

WET WEATHER WELCOMED AT CELEBRATION OF FRESHWATER

We were in high spirits during the set-up of Creekfest 2023 at Chingford Park. The sun was out and the wind was light, but just as the event was to begin, the sky opened and enveloped us all in rain. We would expect nothing less when celebrating freshwater and Lindsay Creek | Puke Haukea at Creekfest! Gazebos and umbrellas appeared seemingly out of thin air, keeping the majority of us dry. As they say, the show must go on, and with a delightfully humble crowd it certainly did.

Among the sound of droplets on tarps, Chingford Park was filled with music from solo artists, double acts, and full bands. A debut band, formed by students from Logan Park High School, drew big crowds. When my tummy started rumbling, I had delicious options of kai between Te Waahi and Little Yen's! Somewhere along the way, a paper bag was thrust in my direction with some scrumptious goodies from a PTA bake sale.

The stage was also encircled by a plethora of conservation stalls, community groups, and kids activities. We got up close and personal with some creatures from the Aquavan to demonstrate the importance of looking after freshwater for our marine species. We met some of the sleek trout and macro-invertebrates that usually spend their days living in Lindsay Creek itself. We also learned the importance of healthy soil. I practised magnet fishing to help learn the different (...continued on page #4)



Steve Dixon of Fish and Game demonstrates electric fishing to a very interested crowd.

B.I.P
Painting Company

**INTERIOR & EXTERIOR
RESIDENTIAL & COMMERCIAL**

Bruce 022 171 5102
bip.painters@gmail.com

Price & quality guaranteed

FREE Property Appraisal

As a proud Opoho resident, & your North End property specialist, I'd like to offer a FREE property appraisal:

- 🏠 How much could your home sell for in today's market?
- 🏠 Cost-effective ideas to help enhance the market value

Peter Gale
Licensee & Advisor
021 608 107 | peter@nzps.co.nz
Licensed under the REAA 2008

NZ PROPERTY SOLUTIONS

BETTER PROPERTY EXPERIENCES

Local People Selling Local Property

Jane Bokser | **Colleen Townsend**
027 473 6221 | 027 226 5482

Ray White Dunedin Proven Realty Ltd Licensed (REAA 2008)

Valley Arborist

Complete Tree Care

For free quotes by a professional and qualified arborist

Pruning Felling Advice & Assessments Planting

Sam 0223023607
valleyarb@gmail.com



'TIS INDEED A SEASON OF CHANGE!

The Valley Voice has long been featuring a wide range of topics beyond specific Valley Project agendas, so henceforth you may refer to this publication as your community *newspaper*! Additionally, we are moving from a monthly release to a six-week schedule. More below...

VALLEY PROJECT RECEPTION HOURS

Tue/Wed/Fri 10am - noon | Thur 10am - 2pm
(closed all public and school holidays)

- free wifi use
- placement of notices
- trap hire
- newsletter advertising
- laminating
- printing & photocopying
- community room bookings

Subscribe to digital copies of the Valley Voice and/or OpenVUE newsletters:
<https://bit.ly/VPnewsletters>

Join the Valley Project Community Directory! Listings are entirely free!
www.northeastvalley.org/directory

COMMUNITY ROOMS AVAILABLE FOR HIRE!

THE 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.

THE TE PUTAKE 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.

THE 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.



Plenty of free rapid antigen tests are still available. Drop in to collect a couple packs, or organise a contact-free pick-up via phone or email: **03 473 8614** or reception@northeastvalley.org. To find your nearest testing location, call **0800 VIRUS19 (0800 847 8719)** or visit wellsouth.nz.

A NOTE FROM OUR CHAIR

What a hugely busy four weeks it has been since the last Valley Voice came out. In that time our wonderful staff from The Valley Project put together an awesome Creekfest. This being the first since 2019, there was a big buzz about it, even right through the less-than-ideal weather encountered that day. Thanks yet again to our awesome team for organising the revival of the beloved event and to the community for your enthusiastic participation and attendance. We had a great turnout!

