between 250mcg/l and 400mcg/l will receive a \$200 infringement notice, fifty demerit points and be forbidden to drive for twelve hours. If your level is over 400mcg/l nothing has changed and you will face a criminal charge.

Clearly this reduction in the alcohol limit is an attempt to lower our road toll. Alcohol contributes to 30 percent of all fatal crashes. A 2013 Ministry of Transport survey showed 93 percent of New Zealanders would like the enforcement of road safety laws either increased or maintained.

Now the burning question crops up – how much

can you drink? Well, the simple answer here is if you want to be absolutely sure, drink nothing. Without giving you a physiology lecture, how your body deals with alcohol will differ from the next person. Your size, gender, age and how much you have eaten are all factors that affect how your body processes alcohol. There are some guidelines you may wish to follow at www.alcohol.org.nz but please exercise caution.

On a different note now, things are quietening down in some areas of Dunedin North, especially the university, so there is a possibility of increased criminal activity with regards to theft and burglary. For instance, an alleged burglar was arrested at 8.30am this week exiting a vacant flat with a sports bag full of property. He was located by a member of Campus Watch and apprehended by the 'campus cop'. Clearly a good example of team work and something that we can all do, by keeping an eye out for our neighbours and anything that looks out of place.

Alongside Campus Watch, the police need community partners. We are fortunate to have the North Dunedin Community Patrol operating in our area giving up their time to assist police with crime prevention patrols.

That's all for me this month. I would like to take the opportunity to wish you all a very merry Christmas and happy new year. Whether you are staying at home or travelling away be careful on our roads and look after each other.

–Brendan Thomson

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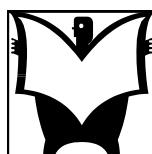
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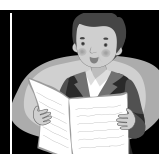
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Young and old mix for birthday celebration



Valley resident and early founder Yoka Neumann and Sophia Smillie (4) cut the cake which was created by Stéphanie Desjardins.

THE SUN came out and shone on the fortieth birthday celebrations for Islington Early Childhood Centre. Two hundred people gathered at the centre last month to celebrate forty years for this flourishing, non-profit and community-run centre.

Many of the original founders from the Dunedin Collective for Women, and families who have been involved over its long history, joined with present and future families for a truly intergenerational occasion.

Jocelyn Harris shared the inspiring story of how and why the collective pioneered the centre at a time when working mothers had few childcare options. Denny Boothe, the centre's first teacher (then Frame St Pre-school), travelled from Auckland to share in

the occasion. Current teacher Di Healey shared the story of Islington now and into the future.

Everyone departed with full bellies and enriched with new stories and relationships. Our thanks to all who supported this occasion: it has strengthened our sense of community at the centre and deepened our appreciation for this long-surviving treasure that has a meaningful place in the lives of so many valley families. —Anna Parker



Founders of the Islington Early Childhood Centre gather during the fortieth birthday celebrations.

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Te reo Maori classes

THE FIRST intake of the North East Valley Te Ara Reo Maori programme have nearly completed their first year with very positive feedback. The participants I have spoken to have all enjoyed their class and are having fun learning te reo Maori. We would like to continue this fantastic class in our community and I am seeking expressions of interest for next year. Te Wananga o Aotearoa will provide a tutor and resources for free. If you are interested in learning the Maori language in a friendly, safe and fun environment, email paia-w74@yahoo.com.au. Kia kaha, kia maia, kia manawanui - be strong, be confident, be courageous. —Paia Taani

White doves take flight for Sacred Heart School



Two white doves paused a moment before taking flight after a count-down from Sacred Heart School pupils during a family mass at Holy Name Church last month. The release of the doves symbolised the partnership between the parish and the school. School pupils also sang and played ukulele. A similar service was held the previous week at Sacred Heart Church. Pictured are Rev Dr Peter Norris, school principal Paul Richardson and pupil Lexie Williams (10).

NEV best place to live

CONGRATULATIONS TO our winners of clinical pilates classes from Gardens Physiotherapy. Amanda Martinez, Andrea Vaughan and Martina Kelly were the names drawn by Dunedin North community constable Brendan Thomson. Our top comments about why the valley was such a great place included its community spirit and great neighbours.

Your fav green space?

THE VALLEY Project has a \$30 Taste Nature voucher to give away, which can be used in the eatery or for organic gardening supplies. To enter the draw go to our Facebook page and tell us which is your favourite green space in the valley. Winners will be drawn on the Valley Voice Radio show on 16 December by special guest Dunedin North MP Dr David Clark.

