

FRIENDSHIP KEEPS THE BOAT AFLOAT

Have you found yourself wanting to be more active over the summer but being indoors in a gym doesn't appeal, running is just too solitary, and ball sports seem too intense on your knees? Then it might be that sitting in a boat as part of a paddling crew could be worth a closer look.

And that is just what a couple of Valley residents have done, heading quickly over Signal Hill to the Marina on a Monday or Thursday afternoon or Sunday morning, where they join other members of Ōtepoti Dragons to take a dragon boat out on the harbour. Ash had paddled before with a high school team in Christchurch and knew that she enjoyed the camaraderie of being part of a large team, so sought out the group once she began working in Dunedin. Audrey first met up with the paddlers in 2021 during one of the Dragons' 'Give It A Go' sessions. She was looking for an alternative to the gym and found that dragon boating provided her with a great source of achieving and maintaining fitness. Audrey has really appreciated that one can join from any fitness level and that the team trains in a manner that everyone grows together in skill and endurance.

It is clear when watching a full complement of 22 women pull their boat away from the pontoon on a grey, cool Sunday morning that everyone is here because they feel part of something—whether they are new members being instructed, regular paddlers enjoying each others' company, or experienced paddlers sharing their expertise. *(Continued pg 6..)*



Ōtepoti Dragons team training on the Harbour.

WE ARE ASKING FOR YOUR HELP TO STRENGTHEN THE VALLEY PROJECT'S IMPORTANT COMMUNITY DEVELOPMENT MAHI!

Your support, however modest or grand, will assist us in our continual efforts towards a thriving community, thriving environment, and thriving organisation. Sustaining the production of this Valley Voice publication is one of our key objectives. Each issue costs over \$3k for printing alone, with additional production costs on top.

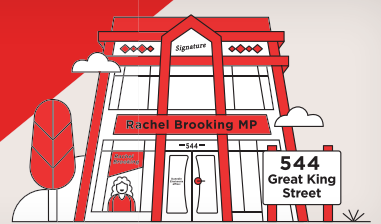
Thank you now and forever for your kindness!
givealittle.co.nz/org/northeastvalley



Rachel Brooking MP for Dunedin

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 Rachel.BrookingMP@parliament.govt.nz
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THANKS TO YOU ALL FOR YOUR UNWAVERING VP SUPPORT!

As we bid 2024 adieu, it's a good time to acknowledge people or groups that positively impacted your year. Shared gratitude and appreciation are important in community life and development, for deepening relationships, generating opportunity, sustaining resiliency, supporting innovation, and encouraging participation.

VALLEY PROJECT RECEPTION HOURS

MONDAY - THURSDAY 9AM - 2PM
Closed Fridays and public holidays
262 North Road, North East Valley

HOLIDAY CLOSURE
The Valley Project
will be closed to
the public from
20 Dec. 2024
to **6 Jan. 2025**

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- printing & photocopying
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Listings are entirely free!
northeastvalley.org/directory

2025 VALLEY VOICE SCHEDULE

ISSUE #:	#1	#2	#3	#4	#5	#6	#7	#8
CONTENT DUE:	Jan 29	Mar 5	Apr 23	Jun 4	Jul 16	Aug 27	Oct 8	Nov 12
DISTRIBUTION DATE:	Feb 22	Mar 29	May 17	Jun 28	Aug 9	Sep 20	Nov 1	Dec 6

VALLEY PROJECT COMMUNITY ROOMS FOR HIRE

FRED HOLLOWES COMMUNITY ROOM has a max capacity of 30 and is equipped with a kitchenette (microwave, sink, jug, dishes/cutlery, serving wares, fridge, etc.) tables & chairs, whiteboard, TV, and more.

TE PŪTAKE ROOM is suitable for small meetings of up to 10 people. Available all hours over weekends and after 3:30pm on weekdays. The room is equipped with a kitchenette, heat pump, and TV w/ HDMI.

CLINIC/QUIET ROOM is ideal for the provision of health and social services, or other one-on-one sessions.

Check the bookings calendar on our website for availability (www.northeastvalley.org/services/community-room-bookings), then book by emailing reception@northeastvalley.org.



COMMUNITY ROOMS
OPEN ALL
SUMMER LONG!
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Dec. 19

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Meri Kirihimete & Happy New Year

From all of us at The Valley Project



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CRUSH the CARGILL

A VALLEY PROJECT FUNDRAISER

2024

24-HOUR CHALLENGE
Complete as many laps of Mount Cargill as possible! Includes the Canine Crusher Challenge.

100-MILER
Complete 19 laps within 36 hours! Participate in either race as a competitor, supporter, or spectator!

BETHUNES GULLY, DUNEDIN
DECEMBER 13 - 15, 2024

GRID COFFEE CART • BBQ BREAKFAST • CAMPING COSTUMES • SPOT PRIZES • KOHA ENTRY

SEE FACEBOOK EVENTS FOR DETAILS

CRUSH THE CARGILL | the VALLEY project

100 miler | 24-hour race

Participate in this year's Crush the Cargill fundraiser! Everyone welcome to participate, whether a competing athlete, a casual walker, or a spectator. Come try one lap! Kids, dogs, and costumes welcome. Prize-giving and breakfast BBQ 10am Sunday. GRID coffee will be served 6am Saturday to 6am Sunday. All drinks \$5. Overnight camping permitted for the duration of the event; BYO drinking water and toilet paper. Pack it in, pack it out.

Registrations not required but encouraged. Both races start and finish at the trailhead within Bethune's Gully. Koha entry. Proceeds go to The Valley Project. Donations graciously accepted via givealittle.co.nz/fundraiser/crush-the-cargill-2024.

» 100-MILER: 19 laps of Mt Cargill (161km) within 36 hrs.
10pm FRIDAY, 13 DECEMBER - 10am SUNDAY, 15 DEC.

» 24-HOUR RACE: As many laps as able within 24 hrs.
10am SATURDAY, 14 DECEMBER - 10am SUNDAY, 15 DEC.

More info: [f CrushtheCargill](https://www.facebook.com/CrushtheCargill) | crushthecargill.wordpress.com

The 11th Waitati Music Festival is all ages and three stages of awesome alternative music! It will run from 11am to 11pm on Saturday, 25 January 2025 at Bland Park, Almond Street, Waitati.

On the Main Stage, live bands will bless audiences with indie, punk, rock, and reggae, while The Poet Pallet, consisting of two stages, will feature more live alternative music, as well as poets and comedians. The Mini-Rave is where DJs will keep you dancing all day!

Expect art installations, graffiti battles, a kids zone, kids parade, crafty workshops, and food/coffee trucks. Free festival entry for kids under 15 years!

Waitati Music Festival is a not-for-profit gig organised by local volunteers. Early bird tickets are just \$40 until 31 December: events.humanitix.com/11th-waitati-music-festival

More info: [f WaitatiMusicFestival](https://www.facebook.com/WaitatiMusicFestival)

Waitati Music Fest 25

Bland Park All ages (free entry under 14) | **25 January** 11am-11pm | **\$50 tickets** | **\$40 presale** | **\$70 at gate**

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📍 P.O. Box 8118, Dunedin 9041

📍 262 North Road, North East Valley, Dunedin



The North East Valley Community Development Project (The Valley Project) is a registered charitable organisation that builds community connections and promotes the wellbeing of local families and whānau. If you like what we do, you can donate at:

givealittle
www.givealittle.co.nz/northeastvalley

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

We'd love to hear from you! Send us your local photos, stories, announcements, etc. Next deadline for newsletter copy is 29 JANUARY, 2025. Submissions later than this date cannot be guaranteed space. Please keep your contributions to 300 words or less. Advertising information available on the VP website.

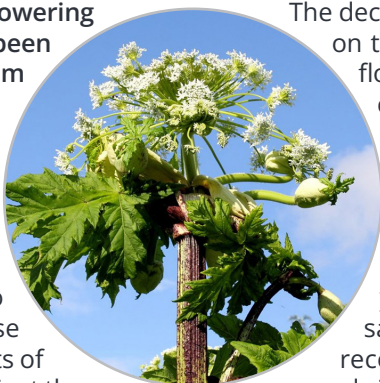


THERE'S A GIANT AMONG US! (GIANT HOGWEED)

Do you have giant hogweed in your yard? Right now, between December and February, is the best time to spot this flowering and fruiting plant which has been recorded in coastal Otago from Oamaru to the Catlins and Central Otago.

Typically found around waterways and in areas with rich, moist soil, giant hogweed can grow up to six metres tall and have leaves up to 50-60cm long. It's classified as a perennial herb, however it is definitely not edible. Originally from South West Asia, it is so poisonous to humans that any contact with the sap can cause severe burns, blisters and scarring—and all parts of the plant contain sap, so even just brushing against the hairs on the stem can cause painful reactions. These phototoxic reactions can lead to long term sensitivity to sunlight, with some cases lasting for many years. If a person gets sap in their eyes, it can cause temporary or permanent blindness.