We have just launched the nationwide Great Kiwi Poster Competition in which contestants of all ages design posters highlighting environmental issues around the country. It's a brilliant, locally led project you should have a go at!

Also happening is an active call for new members to join the Valley Project Executive. You don't have to have any board experience, you just need to be able to represent the needs of our community, bring ideas to the table, and be keen to help out when needed at various events. Please don't hesitate to contact me if you have even the slightest interest in board membership: james@northeastvalley.org. I can send you an information pack all about the role and the organisation. I'm looking forward to hearing from those that are keen to join us!

We have heaps of announcements to make in the coming weeks. First up is a change to this publication's schedule. The Executive has been undertaking a review of The Valley Voice. Last year we consulted the community on what they wanted their Valley Voice to look like. The community fed great ideas and questions into its review.

We produce a high quality, community-led newspaper that services our community and is getting well read in wider Dunedin. The Executive has since processed all feedback and have decided at its last meeting to move the Valley Voice release from every four weeks to six weeks. With the rising costs in paper globally, we wanted to ensure that we had a sustainable newspaper to meet our community's needs. We are committed to producing an outstanding, locally led newspaper that highlights the very best of our place we call home.

Individual content deadlines will be posted to our Facebook page and noted within each issue. Thanks for your ongoing support of, and loyalty to, the Valley Voice, as well as for your patience as we transition to the new schedule. -- **James Sutherland**

the student hand
When you don't have the time, energy, or ability to complete those odd jobs around the house contact The Student Hand.

We have Otago University Students eager to do anything from gardening to NCEA tutoring and everything in between such as:
-House Maintenance
- Gardening
- Lawn Mowing
- Tutoring
- Wood Stacking
- Car Cleaning and much more!

Contacts: TheStudentHand.com
lewis@thestudenthand.com
027 421 8026



- ▶ Frames: \$60 - \$95
 - ▶ Distance/Reading Lenses from \$90
 - ▶ Progressive Lenses from \$290
 - ▶ Bifocals from \$150
- same day service*
(single vision lenses)

37 Saint Andrew Street
p: 03 262 1052 c: 022 516 9474
dunedinopticallab@outlook.com

100% LOCALLY OWNED & OPERATED

SHANE'S STUMP GRINDING

022 375 6729
free friendly quotes

Your local Dunedin electricians
DOMESTIC • COMMERCIAL • 24HR SERVICE



03 473 8519
www.mcarthursymons.co.nz
39 North Rd. North East Valley

Need an MP?
David Clark MP for Dunedin

If you require advocacy, information or support please contact me

Dunedin Office
dunedin@parliament.govt.nz
03 474 1973
544 Great King Street,
Dunedin
f/DavidClarkMP



Authorised by David Clark MP,
Parliament Buildings, Wellington



Do you know anyone that makes our region a better place to be, who is deserving of recognition for community services? Nominate them now for a Good Sort Allsort Award! We're accepting nominations from across North East Valley, Pine Hill, Opoho, Upper Junction, Normanby, and Dalmore.

Head to the Valley Project website to fill a form or drop into reception at 262 North Road to do so in person. Winners earn RJ's Licorice Allsorts, an interview, a certificate, a high tea, and a spot on the honour board!

Nominate now! 👍



what's ON?



ANNUAL MAY PLANT SALE

Trees, shrubs, perennials, and indoors plants. BYO bags or boxes. EFTPOS available. The sale is organised by Friends of the Dunedin Botanic Garden committee to raise funds to support Dunedin Botanic Garden developments.

SATURDAY, 6 MAY, 9am - 12noon

DUNEDIN BOTANIC GARDENS PROPOGATION FACILITY, LOVELOCK AVENUE



OPEN VUE WORKING BEE

Get stuck into a habitat restoration project! We'll be working on plant releasing and planting. Wear sturdy shoes and long-sleeved clothing. All equipment supplied (tools and gloves). You are welcome to bring your own sanitised supplies if you prefer.