Seasonal eating a delight of organics

Advertising feature



The Valley girls at Taste Nature, from left, Woniya Cancilla, Hollie Guyton and Julie Crowe.

SEVERAL STAFF and many regular customers at Taste Nature are from North East Valley. Taste Nature co-owner Mark Dickson says there is a strong interest in producing food using sustainable practices in the valley.

Taste Nature, at 131 High St, has a good reputation as Dunedin's organic food shop. They stock an ex-

tensive selection of certified organic food as well as household, personal care and organic gardening products. "We have a particular emphasis on fresh fruit and vegetables, and wet and dry bulk supplies," says Mark. "We promote low impact packaging and encourage customers to bring their own containers to fill when they can."

Where possible they source directly from certified organic producers. "Our shop is well known for having informative labels identifying the producer, their location and certification."

Eating organically heightens awareness of the seasonal nature of growing food and develops the taste for seasonal food, says Mark. The Taste Nature eatery has a simple lunch menu based on what is in season in the shop and features soups, salads, pizzas, juices, smoothies, baked goods and preserves, with gluten-free and dairy-free options.

Check out the Taste Nature website www.tastenature.co.nz, contact them via email, shop@tastenature.co.nz or phone 474 0219.

To feature your business here call Valley Voice editor Edith Leigh on 473 8614 or email voice@northeastvalley.org



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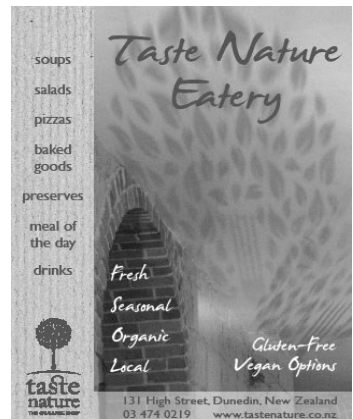
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An evening of historic fashion, music and dance



Dancers partake in the Grand March, the opening dance of the Jane Austen Ball held last month. The ball brought together people eager to step back in time for an evening.

Everybody dressed in the flattering fashion of the time and the room was full of lovely ladies with long gloves and fans and very smart gentlemen in tailcoats. Members of Northern Artery had tastefully decorated the hall with scented flowers, pretty ribbons, brass candelabras and elegant draperies.

A core group learned the dances in Kate Grace's workshops in the months prior to the ball. This allowed newcomers to be taken for a spin through dances they did not know. Period music was provided by a diverse bunch of ten local musicians. Marion O'Kane and her wonderful team of volunteers did an amazing job at preparing and serving plates of gorgeous nibbles and glasses of fruity punch. The ball was a memorable evening of laughter, joy and beauty.

Awaken your inner Darcy or Elizabeth and join our Facebook group 'Jane Austen Ball - Dunedin' to be in for the next ball. More info at www.frenchdancing.co.nz. -Kate Grace

Carols in the Garden

THE DUNEDIN Botanical Gardens band stand will provide a beautiful setting for Christmas carols this year. Organised by North Dunedin churches, the Christmas Carols at the Gardens will feature backing music from the Scottish Fiddle Orchestra and choral items from the valley community choir Sounds Nor' Easterly. Traditional carols along with a couple of well-known contemporary New Zealand carols are bound to be sung with hearty voice.

A dramatised re-telling of the Jonathan Toomey Christmas classic will give thematic direction to the service. Christmas 2014 marks the 200th anniversary of Samuel Marsden's sermon on a beach in the far north, the first Christian sermon in Aotearoa, and the occasion will be commemorated with special celebrations throughout the country. If the weather is wet the event will be at Nga Maara hall at 63 North Rd. -Steven O'Connor

CHRISTMAS CHURCH SERVICES

Sacred Heart Catholic, 89 North Rd, Christmas Eve, carols 11.30pm before Midnight Mass; Christmas day, 9.30am mass

Glenaven Methodist, 7 Chambers St, Christmas Eve, supper 10.30pm, carol service 11pm

Pacific Island Presbyterian,

Anglican: St Martin's, 194 North Rd, Sunday 21 Dec, 10.45am, service of lessons and carols; Christmas day, 10.45am, Solemn Eucharist

St Thomas', Raleigh St and Pine Hill Rd, Sunday 21 Dec, 5pm, Christingle Service with children

Opoho Presbyterian, 50 Signal Hill Rd, Sunday 21 Dec, 10am, Nine lessons and carols; Christmas Eve service, 11.30pm; Christmas Day service, 10am

Pacific Island Presbyterian, Christmas Eve, 11pm combined service in English, Christmas Day, 6.30am, Cook Island service

St Mark's Presbyterian, 304 Pine Hill Rd, Christmas Eve service, 5pm

NEV Baptist, 270 North Road, Christmas Eve service, 8pm, Christmas treats to follow



Community Garden Working Bee Dates for December

Working Bees alternate between Saturday mornings and Sunday afternoons

Saturday	6 December	9am-noon	Sunday	14 December	1pm-4pm
Saturday	20 December	9am-noon	Sunday	28 December	1pm-4pm

Classifieds

YOGA

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2406, stureid1@yahoo.co.nz

YOGA IN THE VALLEY

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James St & North Rd, 9.15am, Mon,
Wed, Fri.