The features of giant hogweed that distinguishes it from similar



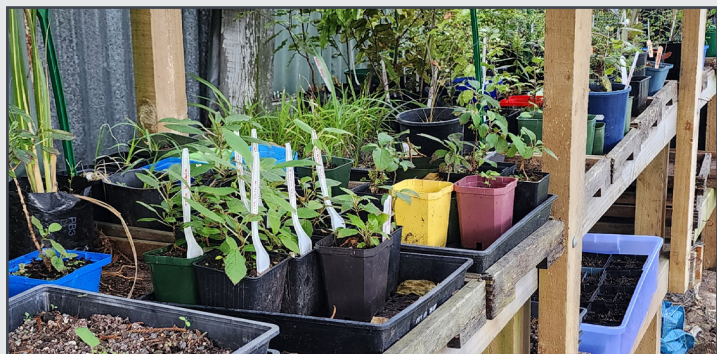
looking plants are the stem and the flower umbels. It has a thick and hollow stem with red/purple spots and toxic hairs. The deciduous leaves are broad and serrated with hairs on the underside. Large umbrella-shaped heads of flowers appear in late spring to midsummer and can grow up to one metre across.

According to Otago Regional Council, a single plant can produce up to 50,000 seeds and are able to spread rapidly through water courses. Extreme care should be taken when removing this plant. Always wear protection to cover your arms, hands and eyes. If you get dust or sap on your skin, wash it immediately. ORC recommends pulling the whole plant out before it seeds in spring/summer. Cut the stems below ground level, and they suggest using glyphosate as needed.

Seeds of this noxious weed can stay dormant for up to five years. After removing any hogweed, plant native species to help prevent it from growing back, and continue to monitor the site. For more info visit www.orc.govt.nz. -- Jennie Wagner-Gorton

WHAT'S POPPING UP AT THE PROPAGATION NURSERY

The Open Valley Urban Ecosanctuary propagation nursery has been abuzz with lots of activity lately. Unfortunately, we've had to say goodbye to our wonderful volunteers, Paige and Hayley, who just graduated from Otago Polytech. However, some lovely students from North East Valley Normal School recently stopped by to lend a hand as part of their studies on how to reduce carbon emissions. Their mahi included repotting, pruning and watering plants, while also learning a little bit about the different native plants grown there. Thanks to ongoing contributors, Blacks Road Grocer and Colleen Townsend, for providing a space for us to use. We've also recently had a few seedling donations from local backyards; thanks to Jen Bartlett and Jess Corbett who have lovingly contributed seedlings to our Backyard Ecosanctuaries programme. If you have a little bit of spare time and would like to get your hands dirty at the Open VUE propagation nursery, call 03 473 8614 or email openvue@northeastvalley.org for more info.



FIRST ANNUAL YOUTH VOLUNTEER DAY IN NEV

On 18 October, as part of our Kaitiakitaka of Open Valley Urban Ecosanctuary, students from Dunedin North Intermediate (DNI) and children from Jonathan Rhodes Kindergarten (JRK) joined forces with Open VUE for the first ever North East Valley Youth Volunteer Day. Year 7 students learned about the important role volunteers have in continuing conservation efforts in the Valley. They visited our propagation nursery to see the mahi being done to grow and plant native plants throughout our community in order for our urban ecosanctuary to have a sustainable future. While they were there they chose a couple of plants to fill in a bare spot at the Riparian Rhapsody in Chingford Park. They also became kairataki for the group of children from JRK by being wonderful examples of "community helpers". Together, they managed to weed and mulch an entire community currant orchard. Ka pai everyone! A huge thanks to the teachers and parent helpers from DNI and JRK as well. For more information, google *Kaitiakitaka Open VUE*.



UPCOMING VOLUNTEER OPPORTUNITIES

SATURDAY, 14 DECEMBER AND TUESDAY, 14 JANUARY FROM 9:30-11:30

Are you wanting to offset the extra holiday carbs with some exercise? Looking to get a headstart on your New Year's resolution of contributing to local conservation efforts? Well, look no further! We have a couple of working bees happening in Chingford Park. No prior experience necessary. All ages and abilities welcome. We will provide the tools. You provide yourself wearing protective clothing and a water bottle. Call 03 473 8614 or email openvue@northeastvalley.org for more information.





IT'S ALMOST HARVEST TIME AGAIN!

We are currently in the middle of recruiting a wonderful coordinator to support the 2025 Harvest project. If you are expecting excess fruit you would like to donate to others in the community, please get in touch with harvest@northeastvalley.org as soon as your stock becomes ripe. By the end the last harvest season in early 2024, our team redistributed a whopping total of 4,235kg to the community and pressed 170L of juice at our annual Harvest Festival, having lots of fun along the way!

While distribution of bountiful fruit is a key part of the project, what is also of high value are the opportunities for building stronger connections in our community, encouraging sharing within the community, and providing meaningful volunteer opportunities. It comes back to our Valley Project vision for an inclusive, connected, and thriving community.

We can't do this without volunteers, so if being out in the sun, meeting like-minded others and also supporting community access to healthy kai interests you, please get in touch! We would love to have your help. As well as pickers, we need help with preserving some of the harvested goods and with event management for the Harvest Festival. Look out for opportunities to get involved on our FB page (*Community Fruit Harvest Dunedin Ōtepoti*) or pop into The Valley Project office to have a chat and hear about the picking days.

This project is a collab between The Valley Project and Our Food Network. We are very grateful to be financially supported for this upcoming season by Lotteries Grants, The Healthcare Otago Charitable Trust, and Dunedin City Council (Waste Minimization Fund).

Nō reira, e ai ki te whakatauki: Nā tō rourou, nā tāku rourou, ka ora ai te iwi. With your food basket and my food basket the people will thrive. -- *Jen Rodgers*

CITY SANCTUARY CHRISTMAS TRAPPING

Kia ora Trappers! The City Sanctuary team will be taking a break from 20 December – 13 January 2025.

All trapping on Dunedin City Council reserves will be paused during this time, and our volunteers have more than earned this break! If you are a backyard trapper and are going away over Christmas, be sure to unset your traps.

A big thank you to all of our volunteers and backyard trappers for their trapping efforts this year! We couldn't have hit our 5,000 rat and possum milestones without you!

Trapline volunteering in 2025: Keen to support our native flora and fauna to thrive in 2025? We have some trapline volunteer spaces available on our City Sanctuary reserve traplines next year. For more information and to sign up to volunteer, head to www.citysanctuary.nz/get-involved

Best wishes to all for the upcoming festive season and many thanks for your ongoing support in assisting our native flora and fauna to survive and thrive.

-- *Emily Peterson, City Sanctuary/The Valley Project Community Trapping Coordinator*



SUMMER SURVIVAL

Our community garden has a hard time most of the year being so exposed, but summer can be a little harder on it due to sunshine hours, volunteers on holiday, and not a lot of watering. Many of our gardens at home can struggle too, so here are some tips for keeping your vegetables happy over the Christmas break.

MULCH: Compost, grass clippings, old leaves or pea straw (dampened with water), even ripped up cardboard pieces soaked in water, can help stop the soil drying out.

DRIP IRRIGATORS: These can be bought at garden shops, but an easy, cheap way to do it yourself is using leftover plastic drink/soda bottles (ideally BPA free if they are in your vege garden). Use a larger 2-litre bottle for a big garden bed. Make ten or so holes around the bottom of the bottle with a nail (heat it over a flame to make this easier). You can put this bottle in an old sock or nylon stocking to stop soil clogging the holes. Bury it in your garden leaving the top part uncovered so you can top it up. Best to fill it using a funnel. The bottle cap regulates the flow; tighten to slow, loosen to flow.

SOAK WELL: Water in the morning and water deeply. Let it have a good soak every few days rather than a light sprinkle. Catch a bucket in your shower—it's amazing how quickly it fills. Cool the bucket in the garden and use when needed.

Just a few ideas for summer gardening. Let's hope it's a sunny one! Meri kirihimete/Merry Christmas from the team on the hill. -- *Meryle Guthrie*

DALMORE RESERVE COMMUNITY GARDEN WORKING BEES		
Sat. 14 Dec. 10am	Sat. 12 Jan. 10am	Sat. 8 Feb. 10am
Sat. 28 Dec. 10am	Sat. 25 Jan. 10am	Sat. 22 Feb. 10am

N.E.V. COMMUNITY GARDEN WORKING BEES		
Sun. 8 Dec. 1pm	Sat. 28 Dec. 9:30am	Sun. 19 Jan. 1pm
Sat. 14 Dec. 9:30am	Sun. 5 Jan. 1pm	Sat. 25 Jan. 9:30am
Sun. 22 Dec. 1pm	Sat. 11 Jan. 9:30am	Sun. 2 Feb. 1pm



TWO DECADES DEDICATED TO VALLEY VOICE DELIVERY

Every month, over 1,300 copies of the Valley Voice are written up, edited, formatted, printed, stacked neatly into boxes, and delivered fresh to...

