

Backyard bounty! Is it worth it?



Cornucopia of produce from Bart Acres' Garden

YOU PROUDLY harvest your delicious homegrown fruit & vegetables after weeks or months of tending and waiting, only to find that the same vegetables are suddenly as cheap as chips in the supermarket. This can leave you with the sneaking question: is growing your own produce really worth it?

North-East Valley resident and organic gardening enthusiast, Bart Acres, has been thinking about the economics of growing for some time. A few years ago, he decided to keep track of everything harvested from his backyard, what it was worth at supermarket prices, and how much time and money he

spent growing it, in order to answer this very question. He found that it is possible to have a real impact on food costs of a household by having a backyard garden.

In one calendar year, Bart harvested around \$3,000 worth of food from his backyard, spending a total of just under 100 hours of gardening time. While this might sound like a lot to a person busy with work, whānau and other responsibilities, it averaged out at under 2 hours a week of gardening. A year in the garden has busy times and quiet times.

Continued on page 3...



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Weave got this!



Rasha Ali and Martine Darrou, new coordinators of the Threading Whare Workspace

SOME OF you might remember that back in our August issue we welcomed the Threading Whare Workspace, a craft space that focuses on the social and craft needs of former refugee and migrant women. This issue we caught up with founder, Ruth Tansley, and had the pleasure of meeting new coordinators, Martine Darrou and Rasha Ali.

Martine moved to New Zealand in 1990. She studied for a Masters in Indigenous Studies at Otago and is passionate about services for migrants and refugees. During her degree, Martine helped international and other migrant students to adapt to studies. She also worked for HMS Trust in Hamilton helping migrants & former refugees to get their New Zealand Drivers Licenses, having previously worked for the similar French organisation, Open Road.

Rasha moved here in 2013. She graduated in accounting in Iraq. After leaving Iraq as a refugee, she lived in Cypress for 7 years and then Thailand for 3 years. She was selected for the coordinator role for her communication skills and her connections with former refugee communities.

Keen to participate? Share skills? Learn from other crafters? Make friends and connections?

Have materials you would like to donate such as wool, fabric, embroidery materials, yarn for weaving?

Come along to the workspace during our opening hours -- call Ruth on 021 102 6854, or email threadingtrust42@gmail.com. We are happy to collect donated materials.

Threading Whare Workspace

Valley Baptist Church, 268 North Road

Focus crafts: knitting, weaving, embroidery/ tapestry and sewing

Open 10am - 4pm
Monday, Tuesday, Thursday, Friday & Saturday

The original vision for the Workspace came through Ruth's work as a home tutor, where she found that recent migrant and refugee women were feeling extremely isolated. Ruth had experienced the enriching social and learning connections that a shared craft space can offer through weaving at the Loom Room (another fantastic, shared craft space in the Valley) and she felt that craft could be a valuable way of bringing about social integration for refugee and migrant women. Ruth envisioned a craft centre that was free (with just a small koha for materials used for home projects) and not just a place but a social connection and a space that presented opportunities for "2-way learning" between migrant and non-migrant crafters. She feels incredibly fortunate to have welcomed onboard 2 coordinators with first-hand experience of what it is like to be a migrant or refugee woman.

***Craft is an
International
language.***
- Ruth Tansley

Threading Whare Workspace would also like to acknowledge the Valley Baptist Community for their space and ongoing support.
<https://threadingwhare.org.nz/>

The Valley Project is a registered charitable organisation. If you like what we do, you can donate at www.givealittle.co.nz/northeastvalley

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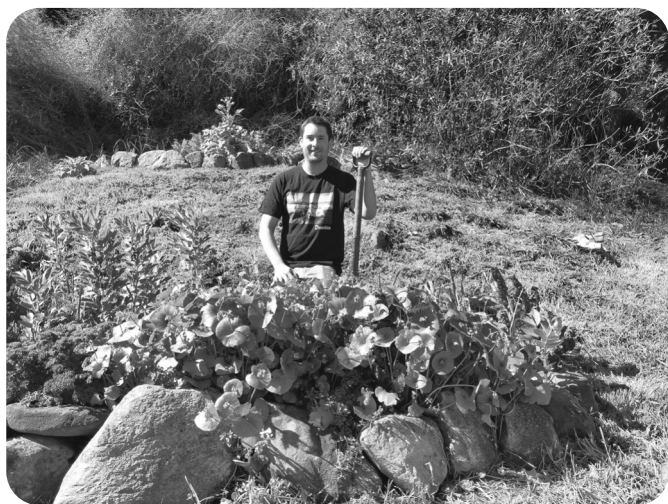
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The opinions expressed in articles are the authors own, and are not necessarily shared by the editor or Valley Project Team. Submitted articles may be edited at the editor's discretion.