SATURDAY, 6 MAY, 10:30am - 1pm

CHINGFORD PARK RIPARIAN RHAPSODY (across bridge, turn right, disc golf hole #8)



OMMU AT INCH BAR

OMMU return for an autumnal evening of improvised and spontaneous psych-rock said to be "reminiscent of Grateful Dead jams." Craig Monk (guitar), Tenzin Mullin (bass), and Jeff Harford (drums). Admission is free but koha is always appreciated!

SATURDAY, 6 MAY, 8pm

INCH BAR, 8 BANK STREET



DUNEDIN FOLK CLUB - MAY EVENTS

SHAKY HOLLOWES & JARED SMITH

Five-piece line-up playing alt-country. Jared Smith opening with folk/blues. \$20 entry.

SUNDAY, 7 MAY, 7:30pm

COME-ALL-YE SING A SONG FOR MUM

Come along and sing a song for mum, a song about her, a song she sang for you...

SUNDAY, 14 MAY, 7:30pm

JARED BROWN

Gospel, country, & grunge blended for a uniquely familiar style of ballads and anthems.

SUNDAY, 21 MAY, 7:30pm

All performances at the Dunedin Folk Club (Opoho Bowling Club), 80 Lovelock Ave.



✉ voice@northeastvalley.org

💻 www.northeastvalley.org

📘 facebook.com/valleyproject

📷 @valleyproject

☎ (03) 473 8614

📍 P.O. Box 8118,
Dunedin 9041

📍 262 North Road,
North East Valley, Dunedin

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

the
VALLEY
project

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. Deadline for newsletter copy is the 15th of the month prior. Submissions later than the 15th cannot be guaranteed space. Please keep your contributions to 250 words or less.



Student band Eevee Azorious draws a large audience at Creekfest

(...continued from front page.) freshwater fish found in NZ, then marvelled at the density and shine of a gold nugget that Dr. Rock brought along. At one point, there was a loud boom and we were suddenly surrounded with some kind of fog - a demonstration by the Tūhura Otago Museum. I strengthened some of my existing connections and made some new ones with local community gardeners, orchards, and community initiatives.

At the Open VUE stall, we asked guests to "show us your heart! What do you love about Lindsay Creek?", as part of our PSP Curious Minds project. Participants overwhelmingly loved the various kinds of wildlife found in this area and spend their time enjoying the parks (Chingford and Bethunes) that Lindsay Creek runs through. Children had fun exploring the toys from the toy library, painting rocks, making GIANT bubbles, and practising their soccer skills.

History Boards from Love the Lindsay completed the circle, detailing Lindsay Creek's journey and how it came to be as we know it today.

Creekfest is all about celebrating Lindsay Creek, and bringing awareness to the wonderful and amazing freshwater habitats that we and wildlife alike call home. Thank you so much to everyone who supported the event as well as everyone who came along and celebrated with us! -- **Clare Cross**

Creekfest opened to a morning of mist and drizzle, but Valley residents stood tall in these all-too-familiar conditions! Seven musical acts performed under the marquee, and served as the beating heart for the energy of the event.

A mix of soloists and bands gave a warm-hearted vibe to Creekfest, from solo performers like Paul Allen and Sam King, to local groups such as The Flukes, Julian Temple Band and The Mentalist Collective. We even hosted two talented student bands

from Logan Park High School; Windcheater and Eevee Azorious. And these guys really rocked the house; their performances were widely praised among the guests as captivating and energetic! This was Windcheater's first ever performance outside of the school, and Eevee had performed just one other show at the Fringe Festival! How lucky are we!?

All in all, Creekfest was an enjoyable outing that offered some really good knowledge of the Lindsay Creek and local wildlife! I was honoured to manage the musical side of it. -- **Nate Laurie**

I was absolutely buzzing with joy by the end of Creekfest! The sight of kids and adults together having football scrimmages, bubble play unfazed by intermittent rain, show-stopping vapor blast demos, the PTA bake sale sell-out, the continuously crowded Aquavan critters tank, my manager having a wiggle to a band, and the constant flow of 500+ community members... it was all so inspiring, and rather gratifying, too.