Wayne Hodge's front door.

Wayne is the longest serving deliverer at the Valley Project, and has been delivering the Valley Voice to NEV and Ōpoho letterboxes for over twenty years. You may have seen him wearing shorts in all kinds of weather, bright yellow paper sacks bursting with newsletters, giving a cheery 'hello' as he does his rounds. We wanted to celebrate Wayne's generous efforts as he has recently had to cut his route in half, owing to his age and stage.

"I'll be 79 in a few months," says Wayne proudly. "It certainly keeps me fit. I'm a lot fitter than some people younger than me." He's not wrong, and with an estimated 285,000 copies delivered by Wayne alone, he's walked twice the length of New Zealand in those last twenty years.

Once the newsletters are counted, Wayne sets off on his round. In a nod to some small conveniences, he parks his car at the start of a section of the Valley and counts how many papers he'll need for each block before starting his walk. "That way, I'm not carrying any excess," he reasons, "and I won't tire myself out before the round is done."

Until June when he decided to cut his route, Wayne delivered the Valley Voice to every letterbox on the Southeast side of North Road, including the Gardens, Ōpoho, North East Valley, and Mount Mera neighbourhoods. With all that walking in all those years and in all conditions, Wayne must have some pretty exciting stories to tell!

"No... not really," says Wayne after some thought. "Not even any trouble with dogs, thankfully. Some folks think I'm delivering junk mail and that I haven't read the sign on their letterbox, but they quickly change their mind when they learn it's the Valley Voice."

He does have one concern, and it's one that probably affects a lot of Valley residents.

It turns out the lichen and moss growing on some footpaths gets extremely slick after it rains, and with some of the steepest streets in Dunedin (or indeed the world), a few of the delivery crew have experienced slips and falls. Wayne says the increased risk of injury is the main reason for cutting his route short, leaving those parts for younger and perhaps more agile deliverers. Happily this will also leave more time for his very busy family life, and his seven children and eight grandchildren will be pleased to see more of him.

From everyone at the Valley Voice, thank you Wayne, for your long and dedicated service. Is there anything residents could do to make your job a little easier?

"It makes my day when people are grateful and polite, and maybe a few hedges could do with a good trim, but that's about it." -- Karl Bray

(...continued from front page.) Everyone has a role and this is a group thriving on the synchronized effort of pulling water to achieve a shared goal.

Returning to the pontoon more than an hour later, the team were exuberant. Despite the obvious exertion required, "awesome" "great" "fun" "exhilarating" were the only descriptors given of their training session: the enthusiasm and satisfaction were palpable. Having been initially attracted by the social nature of the sport, many have discovered that they love the boost to their strength and stamina. As for individual participation, paddlers appreciate that they decide how often to attend training, and how competitive they are ready to become.

Spurred on by exciting performances at this year's International Dragon Boat Federation Club Crew World Championships in Ravenna, Italy, where the Matamata teams finished in the top 10 in each of the divisions they entered, the organization believes that they belong in international competitions and have a desire to pursue competitive racing with those members who are keen and can commit to that effort. But at their heart, Paddle Otepoti Inc. is an inclusive group who welcome paddlers of any age, experience, or levels of fitness. Currently they are particularly keen to encourage male paddlers to then create a Mixed Team. What they most want to do is grow the club so that everybody gets to sit in a boat that suits them, an experience always enhanced by the beautiful scenery provided by our very own enticing harbour.

If you would like to give dragon boating a try, no need to wait for a Give it a Go session. More details are available from their **Otepoti Dragons** Facebook page or otepotidragons@gmail.com.

-- Clare Heap



Ash and Audrey, Valley residents and Dragon Boat members

VOLUNTEERS NEEDED!

The Information Centre in the stunning Dunedin Botanic Garden is operated by Friends of the Dunedin Botanic Garden committee and staffed entirely by volunteers.

The Garden is an International Garden of Significance and has visitors from all over New Zealand and overseas, not just through the summer or during the cruise ship season, but all year round. Most of the visitors make their way to the Information Centre seeking information, not just about the Botanic Garden, but also about the North Dunedin area, Dunedin city and the surrounding area.

Here are some comments from our Visitors' Book recorded in the last week:

"Amazing." Leony, Brazil; "Lovely." Vivian, Rhode Island, USA; "Beautiful." Barb, Tasmania; "Absolutely Amazing! Keep up the good work." Sarah & Alec, Colorado, USA; "One of the most magnificent gardens I have visited. Loved the themed approach." Mary Ann & Douglas, Sydney; "This place is very beautiful!" Charlotte, Texas, USA.

Would you like to be one of the proud volunteers who greet these visitors? We are currently seeking to increase our volunteer team and would love to hear from mature adults with an interest in gardening and are keen to promote the Dunedin Botanic Garden.

The Centre is open seven days a week from 10am to 4pm—only Christmas Day and Good Friday are the exceptions.

Volunteers are rostered for a 3-hour shift either from 10am–1pm or 1pm–4pm. We have a great range of retail products for sale including NZ gifts, earrings, wrapping paper and cards. Full training is given on the use of the computerised till and other tasks which are carried out by volunteers.

Find out more by emailing friends@friendsdbg.co.nz



Volunteers Sally and Annie



ALL BABIES WELCOME!

In the regions across New Zealand there are intergenerational groups happily playing together in residential homes, and North East Valley is no exception. Every Friday at 11am, the Maybank Room in Ross Home is filled with the sound of music, chatter, songs and rattles as mums bring their babies to socialize. It's a happy, welcoming and inclusive atmosphere, open to every resident and any baby in Dunedin.

Activities Supervisor Michelle Marsh has been overseeing the group since 2016. "I was approached by a reading volunteer, Georgia Birnie, when she was pregnant with her first child. She had read about playgroups in other parts of New Zealand and spoken with women running them. We began the baby group when her daughter was a few months old and it was obvious that everyone involved reaped the rewards of community social

connections, so we have continued and even expanded, with a toddler group due to resume on Tuesdays. It has all spread from word of mouth."

Liane and Jay are sisters who live outside of the NEV area but bring Mikey because he loves to be around the other infants and any play with bubbles. His own grandparents don't live nearby so they believe it's great for him to socialize across generations, and they understand how nice it is for the residents to have contact with the babies. Similarly, Emma brings Indigo because the group feels like an extension of whanau, and she sees that the interaction with everybody there builds her daughter's confidence. All the mums expressed appreciation for the chance to be amongst like-minded adults within such a nurturing setting for their babies.

The residents refer to the babies as 'Little Treasures'. You can see delight as they watch them smile and wriggle, and for some it evokes a time past when they cared for their own children. A number of them have known these babies since they came as newborns, and many recognize them individually, remembering names of the tots even when other details of their lives have faded. Val explained that she'd had five children, but her grandchildren had grown and she no longer got to see much of them. As the eldest of five children herself, she had been asked to help care for her siblings; she has always loved babies, and being at the group enables her to vividly recall animated memories of those days. Like the babies themselves, those moments and memories are treasures.

If you know any mums with babies who would enjoy being part of this lovely environment, please encourage them to contact Michelle Marsh at Ross Home: **03 473 0029**. -- *Clare Heap*

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Photo: Giverny Forbes
A sea lion pup hangs out while mum is out fishing. Please take care when driving around our coastal roads!

SEA LION SEASON IN ŌTEPOTI DUNEDIN

When walking along beaches in the Otago and Southland area you may come across individual or groups of sea lions. This can be exciting but it is very important to keep a distance of at least 20 metres between you and the nearest sea lion for both your own and the sea lion's safety. Dogs must be controlled by leads within 20 metres of sea lions or any other coastal wildlife. Females (and their pups) can travel up to 1km inland to look for quiet places to rest, so take care when driving on coastal roads, too!

Sea lion pups and yearlings can be very inquisitive and at times can approach people out of curiosity. If this happens, back away slowly and try to be as uninteresting as you possibly can!

Whilst numbers of sea lions are increasing on the New Zealand mainland, they are still an endangered species numbering less than 12,000, so it is a privilege for us to be sharing our beaches and coastline with them. If you have any concerns for a sea lion (or any other native wildlife) in danger, please contact **0800 DOC HOT (0800 362 468)** in the first instance.

If you are keen to help in terms of volunteering, or have any other questions, please feel free to reach out to us at info@sealiontrust.org.nz or see the NEW website at www.sealiontrust.org.nz. Meri Kirihimete and enjoy your time admiring our taonga species from a distance!

GET SET FOR

SUMMER SAFETY



Otago Regional Council

SAFER BOATING

Make sure safety is your first priority if you're going out on the water this summer. Before going out, check the weather conditions, your vessel and all your gear, including safety and communication equipment.