Bart Acres, organic gardener

Continued from front page.

"In spring", Bart says, "you do a big blitz for a couple of days to get stuff set up, and in wintertime, it's basically just time spent picking carrots, digging spuds and stuff." You also don't need to have a great deal of space available. When Bart collected this data, he had about 10m² of vegetable beds and "a few fruit trees".

The thing that really makes a difference is how much money people *spend* to produce homegrown food. If you visit a garden centre or hardware store annually, buy bags of compost and pre-grown seedlings, and a six pack of broccoli seedlings costs around \$5, paying \$1.29 for a head of broccoli

at the supermarket in peak season starts to sound jolly reasonable. Bart identifies the "initial set up cost or annual garden input cost" as major factors in reducing the economic benefit of home gardens. If soil, compost, and seeds or seedlings are cheap or free, then that \$3000 of food makes a real difference to household economics and health and wellbeing. "You also benefit by eating food that's freshly picked right in your own backyard, which was especially handy in times such as last year's lockdown," says Bart.



Luckily, growing from seed costs basically nothing and can be simpler than you might think. Check out Bart's seed website www.urbanorganics.org.nz and watch the Valley Voice for seed saving workshops and swap events.

The Valley Project is working towards a Community Food Plan, aiming to increase growing and sharing of kai in North-East Valley. One major step for food security is to increase the *accessibility* and *affordability* of materials and other resources (like information, education, and genetic resources like seeds) to the community.

Watch this space for chances to learn, participate, share, and access more affordable materials for growing healthy nutritious kai. Contact valleykai@northeastvalley.org if you're interested in getting involved with food resiliency in the Valley. - Jen Rodgers for Valley Kai

Planting seeds of change

An evening of inspiring short talks & community discussion around building community kai resilience.

Come and be inspired and contribute to growing food resiliency in the valley. You will hear about a range of exciting initiatives and see the potential for a thriving, vibrant and healthy community food network.

Stick around afterward for a cuppa and connect with each other, to spark further ideas through conversations.

Thursday 14th October 7.30 - 8.30pm
Fred Hollows Community Room,
262 North Road



What do you mean, Spring Clean?

LIKE SO many things, our annual Spring Clean is going to look a bit different this year due to you-know-what. Instead of a one-day blitz we will be running a series of mini events with maximum impact, online videos, and competitions. Watch our Facebook page and website for more details in the coming weeks.

Our first mini event is a **Community Seed & Seedling Swap**, an opportunity to bring along your excess seeds & seedlings and swap for other little plant treasures.

Swap Seeds & Seedlings

Saturday 16th October
10-11am

NEV Normal School
248 Nth Rd (Longworth St.
entrance) or veranda of
Valley Project, 262 Nth Rd
if wet.



Connect with nature this spring!

LOOKING FOR a way to connect with nature this spring? One way that we love to connect with nature is through nature journaling, the process of recording your observations about nature onto paper. Local Illustrator Jo Bone, shows us how to do this by making string nature circles. Check out the activity below for how to make your own!

How to make a string nature circle:

Draw a circle on a piece of paper with a compass or plate. Cut a piece of string long enough to make a decent-sized loop, grab something to draw with and go for a walk (Chingford Park, Bethunes Gully and the Dunedin Botanic Garden are perfect for this activity). If you're short on time, or prefer to create at home, just take your string and a mobile phone/camera.



Look around and have a go at making a circle with the string on the ground in different places. Is there a composition that catches your interest? Settle down (a portable chair or stool is perfect if you have one) and draw what you see inside the circle. Feel free to stylise it, choosing certain elements that appeal the most. Or, take some photos of different string nature circles to capture on paper when you return home.



You can interpret this activity however you choose, by creating an artwork from your circle or using it as an opportunity to document all the different things you can identify inside your circle and making notes. We would love to see your string nature circles – please take a photo of

what you create and email them to openvue@northeastvalley.org. Or have a go at colouring in Jo's nature circle from the bush loop in Chingford Park as part of the Kids' Corner activity!

Other ideas:

Create some wild art! Go for a walk and gather leaves, flower petals, sticks, stones etc. and use them to create a nature artwork on the ground.

Draw in a moment! Take a piece of paper and something to draw with and go for a walk in nature. Find somewhere to sit and quietly take in all you can see around you. Create a picture – a souvenir of this moment to take home with you.

With many thanks to Jo Bone for this activity. Catch Jo at her website here: www.joboneillustration.com.



Kids' Corner

Colour me in!