For me, the purpose of Creekfest was wholly fulfilled when I saw, at frighteningly close range, much of the wildlife existing within just a square metre of Lindsay Creek waters; colour shifting trout, crayfish, eel, an isopod, Flat Mayfly and Dobsonfly larvae and other creepy-crawly macro-invertebrates. I will never again dip my naked toes into the creek, but what an appreciation I have grown for our local awa!

A mighty thanks to all the guests, participants, volunteers, and fellow staff members for a splendid day of wonder and fun! And a very special thanks to Steve Tripp for his donation of Crush The Cargill fundraising monies that made Creekfest possible. -- **Krysha Brzuza** Flip to pg15 for more Creekfest photos.



Creek critters on display after a live electric fishing demo by Steve Dixon

FIFA FRENZY FORMULATING FOR FOOTBALL FANS

In the coming months football enthusiasts will have their studded boots filled with excitement! Last week marked 100 days until the launch of the FIFA Women's World Cup 2023, and this was celebrated with a drop of 32 balls (for 32 teams) down Baldwin Street! At the bottom of the street sat a goal net, guarded by the tournament mascot, Tazuni! Families and supporters watched on as these balls rolled their way down the steepest street.

Ōtepoti Dunedin will host six match days in the group stage of the FIFA Women's World Cup 2023, to be held at Forsyth Barr Stadium (which will be known as Dunedin Stadium for the tournament) as part of New Zealand and Australia co-hosting the tournament. It's a tournament of firsts - the first in the Southern Hemisphere, the first with 32 teams, the first to be co-hosted, and the first to be hosted across two confederations.

Countries playing in the city include the Netherlands and Switzerland (two matches each), Japan, Vietnam, Costa Rica, Argentina, Philippines, South Africa, Portugal and New Zealand. Switzerland will make Dunedin their home for the group stage, basing themselves in the city for up to three weeks.

The first match of the tournament will kick off on July 20th between New Zealand and Norway, in Eden Park, Auckland. -- **Nate Laurie**



open
VUE

CREEK CREATURE FEATURE - FLAT MAYFLY LARVAE

As part of our Curious Minds PSP Lindsay Creek River Restoration project, we ran a Stream Health Workshop at Bethunes Gully back in March. As part of this workshop, we caught some macro-invertebrates. These small creatures can give us an indication of the health of the Creek. We will feature some of these over the next few months so you can get to know your aquatic neighbours.

Flat mayfly larvae are small insects that can be easily found clinging to the undersides of stones, woody debris and leaves in cool, high-water-quality streams. The larval and adolescent (nymph) stage of a mayfly life cycle occur in water, the rest is in flight.

There are around 40 species of mayfly in New Zealand and only existing in this country. Identify a mayfly larvae by its three long tail filaments, flat and translucent body, and by its synchronized gill movement.

Mayflies need a lot of oxygen to breathe underwater so they have a Macro-invertebrate Community Index (MCI) score of 8, meaning that presence and high abundance of these indicate good habitat and water quality. MCI is a widely used way to measure the health of wade-able streams. More on that next month!



WAR MEMORIAL ARCHWAY MAKEOVER - A COMMUNITY LED INITIATIVE



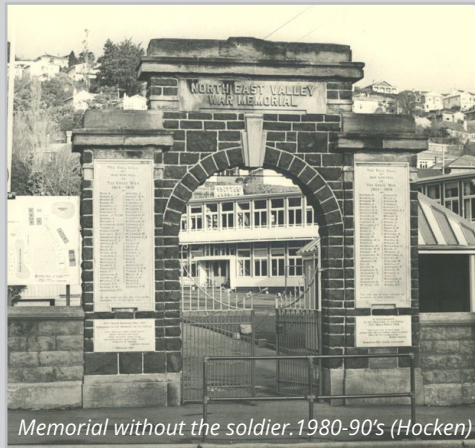
War Memorial in the 1920's (natlib)

It's hard to imagine North East Valley Normal School without the memorial archway there. It is a symbol of the school and has become a 'hub' for primary-aged children and families in The Valley, Upper Junction, and Normanby respectively. But as a community, do we really know the history behind it? I think the likes of local historians such as Jock Helleyer or John McKenzie will have something locked away in their wealth of knowledge they both hold of North East Valley.