BOATING SAFETY CODE

1. Wear your lifejacket
2. Take two waterproof ways to call for help
3. Check the marine weather forecast
4. Avoid alcohol
5. Be a responsible skipper

IF IN DOUBT, DON'T GO OUT

HELP PREVENT THE SPREAD OF FRESHWATER PESTS

Lagarosiphon, didymo and lake snow are the three major freshwater pests present in Otago, and they can spread from a single drop of water or plant fragment. When you're out on the water this summer — boating, paddle boarding, kayaking, or swimming — make sure before you move between waterways, you always **Check, Clean and Dry** any clothing and equipment to prevent freshwater pests hitchhiking from one waterway to another.



When you leave a waterway, check there's no plant material attached to your boat, trailer, clothes or footwear.

Let's all do our bit to protect Otago's waterways.

CAN I SWIM HERE?

Every summer ORC's environmental monitoring team checks 36 popular swimming spots around Otago for bacteria and/or algae to see if they're safe to swim in.

SWIM SMART CHECKLIST:

- Avoid swimming for 48 hours after heavy rain, as runoff can be washed into waterways.
- Follow any warning signs.
- Check the water is clean and clear.
- Stay away from any pipes, culverts, and flocks of birds.
- Check for hazards.
- Learn how to spot toxic algae and know the hotspots for blooms in Otago.
- **Check your local swim spot and plan your trip with the latest information.**

STAY SAFE THIS SUMMER

Find out more: orc.govt.nz/summersafety

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DUNEDIN'S LINDSAY CREEK FLOODING FOCUS

ORC is giving focus to flooding around Lindsay Creek in Dunedin's suburb of North East Valley, as well as possible investigations into mitigating the ongoing problem. ORC's General Manager Science and Resilience, Tom Dyer, says the flood hazard risk is "significant" for large parts of the Lindsay Creek floodplain within the Valley.

"Given the level of risk for North East Valley, it's prudent to take a fresh look at the flood hazard associated with the Lindsay Creek floodplain and to investigate options to reduce the flood risk for North East Valley," Mr Dyer says.

Severe flooding and damage has been recorded in North East Valley at least 10 times since the late 1860's to the present.

In November, a report went before ORC's Safety and Resilience Committee meeting in Dunedin, outlining plans to investigate the issue further. Mr Dyer notes comprehensive flood protection schemes for NEV have been presented to Council previously, but it was decided not to pursue them, based on the economic climate at the time, feedback from community consultation, and the potential impact of costs on residents against the benefits provided by then proposed work.

"The flood hazard risk is higher than what is generally considered acceptable in New Zealand or elsewhere in Otago for an urban area, so we should regularly consider how best to manage mitigation," Mr Dyer says.

The Lindsay Creek channel is part of the Dunedin river management area and is actively managed by ORC to ensure flows and sediments are transported as efficiently as possible, such as routine monitoring, vegetation control, removing obstructions and bank erosion repairs where applicable.

ORC also maintains some rockwork and concrete walls designed to minimise erosion and help retain the creek within its existing channel, and in 2005 constructed a debris trap below Bethune's Gully to

help reduce the volume of debris and the likelihood of channel blockage.



A section of the Lindsay Creek channel in North East Valley (looking upstream). Note the narrowness of the channel, the steepness of the true right (vegetated) bank and the proximity of the houses and yards. (The concrete channel lining and floodwall are ORC assets.)

PROPOSED INVESTIGATIONS PHASES

The proposed investigations phases are planned between financial year 2024/25 (year 1) until 2026/27 (year 3). During those phases, it is planned to complete a detailed assessment of the Lindsay Creek flood hazard which will inform the flood mitigation investigations but also the emergency flood responses.

The investigation will consider all the sources of flooding; river, stormwater and surface runoff, account for the effects of climate change on river flows, and will assess the effects of "maximum credible" events and incorporate geo-hazards; such as landslides, due to their potential impact on the channel capacity and floods, Mr Dyer says.

One of the potential outcomes of the investigations phases would be the development of a flood mitigation plan for the Lindsay Creek catchment, he says.

It is proposed to have a decision point in 2027/28 (year 4) to consider the following options (as described in the Infrastructure

Strategy 2024-2054):

- Status quo: ongoing maintenance of waterway and existing infrastructure, update of flood hazard information and collaboration with DCC as required, emergency response planning.
- Implement flood mitigation options that focus on nature-based solutions where practicable.
- Build a flood protection scheme that consists of hard engineering infrastructure.

Mr Dyer says depending on the decision made, there's potential to start the works from 2028/29 (year 5). Implementation would span several years.

BACKGROUND

Lindsay Creek rises on the flanks of Mount Cargill and runs southwest, draining North East Valley and joining the Water of Leith at the Botanic Garden. The catchment is compact with an area of about 12km², and the main channel is relatively short being about 7km long.

Most of the stormwater network in the Valley discharges into the Lindsay. During heavy rainfall, stormwater overflows contribute to surface flooding and can compound the effects of river flooding.

In the creek's upper catchment, the streambed is steep, and the stream has the characteristics of a mountain torrent. Under high flows, it can erode its banks and carry large volumes of debris and detritus. In the lower catchment, the slope of the streambed decreases through the urbanised area of North East Valley.

During flood events, the steep upper reaches of Lindsay Creek can produce large volumes of debris. Accumulations around bridges or other instream structures is likely, resulting in full or partial blockage of the creek channel. Floodwater would then back up behind the debris and could lead to floodwater spilling onto the floodplain.

-- Simon Hartley

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027 214 8294

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SARGE
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SENSORY ENGAGEMENT AT NAPHTALI

Busy boards, flower beds, suncatchers, and water features are all part of what is to become a fixed symphony for the senses. The Naphtali Social Networking Centre will soon be celebrating the opening of their private Rongo Wai Māra – Sensory Water Garden!

The former YouthGrow premises in Normanby is proving to be a fittingly versatile space for Naphtali goings-on. There is plenty of room to explore and play, a quality that was especially appealing for Otago Polytechnic occupational therapy students looking for a final community-based research project. Libby McChlery, Beata Peckowska, Jade Whitson, and Eileen Han, along with their supervisor Claire Squires, spent the last eight weeks at Naphtali crafting an engaging space for staff and clients.

Beginning with informal interviews, the team formulated a plan for an accessible, all-senses experience to support the wellbeing of Naphtali members. An installation of a sensory garden was imagined to be a great source of relaxation, motivation, stimulation, and belonging, both by its use, and through its continued development. One of two pre-existing 200m² greenhouses on the property was adopted for the project.

By early November, garden boxes had been rearranged, restyled, freshly filled, and planted with flowers for smelling and herbs for tasting. For touch, a busy board was created with various tactile activities and objects. Colourful signs and client-made suncatcher crafts adorned rafters and garden beds for cheery scenery. A sound feature is currently in the works; a sculpture with moving water for soothing ambience.

The students have done wonderfully in their placement, but there's plenty more to do to keep the project going: restoring past art installations, more seed raising, building of ramps and picnic tables, and, budget depending, pouring a concrete platform. It is hoped the platform can serve as a stage for a variety of activities and events in the near future.

Everyone involved in Rongo Wai Māra is focused on sustainability, sourcing materials from the community via Op Shops and Facebook, and by family contributions. Naphtali service coordinator, Matthew Sanson, would be happy to accept donations of sensory stimulating plants for the garden's evolution, as well as volunteer time, either for a day or long-term. Volunteers in the realm of music and dance are especially welcomed! Email Matt at matthew.sanson@pactgroup.co.nz to find out how you can help. -- *Krysha Brzuza*



Polytechnic students and supervisors, Naphtali clients and staff proud of their progress.

FURTHER MURMURINGS FROM DJ AUTO

Each week we have a wide variety of jobs to do that test our scope of understanding and confirm our capabilities. Trials and tribulations are inevitable as unique jobs and vehicles come through the shop. New methods are always explored, and new lessons are readily learned. We find ourselves thankful for the variety of work here as a break from the mundane, well trodden path of our bread and butter, brakes and tyres.

This always brings up the question around the smoko table of just how much (or little) does the general Dunedin inhabitant know about their cars and the mechanical industry in general.

We thought it would be fun to extend an invitation to the community to ask us those burning questions about cars with the help of the Valley Voice — an excellent forum to do this!

Maybe you are curious about cost and processes, wondering which repair or service to prioritise to get the best out of your budget, or maybe you would like to have a go at working on a car yourself!

Please email or text us with any questions and we will do our best to provide answers via this publication: dud.dj.automotive@gmail.com or 021 129 4111. -- *The DJ Auto Family*

Q: WHAT SORT OF RESTRAINTS ARE NEEDED FOR TRANSPORTING DOGS? ARE THERE LAWS AROUND THIS?

A: There are many recommendations by the NZTA on how to safely transport animals in your car. They are all quite intuitive. A law known to us is one involving a fine for distraction or carelessness. We imagine this covers situations like driving around with your dog on your lap.

There are lots of cages and harnesses available from various suppliers. From local shops you can buy a dog harness that plugs directly into a seatbelt buckle, otherwise consider a crate or cage which we can help install for you.