UPCOMING EVENTS

Wild Winged Wotsits

Saturday 9 October, 2-3pm NEVN School Hall

Note: This event is subject to Covid guidelines, and may only go ahead if we are in Alert Level 1. For postponements, check out the Open VUE Facebook page (facebook.com/OpenValleyUrbanEcosanctuary)

Combining paper plane technology with avian artistry. Come along, young and old to fill the air with flying paper birds and shrieks of delight! All materials provided (though feel free to bring along your own designs). Fold, flutter and fly your creations with Story teller Kaitrin McMullan and Open VUE.





WILD DUNEDIN'S Spring Edition has lots of free activities celebrating nature for children and adults, and cheap deals on local wildlife attractions in the October school holidays. So if you've always wanted to visit the Royal Albatross Centre, Larnach Castle and Garden, Quarantine Island, or take a trip on the Monarch, this is a great time to get a cheap deal. Otago Museum will have a range of nature activities, Orokonui Ecosanctuary will be offering their awesome dusk tours, and you can practise counting birds in the Town Belt with Birds NZ.

Check out the full programme online at www.wilddunedin.nz

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Botanic Gardening in a time of Covid

WE TOOK a few strolls around the Botanic Garden during the lockdown, doing our best to keep away from all the other people taking strolls around the Botanic Garden. It made me wonder – what happens at the gardens in a lockdown? Things need looking after, so how do the gardeners prioritise what really needs to be done and what doesn't? And who feeds the birds?!

I called Botanic Garden Manager Alan Matchett to get the low down on the lockdown. The Dunedin City Council management made the call to keep the gardens open so the good folk of North Dunedin could stretch their legs, although the carpark gates were closed to discourage visitors from further afield. How fortunate we are to have the gardens in our neighbourhood!

Alan explained that there are three priorities during a lockdown: The aviary, the propagation glasshouses and nursery, and general health and safety. Staff were rostered on minimal hours to feed and water the birds (they even have a legal obligation to do this) and the baby plants. And with the gardens still open to our community someone was rostered on each day to make sure the paths were safe, that there was no damage anywhere, and that any rubbish lying around was removed and things were tidy.

Everything else, including all the gardening, went on hold. The gardeners were in the middle of pruning the roses when the lockdown was announced leaving a half-clipped

rose garden. For the staff who weren't doing essential jobs it was a good chance to catch up on paperwork and strategic stuff like long-term planning for the plant collections and updating health and safety plans.

But when you are a gardener there is only so much non-gardening you want to do and the team was pleased to get back into the gardens at Level 3 – though in small team bubbles with different rosters to keep them separated. It was catch up time – being spring the lawns and weeds had gotten away a bit. This was in contrast to 2020's autumn lockdown when staff feared that all the uncollected fallen leaves would block drains, create a slippery safety hazard and kill the underlying grass and smaller plants; fortunately this didn't end up happening but there was still a lot of catch up work to be done then too.

And the question on every five-year-old's lips: Did the ducks miss their pellets? Alan reckons probably not. They had plenty of that unmown grass to graze on and, being the start of the breeding season, many of them had probably already moved out of the gardens to nearby nesting sites. (Although he thinks the pigeons were probably a bit miffed.)

So a big thank you to the DCC for keeping the gardens open for us to enjoy and the Botanic Garden staff who kept the place running behind the scenes. - Helen Jack

The Broken Heart Breakers - NEV Single Release

THIS MONTH, local Dunedin band *The Broken Heartbreakers* will release their first single since the release of their 2015 album *How We Got To Now*, followed by a five date tour of Aotearoa in October and November. The new single, *We're All Looking Up*, is a homage to community, and more specifically, to the mountain under which the Heartbreaker band call home.

The song is centred around North East Valley where the band all reside in Ōtepoti and the diverse community that lives here under the protection of Kapukataumahaka. Songwriter Rachel Bailey says she was influenced by the shared 'alone, together' experience of the Covid 19 lockdowns in 2020.

Ironically, just as the band announced their national tour, the very next day the Level 4 lockdown was put in place, meaning the single release recording was postponed. Thankfully the song has now been completed and the single will be launched in North East Valley with a matinee afternoon show on Halloween. Bailey says "we really wanted to host a community music event and are hoping to facilitate families being able to come see a gig with their kids."

The Broken Heartbreakers are led by songwriters *Rachel Bailey* and *John Guy Howell*, who began their music journey together in 2002. With the passing of nearly 20 years, hundreds of gigs, four studio albums, multiple continents and a rotating cast of backing band members, *The Broken Heartbreakers* cherish their home in North East Valley.

Touring now as a 5-piece band, Bailey and Howell are joined by the talents of *Craig Monk* (Cloudboy, Dunedin Symphony Orchestra) on violin and 2nd lead guitar, *Angus McBryde* (asta rangu) on bass guitar and *Paul McLennan-Kissel* (Julian Temple Band, The Entire Alphabet) on drums.