The archway is one of many created in Dunedin in the 1920's after The Great War (WW1). The country quickly erected these memorials to immortalise the impacts on our communities. The North East Valley school committee discussed firm plans for a war memorial in 1919. Local businessman and committee member George Calder presented sketch plans and an estimate of cost. The memorial arch committee then took over the project and organised community fundraising events. Initially the memorial held names of those local gentlemen lost in The Boer War and The Great War, with the losses of World War II added in the late 40's/early 50's.

The memorial archway was unveiled on ANZAC Day, 1921 by Mayor William Begg.

The memorial stone was made in and imported from Italy to grace the school entrance. Around 200 people turned up to honour the sacrifice of the 120 men who lost their lives in The Great War.



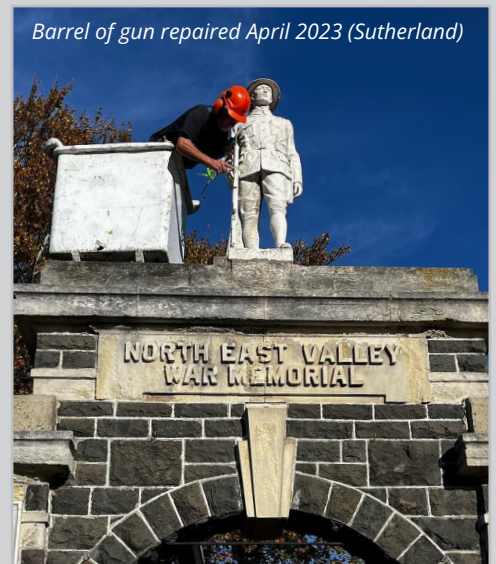
Memorial without the soldier. 1980-90's (Hocken)

Reportedly in 1969, the marble soldier was removed from the archway as it was deemed an earthquake risk. At that time it was also the height of pacifist sentiment across the country. Over the years the soldier was stored in a number of curious places on the school grounds. In the 2010's, a former pupil, Helen Pitcher, reported to the The Valley Project that the soldier made frequent appearances on the balcony of the old brick junior building overlooking the play area! It was also widely known to be placed in the broom cupboards, and even at one stage under the school hall floorboards. This may appear to be where the gun on the soldier was broken - in his travels throughout the school. John McKenzie had seen the at-large soldier stuffed in storage. Shortly after he was appointed principal of NEV Normal School in 2007, Mr. McKenzie embarked on a project to have the soldier re-instated on the archway. Once again, significant community donations

allowed the soldier to end his nomadic lifestyle and return to his home of almost 50 years - pride of place on the archway. Mr. McKenzie mentioned that the school is the second oldest in Dunedin, and the archway is the last remnants of its stone buildings.

It is fitting that as the new North East Normal School principal, Rachele Moors, takes the reins, the Otago Military Historic Group has just finished refurbishing the memorial. The gun has finally been fixed, made whole again by 3D-printing technology. The memorial archway is now as dignified as it was upon its first unveiling 102 years ago. It has been listed as a Category 2 heritage site since 1989.

Just in time for Anzac Day last month, a rededication was hosted by the Valley Project's umbrella organisation, the Otago Military History Group. Descendants of a soldier named were present. The ceremony included prayers, blessings, wreath laying, reveille, and national anthem, and was followed by a morning tea in the school hall. --James Sutherland



Barrel of gun repaired April 2023 (Sutherland)

CHEAP CHOWKNOW-HOW



The Otago Uni Dept. of Human Nutrition runs a 'feed my flat' Instagram profile featuring basic cooking and nutrition tips, food truck information, course info, and fun food facts. They provide evidence-based answers to your food & nutrition related questions.

[instagram.com/feedmyflat/](https://www.instagram.com/feedmyflat/)



The OUSA, along with the Department of Human Nutrition, offer courses that teach basic nutrition, budgeting, and cooking, and equip you with take-home recipes to feed a party of one to six! Bonus: in-class assignments are edible! No experience required.