Another consideration is what happens in an impact. A 20kg object flying around the cabin space could be a huge safety risk, regardless of how soft and fluffy it is! For this same reason, people often fail WOF inspections for insecure spare wheels. Perhaps there is a gap in the industry for a safe space for your canine...



NZ's PREMIUM AUTOMOTIVE CENTRES

134 NORTH ROAD, NORTH EAST VALLEY, DUNEDIN



Firstly, I'd like to extend warm wishes to the Valley community for the festive season. May you all have a safe, enjoyable and relaxing time.

There are now over 830 residential properties for sale in Dunedin; this is an unusually high number and compares to approximately 250 properties in early 2021. Many of those

properties will be over-priced and/or poorly presented. There are still plenty of buyers out there but, with lots of choice they are more selective - waiting until they find a property that ticks most of their boxes. My own recent experience is that if a property is priced to meet the market, is well presented and well marketed, then it should still sell relatively quickly.

Market Statistics – Last 12 Months Ōpoho, NEV, Mount Cargill & Upper Junction

Number of Sales	82			
Median Sale Price	\$490,000	1 yr ago \$533,000	3 yrs ago \$576,000	5 yrs ago \$384,000
By number of bedrooms	2 \$460,000	3 \$505,000	4 \$575,000	5+ \$670,000

Tips for a Successful Property Sale

Wondering whether to renovate before selling? Most often, the answer is no. Costly upgrades like redoing the kitchen or bathroom may not always pay off. Instead, focus on making a great first impression without overcapitalising. Here are just a few quick tips.

Exterior Impressions: Start with the street appeal. Replace or repaint the letterbox. Tidy up lawns, trim hedges, and refresh gardens. Wash the house's exterior, including windows, and ensure paths and gutters are clear. A welcoming entrance, with a fresh coat of paint on the front door and neat fences, can make all the difference.

Interior Appeal: Inside, aim for a spacious feel by decluttering and removing excess furniture and personal items. Freshen up walls with paint and ensure carpets are clean. Organize and tidy visible storage areas like wardrobes and cabinets to highlight space. Consider minor but crucial repairs like fixing leaky taps or broken windows to avoid giving buyers any reason to walk away.

Professional Touch: If the home is vacant, think seriously about staging. Professional staging can transform a space, making it easier for buyers to envision themselves living there. In my experience this not only makes the home more appealing but can result in a significantly higher sale price.

LIM and Consents: Be proactive and obtain a LIM report; purchasers will inevitably ask for one anyway. As part of this a LIM provides, amongst other things, a record of any 'consented' building work done since the home was built. One of the areas that could trip you up relates to Code Compliance issues. A building consent and CCC (Code Compliance Certificate) is required for certain renovation work undertaken since July 1, 1992. Before this date, a building permit was required for work undertaken.

If you are aware of any work done - perhaps tiling the bathroom - where you're unsure whether consent was required or obtained, then check before you put your home on the market. It's better to get ahead of this and be sure of your facts rather than have it raised during due diligence and/or review of the LIM.

Electricals: As a rule of thumb, if your house is over 25 years old, if you have old wiring and/or if any DIY work has been carried out, then you should obtain a current Electrical Certificate of Compliance. This is now commonly required by the bank and/or insurer when a purchaser applies for their mortgage.

There are many other hints and tips I can share. Feel free to reach out - I'm happy to chat over a coffee.

Find out your Property's Value...for Free!

Instant estimate vs real value? Online property calculators and many 'appraisals' can give you a quick estimate, but they often miss out on key factors like recent renovations, neighbourhood trends, and the condition of your home. These tools are just a starting point - for a full picture, you need a personal, expert review.

I'll visit your property, assess its unique features, and provide a more accurate understanding of your home's current market position. With Summer here, it's the perfect time to know where your home sits in the market.

Book your free in-person property review today. Then you can make a more informed decision for your next move.

Peter Gale is a long-time Ōpoho resident; and also the agent/licensee and advisor for NZ Property Solutions



Peter Gale | 021 608 107 | peter@nzps.co.nz



art, craft & music

ART CLASSES

For all levels. Casual attendance welcome, tutor Rose Shepard, community rooms, 10am–noon, Thur. ☎ 027 406 4154 ☎ 467 9993 ✉ Shepard@thistle.net.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. ☎ Friederike 482 2025

ART FIBRE DUNEDIN

Bring lunch and required supplies, 10am–2pm, second Sunday of each month, community rooms. ☎ Megan 027 245 8605 ☎ artfibredunedin.blogspot.com

BASSIST/MULTI-INSTRUMENTALIST WANTED

NEV duo looking for someone with good feel for music who plays bass and poss synth/guitar/percussion. Broad influences but make our own music (songs + jams) in weekly sessions; swap demos and see! ☎ Paul 027 544 6126

CELLO LESSONS

All welcome. What works for you is best! Some instrument hire options available. NEV based. 4 years cello teaching experience & a performance degree. Also open to performance opportunities. ☎ Ellen 027 430 7739 ✉ ellen.walters@gmail.com

DIAL-A-PIPER

Available for any functions including birthdays, weddings, funerals, Haggis Address, etc. Feel free to contact me to discuss your function. Can travel. ☎ 03 473 0045 or ☎ 027 473 0060 ✉ thepiper50@gmail.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 ✉ anna.bowen1@gmail.com

FOLK CLUB OPEN MIC NIGHT

Songs, tunes and convivial company every Thursday from 7.30pm. Come and join the supportive circle to play or listen. Dunedin Folk Club, 80 Lovelock Ave. ✉ info@nefc.org.nz

GROUP DRUM LESSONS

Learn to play djembe, cajon, percussion with a focus on enjoyment, finding your sound, and jamming. Jamie: ☎ 027 550 2858 ✉ drumwithjamie@gmail.com

KIDS ART CLASS

Thinkit Art offers dynamic and enriching after school term art classes for 7–15yo. Focus is on enriching creativity & exploring who you are as an artist. Book Now: Kiri Scott Artist – Oniyonkid ☎ @thinkitart ☎ 021 118 9882...

☎ @thinkitartfeuerstein.art
✉ Thinkit.fie@yahoo.com

MAINLY MUSIC

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

PAD-MAKING WORKING BEE

Interested in plastic-free period products? Like to sew? Learn to make sustainable period products for you and whānau. Contact ✉ christine@sewonperiodcare.org

REHEARSAL SPACE WANTED

NEV Band looking for long-term rehearsal space. Reliable, mature, considerate. Currently a duo with weekly jams. Demo available. ☎ Paul 027 544 6126

SHE CHOIR DUNEDIN

A non-auditioned, collaborative choir welcoming women, non-binary, and gender queer people. Rehearse Wednesdays, term times, 6.15–7.30pm at DNI. No prior contact or experience needed. Just turn up and sing with us! ☎ shechoirdunedin

STAND-UP COMEDY

Open mic at Inch Bar, Tuesdays and Wednesdays. All skill levels. Contact ✉ reuben@dunedincomedy.co.nz

UKULELE SESSIONS

Wed, 7–8.30pm, Valley Baptist Community Centre, 280 North Rd. Just turn up or call/text Mary for more info: ☎ 027 929 9813

community

ALZHEIMERS OTAGO

Concerned about your memory loss or supporting someone with dementia, we are here for you. Free support for individuals, carers and families. ☎ 03 471 6154 ✉ Still.Me@alzheimersotago.org.nz ☎ www.alzheimersotago.org.nz

BALMACEWEN LIONS CLUB

Meets 2nd & 4th Mondays at Otago Golf Club: 125 Balmacewen Road Dunedin. New members welcome! Contact Secretary Russell Hancox: ☎ 03 467 5126 (evenings)

BIKE WORKSHOP

Get help, use our workshop. Bikes available for koha, 3–5pm Tues, and 9.30am–12.30pm Sat. Valley Community Workspace, 11 Allen Street.

BOOKBUS LIBRARY

Gardens New World, Fri. 11am–12.15pm + North Rd./Watts Rd., Thurs. 1.30–2.45pm + Signal Hill Rd./Farquharson St., Thurs. 3.15–4.30pm + Pine Hill Rd./Forrester Ave. Thurs 6–7pm.