Friday 15th October - Pioneer Hall Port Chalmers

Sunday 31st October - Nga Maara Hall 4pm - Matinee All Ages Show

Adult \$25/ Teen \$10/ Child 5-12 \$5/ Under 5 Free

Tour tickets available now from Under the Radar.

www.undertheradar.co.nz/gig/76696/The-Broken-Heartbreakers-Were-All-Looking-Up-Single-Release-Tour.utr



dalmore garden journal



IT WAS a cold wind that blew this Sunday at the Dalmore Reserve Community Garden working bee. Still, it doesn't take long digging out weeds for us to work up a sweat! The garden opened in 2016 and has been ticking along with a small group of volunteer gardeners tending a windswept piece of land which has the best view of any community garden in Dunedin. It's not an easy piece of land to garden. There is no protection from the wind, it's boggy in parts and the hot sun dries it out in summer. Crops have to be tough and able to cope. We've had great crops of potatoes, Jerusalem artichokes and yams, and hardy greens grow well if they survive white butterflies and aphids. We've put in currants, gooseberries, raspberries, feijoa, rhubarb and lots of herbs which do well. Today we take home kale, rhubarb, and some potatoes that we find.

The garden runs as a collective with 'Head-gardener', Keith Moffat, being the main mover and shaker for getting things done. Keith installed the shed, the raised beds and the irrigation system - all important steps towards making this community garden more productive and hopefully easier for the small group who work there to manage it. People are busy with their own lives and gardens so it is not easy to find people able to come along regularly and work the garden. However, we are lucky to have a core group of around 6 people who keep it going. Others come for a while and help when they can, so we are trying to make the space as easy as possible to manage. The irrigation is a game changer for us, as are the beds, so we're hoping for more crop success and a wider variety of vegetables this season, plus get more mulch to cover the areas we want to suppress weeds in. We've had no luck with runner beans, so that would be great to try again this season too. Hopefully it's warmer than last summer.

Lots has happened to improve the reserve in the last few years. The Wild Dalmore Reserve group has made a huge impact on the area collecting rubbish and planting lots of natives. We see more native birds in the reserve now too. Walking by, people smile and thank us for our work. They like how it looks from the street and say that it makes the reserve feel more welcoming and cared for. People interested in helping or knowing more should email us at dalmorecommunitygarden@gmail.com. or find us on Facebook - Lynn Vare



Hello Jell-O! 70s Food

You can read a fuller version of this article on our blog www.northeastvalley.org/blog

YOU COULDN'T wave a cigarette advertisement in the 1970s without hitting an extravagant dinner party. And with these dinner parties, of course, came food. But not just food! Dinner parties in the 1970s came with *inspiration*. They came with low angle, overly saturated photos to stick on the fridge and try to emulate. They came with envious guests hurriedly writing down recipes to copy for their Superbowl party next weekend. They came with *style*, with one uppance, with days and days of meticulous planning. More of a triathlon than a sprint, these were not exactly last-minute endeavours. Perhaps most dated of all, they came with Jell-O salads. People in the 70's did not have a good grasp on what constituted a salad. "Salads" at these extravagant parties seemed mostly to be made of mayonnaise, sour cream, and gelatin, with a few vegetables tossed in as an afterthought. Honourable mentions include Under The Sea Salad ('pears and cream cheese lie beneath a delicate sea-green layer after unmoulding') and Creamy Peach Double Decker (equal parts self-explanatory and dread-inducing).

A 1971 New Zealand Women's Weekly recipe (which I'm sure you'll all have tried) called for lime jelly, peas, cooked lamb, and nine other ingredients to be combined into the horror known as Lamb Salad Soufflé. Chaaarming. Why were these salads so popular? We'll have to go a little further back in time to answer that question.

Women in the early 20th century faced a dilemma: how were they supposed to cook, clean, work, take care of their children, *and* have dinner ready by six? The scales of equality were not yet starting to tip, so they had to find a solution to make all of this possible. Enter processed foods. The brand name Jell-O was patented just before the start of the 20th century, and it fit the bill perfectly: it was fast, tidy, and most importantly it was economical. This economical advantage became even more prevalent during the World Wars as rationing began. As a recipe for "Olive Relish" (olives, pickles, celery, and vinegar in lime Jell-O) declared, "prove to you and your friends that you can still do luscious entertaining in spite of shortages and rations". Jell-O was a godsend when it came to impressing guests. Got leftover chicken and some mangy vegetables in the back of the fridge? Transfer to a fancy mould, encase in Jell-O, and within an hour you'd have a work of art. These (apply quotation marks liberally) "salads" thrived for a ridiculous amount of time; from the very early 1900s up until the late 1970s, when health conscious consumers decided to actually check the ingredients in Jell-O and discovered that, shockingly, it isn't very good for you.