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School, 9.30am, Sat, bookings essen-
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RECLAIMING THE NIGHT

Walking group, meet DNI car park,
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STEADY AS YOU GO

(Age Concern) Gentle balance and
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WOMEN OUT WALKING

Any women interested in hill walks in
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DUNEDIN BMX CLUB

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MEET NEW PEOPLE

NEW TO THE VALLEY?

Meet new people and find out what's
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LIONS IN THE VALLEY

Toroa Lions Club meets twice month-
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Opocho Church, new members, men
and women, welcome. Ph Tess 473
8114 or email Genny at
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MENS' PROBUS

NEV bowling club, 10am, 2nd Mon
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Ph Don 473 7544.

CHAI AND CHAT

Where women come together to
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10.30am, Mon. Ph Afife 473 8944.

YOUTH DROP-IN

Supervised fun for young people 7-13
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MENTORS REQUIRED

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NORTH DUNEDIN SHED

Working bees, Bonnington St, two
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3pm, Sat. Boots and gloves essential;
coffee, tea & scones welcome.

KNITTING SQUAD

BYO knitting or crocheting, or come
and learn, community rooms, 1pm-
3pm, Wed. Ph Marjory Brown 473
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funds development and
social enterprise skills.

For further information
contact the project manager
marty@northeastvalley.org
or ph 473 8614

BABYSITTING

14-year-old, National
Certificate in Babysitting, involved in
St Johns. Ph Kyra Murdoch 473 7087.

COMPUTER SERVICES

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

WORK WANTED

Anything considered, such as labour-
ing, cleaning spouting, etc.
Ph Glen 020 4023 2337.

TRADING CORNER

TENANTS WANTED

4-bedroom villa, insulated, cosy,
newly painted. Lovely garden, sunny,
opposite NEV police station. Could
suit large family or 4 students, \$320,
contact Cutlers.

WANTED TO RENT

3-4 bedroom family home for mar-
ried couple and toddler, long term (5-
10 yrs), must have fencing & heating,
ph 926 6774, or email
neslepaks221@hotmail.com

RENTAL WANTED

Small place with grazing, pay up to
\$160/wk, refs available, Ph 022 010
2232.

CARPET SQUARE WANTED

Carpet square needed for Sunday
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Islanders Presbyterian Church, North
Rd. Ph Gillian 473 1434 or text
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Bird song and laughter fills community gardens



In just three and a half years the North East Valley Community Garden has grown from seven planting beds to 45. Garden workshops are held every weekend, on alternating Saturdays and Sundays, with volunteers helping to weed, plant and maintain the garden, and taking home some vegetables that might be ready to harvest. Garden volunteer Richard Tozer says there is lots of fun and laughter at the workshops. "All in all, it's a lovely spot to come up and while away a few hours, do some work and see things growing." The gardens are sunny and sheltered with lots of birds about, including tui and a black piwakawaka.

Athletics all about fun and fitness for kids

THE JOY of seeing kids fit, active and healthy is what David Barton loves about coaching children's athletics. He coaches five to sixteen-year-olds on Tuesday evenings, from 5.30pm to 6.45pm, at Chingford Park.

"Kids seem to have inbuilt enthusiasm. They really do enjoy running around and playing, and that gives me a boost as well." David came to athletics late in life, starting track and field events at the same time his own children became involved in the sport. He has been teaching children how to throw, jump and sprint for the past two years for the Leith Harrier Athletics Club.

New Zealand's increasing obesity epidemic concerns him, especially as the "obesity way of living" is now being transferred to children. "I'm driven to try and instil an active lifestyle in young ones – to get them off the couch and into the fresh air. That's my way of contributing to a more healthy society."

New registrations are welcome at the training nights throughout the season and children can choose if they want to compete on Saturday mornings or not. For more information contact David on 473 1159, 021 137 4491 or email daru@maxnet.co.nz.



Freya Hewitt (6) clears a hurdle at Chingford Park.



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