CITIZENS ADVICE BUREAU

Free, confidential, independent information & advice. Know your rights, how to take action and how to access the services you need. For ANYONE about ANYTHING! ☎ 03 471 6166 or 0800 367 222 ☎ www.cab.org.nz ☎ CABDunedin 155 Princes Street

COMMUNITY ACCOUNTING

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

COMMUNITY PATROL

Dunedin North Community Patrol. Assisting Police to ensure our communities are safe to live in. Volunteers welcome. Call Garry for more info: ☎ 027 364 1485

COMMUNITY STUDY CIRCLE

Baha'i Spiritual Training. Develop your capacity to offer service to your community as a result of exploring spiritual concepts and how to apply them to everyday life. Strictly FREE. Ash: ☎ 022 615 6115

DALMORE RESERVE COMMUNITY GARDEN

Join us fortnightly at the garden on Allenby Ave., Pinehill. All welcome. Tools provided. Check Facebook for dates/times or ✉ dalmorecommunitygarden@gmail.com

DUNEDIN CURTAIN BANK

Got a StudentID, Community Services card, or SuperGold card with CSC? See us at 174 Princes St. 9–4pm Mon–Thurs. or apply online: ☎ dunedincurtainbank.org.nz

DUNEDIN NORTH PROBUS

Retired/close to retirement? Could you benefit from meeting others? Enjoy social outings? Now accepting women's membership! NEV bowling club, 10am, 2nd Monday p/month. ✉ Peter: peabee@xtra.co.nz or ☎ 455 1256 or ☎ Don 473 7544

ENABLING LOVE

Looking for friendship & social connection? 18–65 years welcome to weekly coffee group at Otago... Museum Cafe, Thurs, 1–2pm. More at ☎ enablinglove.nz or email Joshua for venue: ✉ enquiries@enablinglove.nz

FERN COLLECTIVE

Accepting new clients. Self referrals welcome. Open to all ages, all stages of life. Empathetic support for individuals & families facing unique challenges of neurodiversity and more. Let us support your journey w/practical tools & resources. ✉ ferncollectivenz@gmail.com

LEGAL ADVICE

Free legal advice at Community Law Otago, available by appointment. Legal advice by qualified lawyers, practical solutions. Appointments now available at the Valley Project on Tuesdays from 11am. ☎ 03 474 1922 or ✉ reception@dcl.org.nz

NEED A JP?

The Valley Project offers walk-in JP services for affidavits, document certification, KiwiSaver withdrawals, immigration, etc. Every Saturday, 11am–1pm. 262 North Rd.

NEIGHBOURHOOD SUPPORT

Create safer, more caring communities. For info and local contacts: ✉ coordinator@nsotago.nz ☎ 03 456 0857

NEV COMMUNITY GARDEN

North East Valley Community Garden, directly behind NEV school. Pay us a visit! We meet every wknd: 1st & 2nd Saturdays 9.30–12pm, 2nd & 4th Sundays 1–4pm.

NEV JUSTICE OF THE PEACE

Pine Hill resident, Colin Lind, available for JP services. Flexible days and hours. ☎ 03 473 7174 ✉ colinlind@hotmail.com

NORTH DUNEDIN SHED

Open Mon, Wed and Sat mornings. 35 Bonnington St., over the bridge. ☎ North Dunedin Shed Society Inc.

ŌPOHO BOOK CLUB

Seeking new members that love reading, enjoy good discussion, and meeting new people. We meet once a month on a Tuesday evening. Susan ☎ 027 2202 704

ŌPOHO CRIBBAGE

A great card game! Do you play or would like to learn? ☎ Text Paul 027 3100300

VOLUNTEERS NEEDED

CREST train at the Botanic Garden. Can you help? Volunteers needed for driving, ticketing, commentary, maintenance. ☎ crestrides.org.nz or ☎ Rodger 027 471 4902

WILD DALMORE RESERVE

Help us protect and restore the native biodiversity of Dalmore Reserve. Meets most Sunday afternoons. Entrance at 20 Allenby Ave, Pine Hill. ☎ Wild Dalmore Reserve ☎ 021 206 3593

employment

SUPPORT POSITION NEEDED

Seeking person w/initiative to assist young disabled man 8–9am and/or 8.45–9.45pm: personal care and household tasks. Must be physically strong as transfer assistance required. Successful applicants have the ability to expand hours. Position in NEV. Applications + CV + references to ✉ Tessa.Brown@ccsDisabilityAction.org.nz

WORKBRIDGE

FREE specialised service assisting work-ready people with any health conditions/learning difficulties/injuries to find suitable employment. Vocational prep provided – CV's, cover letters, job search, interview skills, placement. Once employed, support continued 12 months more. ☎ 0508 858 858 ☎ workbridge.co.nz

fitness & health

ADULT YOGA CLASSES ŌPOHO SCHOOL

Fiona Johannessen, experienced yoga teacher of all ages & levels. Needing time to focus on breathing and moving mindfully? This might be for you! Tues. 7.30–8.30pm (school term). \$10 casual rate. All levels welcome. ✉ Fiona: sweetfee77@gmail.com

BALFOLK DANCE CLASSES

Balfolk and European Contredanses classes will resume early February.

Contredanses: Beginners & Beyond Basics, Ōpoho Scout Hall, 123 Ōpoho Rd.

Balfolk et Contredanses: Beginners & Beyond Basics, NEV Baptist Comm. Centre, 270 North Rd.

Balfolk: Partner dance & Balfolk Immersion, Ōpoho Scout Hall, 123 Ōpoho Rd.

Balfolk Minibals at Toitū will resume in March. Last Sunday of each month - 2pm sharp - FREE!

✉ Balfolk Dunedin
www.balfolk.co.nz

BELLEKNOWES GOLF CLUB

Green fees \$15
\$10/player after 4pm

Come & enjoy our fantastic 9-hole golf course on Lawson St. Spectacular views over the city. Call Secretary, Lorraine Lobb: 027 465 1516

CONTRA DANCE

Every Monday 7.30–9pm. Valley Baptist Community Centre, corner Calder Avenue. \$3. No partner required. ☎ 0211854566

DUNEDIN BMX CLUB

Race night, Forrester Park BMX track, 5.30pm, Thursdays.

'EVERY BODY' HOLISTIC MASSAGE

Now based in Ōpoho! Swedish relaxation - deep tissue - myofascial release. Queer-friendly, trauma-informed & disability support - led by your needs. \$90/hr. ☎ Tamsin 022 1240 525 for info or to book.

FOLK DANCING FOR FUN

Valley Baptist Community Centre, 270 North Road, 10–11.30am, Fridays, \$4. ☎ Yvonne 455 2406, ✉ stureid1@yahoo.co.nz

FRUIT & VEGES NFP

Fresh fruit & 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.allSaints.org.nz

GASP! DANCE TRUST

Inclusive dance for people with/without disabilities. Unique performance and exploration for all abilities. Seniors (+16 yrs): Mon. 6–7pm & 7.15–8.15pm. Juniors (under 16 yrs): Tues. 4–5pm. New Athenaeum Theatre, 23 The Octagon. ✉ gaspdance@gmail.com

KUNG FU

Fitness, discipline and self defence. 7–12 years Wed 5–6pm or Sun 3–4pm; teen & adult classes, Wed 6–7.30pm or Sun 4–5.30pm. Sacred Heart School, 63 North Rd. Contact Kenneth ☎ 021 0242 38 ✉ Dunedin@shaolinkungfu.co.nz

MASSAGE FOR WOMEN

with Uschi Heyd. Book your session online ☎ www.kindliving.co.nz or call/text ☎ Uschi 027 360 0238 Mention the Valley Voice to receive a 10% discount on your first massage.

MEDITATION FUNDAMENTALS

Discover the ART OF WISDOM. 12wk courses consist of 'Theory and Practice.' One cannot go without the other. Koha participation, run all year, and are level based. Contact Colleen Robb: ☎ 021 0228 7258 ✉ ciga.nz.dunedin@gmail.com

NEV BOWLING CLUB

139 North Rd. New members welcome. Come along and have a go. Bruce ☎ 027 432 8649 or Michelle ☎ 027 408 2603 ✉ nevbowls@xtra.co.nz

ORTHO-BIONOMY

In pain or discomfort? Had surgery or injuries? Ortho-Bionomy is a gentle way to help you in maintaining balance or accessing your resources during your recovery! For info & bookings: ☎ juliafast.nz

PARKRUN

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, Valley Baptist Community Centre 10.30am Mondays, Ōpoho Church Hall 1.30pm Tuesdays, and St. Thomas Hall, 11am Thursdays.

TANNOCK GLEN

Torrison St. Ōpoho. 3.5 acre garden of the Dunedin Rhododendron Group. Members of public invited at any time. Dogs permitted on lead.

THREE LEFT FEET

Social dance group. No experience or partners necessary. Folk & traditional European dance. \$5 or \$7.50 per couple, Nga Maara hall, 6–7pm... Thursdays. ☎ Marilyn 027 446 3358

WEKA WELLNESS

Community mental health sessions, Mondays 6–8pm at WEKA hub, 31 Stafford St. level 2. Follow us on FB to keep updated ☎ WEKADUNEDIN ✉ wekadunedin@gmail.com

ZEN MEDITATION

Traditional Zen for experienced & beginners. All welcome. 7pm Thur. Quaker Rooms, 15 Park St., Dunedin North. Koha please. 6wk beginners courses through the year. 7-day retreat on Quarantine Island annually. ☎ Glenn 473 6256

for families, kids, and teens

AURORA TAMARIKI EARLY YEARS CARE AND KINDY

Childcare for 0-5yr-olds inspired by Rudolf Steiner & Emma Pikler, offering homely rhythms, seasonal songs/stories, and natural space for children to learn and grow. Organic vegetarian kai provided. 351 Pine Hill Road. ☎ auroratamariki.co.nz

DUNEDIN CITY TOY LIBRARY

Vibrant toy library for children 0–7yrs. Huge range of toys, puzzles, ride-ons, dress-ups, & games. Valley Baptist Community Centre, 270 North Road, 3.15–4pm Wednesdays and 10–11.30am Saturdays.