Jell-O salads aren't completely gone, but the idea of encasing vegetables and meat in lime Jell-O will, for better or worse, make almost anyone born after 1970 lose their appetite.

Continued on page 12...

Passing the Torch at Ōpoho School



JENNY CLARKE served as principal of Ōpoho School for an impressive 22 years. This issue we fondly farewell Jenny, wishing her well for her retirement and we extend a warm welcome to the new principal, Jared Holden.

Haere rā to Jenny Clarke

In reflecting about her time as principal, Jenny pays homage to her colleagues at Ōpoho School. She says, “when you stay in a place that long I think says something about the support, the remarkable teachers that really play a big part.” “That’s what I miss most, working with truly awesome people.” Jenny finds it hard to settle on any one memory from a wealth of standout moments and events, saying instead “there was always great pleasure and reward in countless day to day highlights of tamariki learning and discovering, and also supporting staff to go from strength to strength in their mahi/leadership.”

22 years have seen many changes to education and Jenny is especially proud to have been part of Ōpoho’s “progressive and continual integration of te ao māori and especially the strength of kapa haka in the kura.” She also notes some of the challenges that a fast-changing world has presented: “I think families are time-poor. I think COVID brought another level of stress to our world, and it hasn’t stopped.” Reflecting upon the good, bad, and ugly of technology’s impact on education, Jenny says, “Technology is wonderful in helping us stay connected with people and there are lots of good things about it, but it certainly comes with some big challenges.” “In the form of computers and iPads and cell phones, it is very addictive.” “It’s colourful, it’s engaging and it’s quick, but I think it has impacted on many students’ ability to concentrate. If it’s not fast-paced, it’s ‘boring’ to some tamariki and some things just take hard work and time.”

Of her farewell, Jenny says the children “put on an absolutely stunning assembly that strongly reflected te reo māori which was a precious gift to me. Then I had an opportunity to have afternoon tea with the families of the school. Lots of cards, flowers, love, and good wishes, then an evening event was a special way to end an exceptionally memorable day and tenure.” Looking to the future, Jenny shares: “I fully expect to be supporting principals in some capacity. I don’t expect to lose touch with education per se. Steve and I want to explore New Zealand and to do things that a full working life doesn’t let you do.” Jenny says of her successor: “He seems a calm, kind, and caring person”. She believes that she leaves the leadership of Ōpoho school in capable hands “I have confidence that the board has picked the next principal with care to ensure he is a good fit for their kura and community.”

Haere mai to Jared Holden (in his own words)

I grew up in Motueka, at the top of Te Waipounamu before moving to Ōtepoti to attend the University of Otago. After graduating I moved to New Plymouth to start my teaching career. I have lived in Taranaki for the last 19 years and I have taught all ages of children from Year 0 to Year 8. From July 2017 until July this year I have had the pleasure of being the teaching Principal at Mimi School in rural North.

The principalship at Ōpoho School appealed to me for a number of reasons - the school’s focus on being child-centred and wellbeing driven, having a strong environmental kaupapa, its role as a school intent on working with its community to prepare children for the future and it’s developing relationship with te ao māori. My wife and I have strong whānau connections to the South Island and especially Otago and Southland so the chance to move ‘home’ to be closer to our southern whānau — and to return to the city we love — is something that drew us here.

My aspirations for Ōpoho School are for us to continue to work with our school whānau and community to develop learners who are kind, responsible and who always work to be the best they can be. While having the knowledge and the confidence to be strong active members of their community.

I aim to lead with moral purpose and develop positive relationships based on mutual respect, trust, and honesty. I lead by example and strongly believe in my ability to ‘walk the talk’. I create a calm, positive and inclusive environment that encourages collaboration, personal reflection and responsibility, allowing students and teachers to develop the skills and strategies to become passionate lifelong learners and reach their full potential. I take an extremely active role in the school community and thrive on the challenges and opportunities that educational leadership brings.

It is a real pleasure to be here, and I am extremely grateful for all the aroha and awahi I have received from our school whānau since I arrived back in Ōtepoti.

Before and After School Care at Pine Hill School

BEFORE AND after school care will soon be on offer at Pine Hill School, to whānau from Pine Hill and Liberton Christian Schools. It is fantastic to be able to offer this service to whānau from both of these schools. Mana Before and After School Care will be the outside providers running this programme and it will be known as ‘Pine Hill Mana’. This service will begin in term four 2021 and it is very exciting to get this up and running.

Whānau from these schools are able to enrol their children now by going to www.manaafterschoolcare.com and clicking on the ‘Click To Enrol’ tab. Enrolling for specific days/times for term four will be added to the site soon, so please keep an eye on it. If you have any questions, please don’t hesitate to contact Johanna Newman (manager/director) by emailing mana.afterschool.care@gmail.com

What's on?