DUNEDIN PUBLIC LIBRARY VALLEY LEGO & CRAFT CLUB

Years 6–8! Valley Baptist Community Centre on 3rd Wed. each month, 3–4.30pm (excl. school hols). Low-tech club opportunity to get creative w/lego & craft. Also books to read/borrow with a Dunedin Library card.

DUNEDIN RUDOLF STEINER PLAYGROUP

Te Whare Ako Marie. A sanctuary for creative play for children from birth to kindy. A place of peace and friendship for parents. Groups meet weekly, term time. Contact us for times and days ☎ 471 2163 or ✉ dunedinsteinerplaygroup@gmail.com

INTERGENERATIONAL PLAYGROUP

Bringing together multi-generations, supporting communities, and nurturing relationships through play. Every Friday at 11am in the Maybank Room in Ross Home, 360 North Rd.

ISLINGTON EARLY CHILDHOOD CENTRE

Independent NFP. High-quality education for 2–5yrs. Small sessions up to 20 children. Well-resourced play space & nature playground. Mon–Fri 8.30am–2.30pm. Book a visit: ☎ islington.org.nz ☎ 03 473 7490 ✉ islington.ecc@gmail.com

KIDS CREATIVE WRITING

1-1 tutoring for 8-14yrs. Emphasis on creativity whilst ensuring positive engagement with reading and writing. I have a BA in English & Creative Writing. Published poet and librarian. Holly ✉ creativewritingdunedin@gmail.com

MT CARGILL GIRLGUIDES

Pippins, brownies, guides, & ranger groups in the valley. ☎ 0800 222 292 or ✉ info@girlguidingnz.org.nz

NEV CODE CLUB

Primary ages 7–10yrs. Term time, Mondays 3.15–5pm, Valley Baptist Community Centre, 270 North Rd. Code club projects & friendly games. Meet like-minded techy friends. FREE! ☎ com2tech ☎ com2.tech ✉ office@com2.tech

NEV GAME DEV CLUB

Intermediate tamariki learn to build their own video games. Tuesdays, 3.30–5pm at the Valley Baptist Community Centre. ☎ com2tech ✉ office@com2.tech ☎ com2.tech

NEV NORMAL SCHOOL PTA

Monthly meetings at Valley Project on a Thursday evening. Anyone interested in being of service to this wonderful school is welcomed. ✉ nevn.pta@gmail.com

NEV PLAYGROUP

0–5yrs, variety of experiences to enhance child development and meet other local families. Free morning tea and lunch provided for adults. Please supply child's morning tea. Valley Baptist Community Centre, 270 North Rd, 9am–2.30pm Wednesdays. ✉ nev.playgroup@nevbctrust.org

ŌPOHO SCOUTS

Keas, 4–5pm, Tuesdays; Cubs, 6pm–7.30pm, Thursdays; Scouts, 6–8pm, Wed. Ōpoho Scout Den. ✉ Shane: opoho@group.scouts.nz

ŌPOHO PLAYCENTRE

Nurturing play space for 0–6yrs, where children and whānau attend together. Child-led learning through play. Make friends, play, learn, & grow. 3 free visits. 28A Signal Hill Rd. Mon and Wed–Fri, 9am–12pm, school terms. ☎ opoho.playcentre ✉ opoho@playcentre.org.nz or ☎ 027 880 2365

SPACE FOR YOU AND YOUR BABY

Programs run by registered ECE teachers supporting families through their 1st year with new baby. School terms at Valley Baptist Community Centre. ☎ 021 150 9165 or ✉ space@nevbctrust.org

SUNDAY SCHOOL

Variety of classes with stories, crafts, songs, and more. Ages 4–18yrs, 9.30am Sundays (term time only) DNI (tech area). All welcome! No charge. ☎ 020 4079 5727 or go to ☎ dunedinchristadelphians.org

further education

BEGINNER ENGLISH FOR CHINESE

Join our beginner English conversation group for senior Chinese new to English language. Shared meal. Small contribution to costs. Great way to improve simple conversation. No English necessary. Tian: ☎ 029 02 0009 68 ☎ 254783519@qq.com

Classifieds continued next page... ☎

COGNITIVE ENHANCEMENT

Thinkit Feuerstein is a cognitive enhancing program for individuals with learning differences. Enriching thinking and learning skills for ages 5+ to adults. Private sessions held in NEValley/Dunedin schools. Tutor Kiri Scott, certified practitioner in Feuerstein method. ☎ 021 118 9882 🌐 www.icelp.info ✉ Thinkit.fie@yahoo.com

COM2TECH DIGI DROP-IN

A community-led group that offers a range of free classes to upskill our communities in communications technology and online safety. 12.30-2.30pm every Monday at Valley Project. 📧 com2tech ✉ office@com2.tech 🌐 com2.tech ☎ 027 256 9182

INSPIRING MATHS CLASSES

Affordable creative maths classes and maths art after school at my home in North East Valley. 📧 Inspiring Maths Classes ✉ Sandra.Dunedin@gmail.com

ITALIAN CLASSES

Experienced teacher, native speaker of Italian. Small groups all levels, from absolute beginners to advanced and conversation. ☎ 027 341 8312 or 📞 473 0832 ✉ antonella.vecchiato@gmail.com 🌐 italianclasses.co.nz

LEARN ENGLISH

English for daily life and work. Free and low cost courses. Please contact one of our staff at English Language Partners: 📞 455 5266

LEARN GERMAN

With a native speaker. Whether it's for school, business, holidays... hobbies, movies, or casual convo, let's get creative with your learning! ☎ 022 189 4564 creativemethodes@gmail.com

MATHS MADE EASY

Experienced maths teacher, recently retired. Primary and secondary certified. Montessori trained. Private tutoring at your home or mine. Zoom option. Different strategies to help your child achieve success. Diane ☎ 021 357 565 ✉ dvalavanis@aol.com

NATIVE FRENCH SPEAKER

wanted to help me improve my French. Txt Pauline ☎ 027 717 0282

REO MĀORI

Reo Māori teaching or tutoring for adults. Groups or individuals. John Birnie: ✉ johnbirnie@hotmail.com or ☎ 021 236 3765

VOCAL TEACHER

All ages, all skill levels. Starts from \$30 a lesson. Studio on Vogel Street. Text for more info/to book: ☎ 022 122 3405

housing

ROOM WANTED

Respectful guy with broad interests looking for long-term room in warm, dry flat/house, ideally with only one other person. Refs no problem. ✉ hoani76@hotmail.com

WANTED TO RENT

1 bedroom self-contained cottage or flat with garden space, up to \$300pw. Tidy, reliable tenant. Can provide references. ☎ Stacy 028 464 9681

trading corner

ALL-ROUNDER

Available for odd jobs, cleaning, gardening. Good references available. Chris ☎ 022 374 5970

BABYSITTER

10 years of childcare experience. Full drivers licence. Have worked with twins. ☎ Kelly 027 697 9194

BALDWIN STREET BOOK

Substantially revised and enlarged edition. 32 A4 pages, 8,000 words, 60 photos. \$20ea. Available from ✉ saddlehillpress@xtra.co.nz and Valley Project ☎ 027 248 0714

CHILDCARE - HOLIDAYS

In your home, flexible days, hours, numbers of children. Share costs with another family. After school care a possibility in 2025. Experienced teacher/teacher aide with First Aid Certificate & BSc Dip Teaching. Referees available. Text Susan ☎ 021 550 737

CHIMNEY SWEEPS

Top Hat Chimney Sweeps offering single flue cleans for \$100 or two neighbouring houses for \$85 each. FREE glass door clean. Replacement services on firebrick, door seal, and baffles. Text Luke ☎ 027 332 2915

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

DAVE'S COMPUTER SERVICE

Troubleshooting & tuition. Low rates. Free optimisation software. ☎ Dave 022 635 9414

EXPERIENCED PAINTER

Bruce Interior Painter (B.I.P.). Int/ exterior, residential, commercial 20 years in industry. ☎ 022 171 5102 ✉ bip.painters@gmail.com

FARELLA ORTHODONTICS

Offering Valley residents complimentary consultations for children and adults. Cutting-edge tech. 30yrs clinical experience. Flexible financing options. ☎ 021 228 4895 🌐 farella.co.nz

FOODIES NURSERY

Flavour is Nutrition. Personal gardener using living soil solutions. All single seedlings have 40% worm castings. Strawberry, tomato, chilli, ginger, turmeric, basil, and more. Instagram posts on Wednesdays...