Kono workshops

JOIN US for a harakeke/flax weaving workshop.

Community member, Anna, will guide you through weaving a kono basket.

Harakeke/flax supplied.

Entry by koha.

Sunday Oct 24th or Nov 21st, 1-4pm

Email Anna to secure your spot:

adoorn@gmail.com



Learn to make a Strip Built

WE INVITE you to join our workshop where you can expect to take home a wooden strip-built box crafted with your own hands using up-cycled wood in need of a new life. ...

You can do this! You will be trimming strips of wood, gluing and sanding.

Maximum of 12 participants.

Tools and materials provided.

The Quilt Project

COME ALONG to this community quilting workshop to contribute to this art project

The project is a form of resistance against gender discrimination in society

Find out more at our blog, <https://www.northeastvalley.org/post/the-quilt-project>

Come and be a part of the creative process.

Workshops will be held in the Fred Hollows Community room on 19th October, and 23rd of November, 11am-1pm.

Complimentary tea and coffee. Please bring a water bottle.

All ages, genders, and levels of sewing experience welcome.

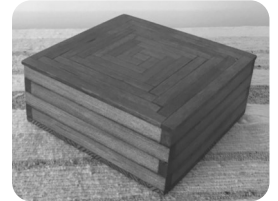
Cost: \$55 per participant to cover workshop expenses and materials.

17 October, 1.00pm until 6.00pm

Fred Hollows Room, North East Valley Normal School, 262 North Road

For further details please see

<https://stripbuiltbox.weebly.com/> or contact Don on 022 123 9695.



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fitness & health

DUNEDIN BMX CLUB

Race night, Forrester Park BMX track, 5:30pm, Thur.

FOLK DANCING FOR FUN

Baptist Church, 270 North Rd, 10am-11.30am, Fri, \$4. Ph Yvonne 455 2406, stureid1@yahoo.co.nz

KUNG FU

Fitness, discipline and self defence. Classes for 7-12 years Wed, 5-6pm, Sun, 3-4pm, teen & adult classes, Wed, 6-7.30pm, Sun, 4-5.30pm, Nga Maara hall. Contact Kenneth Dunedin@shaolinkungfu.co.nz or 021 0242 3891

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.

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.

ZEN MEDITATION

Zen Meditation - Traditional Zen for beginners and experienced people. All welcome. 7pm Thursdays at the Quaker Rooms, 15 Park Street, Dunedin North. Koha please. 6 week beginners courses through the year. 7 day retreat on Quarantine Island annually. Any questions phone Glenn 473 6256

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

MASSAGE FOR WOMEN - SPRING SPECIAL

Remember what it's like to feel calm, grounded and completely at home in your body? There's is no reason to wait. Invest in yourself and book a massage with Uschi, m: 027 360 0238. For more info and to read what clients say visit kindliving.co.nz/massage

INDOOR BOWLS

Play indoor bowls at the NEV Bowling Club, 139 North Rd, Thurs, 1.30pm start. Ph. Terry Boylan ph. 4730049

further education

CITIZENS ADVICE

Dunedin Citizens Advice Bureau - a free confidential service for all. We can help with tenancy problems, employment issues, consumer problems & host of other issues. Rodgers House, 155 Princes St, 471 6166, cab.org.nz

ITALIAN CLASSES

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NATIVE FRENCH TUTOR

Conversation, preparation for exams, for adults and children. Hourly rate. Ph. Sandrine, 021 10 75 814 or sanfeillet@gmail.com

French Up Your Life!

SPANISH LESSONS

Learn Spanish in a fast and fun way. All levels and wide time availability. Ph Luana 027 284 7836 or luana.suarez26@gmail.com

STAND-UP COMEDY

Open mic at Inch Bar 1st and last Wednesday in Feb. Comedy workshop Mondays 5-7pm at George St McDonalds. Open to all skill levels. Contact reuben@dunedincomedy.co.nz

INSPIRING MATH CLASSES

I teach affordable creative math classes and maths art after school at my home in the North East Valley. Find my group Inspiring Maths Classes on Facebook or email Sandra.Dunedin@gmail.com for details.

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

Mostly Celtic tunes, mostly fiddles. New players always welcome! Wednesdays 7:30pm at The Valley Project community rooms. Just drop in or email anna.bowen1@gmail.com

MUSIC LESSONS

Guitar, drums, singing, with professional musician. All ages. Contact Bevan bevan37@hotmail.com or ph 027 363 1376.

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 Marion for more info marion.okane68@gmail.com

UKULELE SESSIONS

Wed, 7-8.30pm, Baptist Church, 280 North Rd. Just turn up or text Adrienne 027 389 2574 for more info.

WOMEN'S ART GROUP

An art & craft group aimed at helping new Dunedin residents learn & share skills & connect with others. Fri11:30 - 1pm, community rooms, 262 North Rd.

LEARN TROMBONE

From winner of Dunedin Youth Jazz Festival best trombone and Otago Rockquest best musician - contact Finnbar ph 0273562881 fin.mckinlay@gmail.com

community

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, 3.30-6pm Tues, and 9.30am-12.30pm Sat, Valley Community Workspace, 11 Allen St. Contact Peter on

peterd0n@yahoo.com

COMMUNITY ACCOUNTING

Dunedin Community Accounting provides free accounting training & advice for non-profits in Otago. For more info call 0800 113 160, www.dca.org.nz or kiaora@dca.org.nz

ENABLING LOVE

Looking for friendship and social connection? 18-65 years welcome to our weekly coffee group at Otago Museum cafe, Thurs, 1-2pm. More at www.enablinglove.nz or contact Joshua for venue at enquiries@enablinglove.nz

DUNEDIN REFUGEE & MULTICULTURAL WOMEN'S GROUP

Dunedin Refugee Centre, meet community rooms, 262 North Rd, 9.30-11.30am, Fri. Ph Afife 473 8944.

FRUIT & VEGES NFP

Fresh fruit and veges at wholesale prices with All Saints Fruit and Veges. Small, med, family weekly bags. Order at St Martins, 194 North Rd, Thur, 4.30pm, or sign up online fruit.vege.allsaintsdsn.org.nz

LEGAL ADVICE

Free legal advice at Community Law Otago, available by appointment. Legal advice by qualified lawyers, practical solutions. Telephone 03 474 1922 or email reception@dcl.org.nz to make an appointment.

MEN'S PROBUS

NEV bowling club, 10am, 2nd Mon each month, new members welcome. Ph Peter 455 1256, peabee@xtra.co.nz or ph Don 473 7544.

DALMORE COMMUNITY GARDEN

Dalmore Reserve Community Garden. Dalmore Reserve entrance on Allenby Ave, Pine Hill. Working bees on the 2nd and 4th Sunday each month at 3pm. All welcome, tools provided, no experience needed and we're always keen for people interested in helping out when they can. Contact us dalmorecommunitygarden@gmail.com www.facebook.com/

DalmoreCommunityGardenPineHill

WILD DALMORE RESERVE

Help us protect and restore the native biodiversity of Dalmore Reserve. We meet most Sunday afternoons. Entrance at 20 Allenby Ave, Pine Hill. Contact us through our Facebook page Wild Dalmore Reserve or phone/text 021 206 3593 for more info

NORTH EAST VALLEY COMMUNITY GARDEN

The NEV Community Garden is directly behind NEV school. Pay us a visit! We meet every weekend: hours in the Valley Garden section in this Valley Voice.

DUNEDIN MAKERSPACE

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

NEED A JP?

The Valley Project have a JP service every Saturday form 11am - 1pm

NORTH DUNEDIN SHED

New members welcome. Open Wed and Sat mornings 35 Bonnington St over bridge. Find us on Facebook: North Dunedin Shed Society Inc

NEIGHBOURHOOD SUPPORT

Create safer, more caring communities. For more info and local contacts ph Joy Phone Davis on 456 0857 or 027 476 6047 or email coordinator@nsotago.nz

COMMUNITY PATROL

Dunedin North Community Patrol. Assisting Police to ensure our communities are safe to live in. Volunteers welcome – for info call Garry on 027 3641485

VOLUNTEERS NEEDED

CREST Train at the Botanic Garden. Can you help? Volunteers needed for driving, ticketing, commentary, maintenance. www.crestrides.org.nz or phone Rodger 0274714902

trading corner

BABYSITTER

10 years of childcare experience, full drivers licence. Have worked with twins. Ph Kelly 027 697 9194 .

BABYSITTER

High school student available for babysitting evenings and weekends. Ph Laura 027 905 9911 after 4pm.

BABYSITTER IN NEV

Experienced, 26 year old, children of all ages. Wide hourly availability. Ph Luana 027 284 7836 or luana.suarez62@gmail.com

CAKE BAKER

Home-baked cakes large/small for your pleasure. Made to order. Price list available. Ph 473 0159 evenings.

COMPUTERS

I fix computers! Low rates, great service, Windows, Linux, Mac, Android. Call Matt 022 048 0012.