Open 9-2pm Sat. 7 Arnold Street ☎ 021 025 977 41

GARAGE WANTED

Dry and secure for single car, preferably in Ōpoho or thereabouts. ☎ Douglas 021 1567 667 or ✉ dczeadin1@gmail.com

GARDEN SPACE AVAILABLE

Owner of good sized garden wishing to freely share it with someone who can benefit from and utilise the space for gardening. Contact: ✉ caitlin.lester@gmail.com

GARDENER

Very experienced. Light weeding/trimming, winter rose pruning. 📞 03 473 0159 (evenings)

GARDENING SERVICES

YOUR PEACE OF MIND GUARANTEED Get your garden summer-ready! With tree pruning, hedge trimming, weeding, lawn mowing, and more, we bring expertise and reliability to every visit. Whether a one-off spruce-up or ongoing care, enjoy peace of mind knowing your garden is in trusted hands. Free Quote! Glen ☎ 027 241 2288 ✉ godzone326@gmail.com

HAIRDRESSER

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

JESCARGO CARPET REPAIRS

Domestic and commercial carpet repairs. No job too small. 100% local. ☎ Jesa 022 012 1194 ✉ jescargo_carpet@outlook.com

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NEV LASER ENGRAVING

Want something personalised? Get it laser engraved. Wood, ceramic, acrylic & more. Call and see if we can help. 11 Allen St. ☎ Jeff 021 957 369

NEV LAWN & GARDENS

Lawns, edges, hedges, gardens, bushes, trees, weeds and green waste removal. Consultation & quote: ☎ Keegan 027 474 1828 ✉ nevlawns@gmail.com

SCRAP METAL COLLECTION

Seeking your scrap metal you have rusting away or cluttering up the shed, etc. Can do small to medium size loads. ☎ JT: 027 206 1725

PAVER/GARDENER

New paving. Relift & fix of old paving. Walkways, patios, and driveways. Gardening and lawn mowing services. Free quote! 🌐 shecan.co.nz ☎ 027 363 0058 ✉ eve@shecan.co.nz

SPLIT FIREWOOD FOR SALE

Mixed grade & seasoned. \$120 per cubic meter. Pick-up only (Mondays, Wednesdays, Saturdays 9.30am-12.30pm) ✉ secretary@northdunedinshedsoc.org.nz

SUBSIDISED INSULATION

Many Otago homes are eligible for subsidised ceiling and underfloor insulation! Find out more: ✉ support@premierotago.co.nz or ☎ 022 592 1807

VENUS FLY TRAPS

Large caliber plants. Five times as big as those sold by the shops and are \$4.00 cheaper. Growing instructions included. \$10. 📞 Pat 473 0159 (PM)

WELDING REPAIRS

Gates, fences, balustrades also. Advanced welding courses. More info: Bob ☎ 027 206 4064

church services

ANGLICAN: ST MARTIN'S
194 North Rd, 10.30am

GLENAVEN METHODIST
7 Chambers St, 11am

HOPE CHURCH
304 Pine Hill Road, Sun.10am & 7pm
7 Chambers St, 11am

LEITH VALLEY PRESBYTERIAN
George St. Normal School Hall, 10am

ŌPOHO PRESBYTERIAN
50 Signal Hill Rd, 10am

PACIFIC ISLAND PRESBYTERIAN
160 North Rd. English, 11am on 1st, 2nd, and 3rd Sundays; Cook Island 9.30am; Samoan 11am, 4th and 5th Sundays

SACRED HEART CATHOLIC
89 North Rd, Mass 9.30am

SALVATION ARMY
43 North Rd, community worker only, Mark O'Donnell

INTERESTED IN ADVERTISING?
Add or update listings:
voice@northeastvalley.org
\$2 per listing per issue
Make donations to the Valley
Project bank account:
03-1726-0005606-000
Reference: **VDonation**

LOST CAT
Name: "Simba"
Last seen in September by New World Gardens.
027 284 3754



A NOTE FROM OUR MANAGER

Ngā mihi o te wā ki a koutou katoa/seasons greetings everyone!

I'm grateful to be working with passionate staff, supportive executives, and engaged community members, and to experience the power of community connection.

This year we have tweaked the strategic plan with the purpose of The Valley Project enabling and supporting this area to be a great place to live and belong. Our priority focus areas for the next ten years are: connected and thriving communities; community-led development; protection and improvement of our environment; and workplace wellbeing.

This year we've had lots of successes including:

- Ōtepoti Community Fruit Harvest haul of 4,235kg rescued fruit which was distributed throughout the community.
- Improvements to KaiShare to allow more people to access the programme, this including added interpreter services, admin and project support, and training opportunities and induction for volunteers.
- Community Dinner and Winter Warmer events which brought the community together over kai, while getting to know each other better through activities, games, and skill share. These events serve as points for people to access free food and local resources, and for nurturing a sense of belonging.
- Continuation of our relationship with City Sanctuary, enabling funding towards pest control in the area.
- Renewed dedication to volunteer engagement within our organisation. We are offering more opportunities, increased support, and better recognition in the volunteer journey.
- Increased income from room bookings thanks to improved marketing and promotions, as well as management of room user expectations and needs.
- Developing relationships with Kaupapa Māori organisations to meet needs of target groups, and continuing to build relationships with Kati Huriapa Rūnaka ki Puketeraki and Araiteuru urban marae.
- Providing varied opportunities for community engagement in Open VUE biodiversity projects including hands-on working bees and native plant propagation, long term Lindsay Creek Restoration planning, and tamariki kura co-creating methods around participation barriers.

Growing community kai in garden boxes beside the Valley Project building, and by maintaining three Community Orchard sites.

I want to finish on a whakatauki, which speaks to the importance of keeping connected—of maintaining relationships and dialogue so that we can keep moving forward together: Waiho i te toipoto, kaua i te toiroa. Let us keep close together, not wide apart.

No reira, kā mihi nui ki a tatou katoa, ki tatou mahi/Big thanks to everyone who has been involved. I look forward to another successful year building community in 2025.

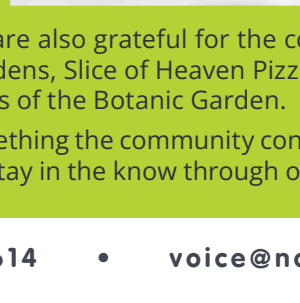
-- Kā mihi, Jen Rodgers | vpmanager@northeastvalley.org

The Valley Project recently held our second-ever Valley Market Day Fundraiser with success! 47 table and car boot stalls were appreciated by hundreds of local bargain hunters.

Many thanks to ALL who joined us—patrons and participants alike—and to our spirited staff and loyal volunteers. Another round of applause goes to our guest guitarist, James Dignan. We are also grateful for the contributions made by community members and organisations/businesses including New World Gardens, Slice of Heaven Pizza, Jumbo Dairy, Among Sparrows, Blacks Road Grocer, Bee Creative, McArthur & Symons, and Friends of the Botanic Garden.

With each market we learn how to better its future instalment, something the community continues to enthusiastically request. So here's to the New Year and its potential for more market days! Stay in the know through our Facebook and this publication.

VALLEY MARKET DAY 2024



BALFOLK COMMUNITY SPIRIT AND HERITAGE CELEBRATIONS

Our dance group recently showcased traditional dance styles at Oamaru's Heritage Festival, set against the stunning backdrop of the town's Victorian precinct. What made our performance truly special was the remarkable journey of our young dancers, who demonstrated extraordinary initiative during my recent dance trip to Europe.

While I was abroad studying dance traditions with Michael Parmenter, these young dancers took the reins, practicing and preparing for our performance. Their commitment and independent approach were truly inspirational, proving that the love of dance transcends age and experience.


The festival culminated in "Goldfields Gambol", the closing bal that Michael and I presented, where participants were introduced to simple, joyful dances. Everyone joined in, creating a wonderfully inclusive and energetic celebration of movement and heritage.

Our Heritage Fest performance and participation featured

a selection of Balfolk dances, intricate contredanses, and elegant quadrilles—dance styles perfectly aligned with the festival's historical theme.

While our current term has concluded, we'll reconvene in early February with a special focus on preparing for the upcoming Pastel Ball. Mark your calendars for this extraordinary costumed event on Saturday, 12th April—it promises to be a magical evening of dance and community!

I will offer European Contredanse classes, and monthly social dance gatherings. Our Balfolk minibals are held on the last Sunday of each month at 2pm sharp in the light-filled foyer of the Toitū Otago Settlers Museum. Best of all, these gatherings are free and open to everyone.

Our dance group is more than just a class—it's a vibrant community celebrating movement, tradition, and intergenerational connection. Whether you're a seasoned dancer or a curious newcomer, there's a place for you in our dance family. -- *Kate Grace* |  **Balfolk Dunedin**



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