GARDENER

Gardener available, light weeding/trimming, winter rose pruning, very experienced, \$30/hr, ph 473 0159 (evenings)

HAIRDRESSER

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

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housing

FIRST HOME BUYERS SEEKING A HOUSE IN THE VALLEY

Thinking of selling? We would love to chat :) Text or call Elena & Nick 0273257168

SEEKING SLEEPOUT

I'm looking for a sleepout in North East Valley if there's anything available please contact me on my phone number 02108622922

HOUSE SHARE PINE HILL

Furnished house share Liberton. 3 mn from bus stop. Pinehill. Usually appreciated by Phd student due to peaceful setting. 112 dlr. Religious people welcome. Contact 0224800676. Anne

for families, kids & teens

DUNEDIN TOY LIBRARY

A vibrant toy library for children from birth to 7 years. Huge range of toys, ride-ons, dress ups, puzzles, games. NEV Baptist Community Centre, 270 North Rd., 3.30–4pm Wed, and 10–11.30am Sat.

MT CARGILL GIRLGUIDES

Pins, brownies, guides and ranger groups in the valley, ph 0800 222 292 or info@girlguidingnz.org.nz

OPOHO PLAYCENTRE

Opoho Playcentre is a nurturing play space for 0-6 year olds where children and their whanau attend together. Our focus is on child-led learning through play. Come make friends, play, learn, and grow. Three free visits. 28A Signal Hill Road. Mon-Fri 9 am - 12 pm following school term times. Find us on Facebook, contact us at 027 880 2365 or opoho@playcentre.org.nz

OPOHO SCOUTS

Keas, 4pm–5pm, Tues; Cubs, 6pm–7.30pm, Thur; Scouts, 6.30pm–8.30pm, Wed. Opoho Scout Den. Contact Shane opoho@group.scouts.nz

MAINLYMUSIC

Leith Valley Church, Malvern St. Wednesday 10am \$4 Contact: Fran ph 467-9208 (Leith Valley Church Phone No) Or 027 456 1188

PRESCHOOL MUSIC

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

SUNDAY SCHOOL

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

SPACE FOR BABIES

Programs run by registered ECE teachers supporting families through their first year with a new baby, school terms, dates and times TBC for new programs, Valley Baptist Community Centre, ph 021 1509165 or space.valleybaptist@gmail.com

NEV PLAYGROUP

For 0–5yrs, variety experiences to enhance development of your child, meet other local young families, free morning tea & lunch provided for adults please supply child's morning tea. Valley Baptist Community Centre, 270 North Rd, 9am–12.00pm Tue & Wed. nevplaygroup@gmail.com

RUDOLF STEINER

Te Whare Ako Marie, Pinehill & Maia. A sanctuary for creative play for children from birth to kindergarten,

a place of peace & friendship for parents. Groups meet weekly, term time, ph 471 2163 or

dunedinsteinerplaygroup@gmail.com

Employment

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A FREE specialised service assisting work ready people with any health conditions, learning difficulties, injuries to find suitable employment. We provide all aspects of vocational preparation – CV's, cover letters, interview skills, job search, placement. Once in work, we continue support for a further 12 months. Visit www.workbridge.co.nz to register online Call 0508 858 858

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church services

Salvation Army, 43 North Rd, community worker only, Mark O'Donnell
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, 10.30am

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 Shona McDonald ph 4530145

St Mark's Presbyterian, 304 Pine Hill Rd, 10am

NEV Baptist, 270 North Road, 10.30am.

INTERESTED IN ADVERTISING IN THE CLASSIFIEDS?

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Hello Jell-O! 70s Food



A 1970s Jell-O salad in all its glistening glory - a call to arms!

Continued from page 7... I've been thinking. I can't be the only one who's itching to try one of the bizarre dishes that adorned 1970s dinner tables. To experience the terror of unmoulding a mousse from a fish-shaped tin. To watch with glee as friends braver than myself try tomato aspic. Why should the Creamy Peach Double Decker be confined to our imaginations? What if there were a way to bring this insane event into the modern day in all its glory? What if... we threw a North East Valley 70s party? - Joe Flaherty

Te Reo Māori language used in this months Valley Voice



- Aotearoa** - New Zealand
- Aroha** - Love
- Awhi** - Help
- Haere mai** - Welcome
- Haere rā** - Goodbye
- Kai** - Food, meal.
- Kapa Haka** - Concert party, haka group, Māori cultural group, Māori performing group.
- Kapukataumahaka** - Mt Cargill
- Kaupapa** - Philosophy, strategy.
- Koha** - Gift, present, offering, donation, contribution.
- Kono** - Small basket
- Kura** - School
- Mahi** - Work
- Ōtepoti** - Dunedin
- Tamariki** - Children
- Te Ao Māori** - Māori worldview
- Te Waipounamu** - South Island of NZ
- Whānau** - Extended family, family group, a familiar term of address to a number of people.
- Whare** - house, building, residence, dwelling, shed, hut, habitation.

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