[ousa.org.nz/clubsandsocs/courses/flat-meals-on-a-budget](https://www.ousa.org.nz/clubsandsocs/courses/flat-meals-on-a-budget)



Find the best deals on groceries near you using the kiwi-developed Grocer app. Compare prices among major New Zealand supermarkets by selecting preferred stores, scanning product barcodes, or searching by product name. Create shopping lists based on lowest totals. FREE download.

<https://grocer.nz/>

A SEASON WELL-SAVOURED WITH COMMUNITY FRUIT ŌTEPOTI

We are proud to announce that our network of pickers have rescued and redistributed over a tonne of fruit as of April 13th... 1040.5kgs to be specific! From small picks of 5kg to large picks of 198kgs, it all adds up. Imagine how impressive the total will be once Harvest Festival collections are tallied!

Our two preserving workshops went exceptionally well. In the next newspaper we hope to provide a dazzling review of these and the overall harvest season. For now, have a go at some of the preserving recipes below that proved successful at the workshops. It's still raining apples out there, and it's coming to that time of year that the tomatoes may not ripen with the change of weather, so how about a green tomato and apple chutney?

Big mihi to fruit harvest coordinator Tamsin Leigh, community member Anna Read, Valley Project manager Jen Rodgers, Kate Vercoe from Our Food Network, and Valley Kai Coordinator KJ Davie for all their mahi around the preserving events.

It feels like we've turned a corner into autumn proper. Quinces are on, NZ cranberries are reddening up everywhere, and we're relishing in the bumper crops of later apples and pears, even grapes, peaches, and walnuts!

The Community Fruit Ōtepoti group is so grateful for the community's ongoing generosity! Please continue to inform us if you've got fruit to share. We are always welcoming more volunteer pickers as well. Join the Facebook group **Community Fruit Harvest Ōtepoti** for communications around fruit harvesting in the North East Valley region.

Green Tomato & Apple Chutney

1kg green tomatoes, chopped
1kg green apples peeled, cored, chopped
400-500g white onions
250g raisins or sultanas
200-240g brown sugar
2tsp ginger powder or 3cm ginger, grated
2tsp mixed spice
1tsp cumin powder or seeds
1tsp mustard or nigella seed
1/4tsp chili powder
2 garlic cloves, crushed
3 cups wine or cider vinegar
1tbs salt



Place chopped tomatoes in your preserving pan and toss with salt. Leave to stand for 4hrs or overnight and then drain (don't rinse). Add all other ingredients, except the sugar, to the pan and bring to boil. Simmer for an hour, then add sugar and simmer for another 20-30minutes, until desired thickness. If quite liquidy, boil without the lid and stir frequently. Then bottle in sterilized jars.

Spiced Beetroot & Apple Relish

1kg beetroot, grated
3 green apples peeled & finely chopped
150g sugar
3 red onions, thinly sliced
1tbs olive oil
1½ cup vinegar (any combo of white, malt, wine, balsamic or apple cider)
½tsp ea. allspice, nigella & cumin seeds
¼tsp ea. cloves, cardamom, chilli powder
2tsp ginger or 3cm fresh ginger, grated
salt & pepper to taste
Optional: 100g chopped dates or currants, lime zest & juice

Add oil to large pot and when warm add onion and spices. When soft and fragrant add all other ingredients, mix well and simmer for 40-50mins. If there is still a lot of fluid, leave lid off for last 10 minutes and stir often. Pour hot into sterilised jars.



Apple & Ginger Chutney (old fashioned Scottish recipe)

1kg apples
500g onions
200g sultanas
3-5cm fresh ginger root
1-2tsp ginger powder
2tsp mixed spice
500g brown sugar
½ cup/125ml malt vinegar
½ cup/125ml ACV
½ tsp salt
1/2tsp pepper, freshly ground



Place apples and onions into large pot and mix in other ingredients. Bring slowly to a boil and boil until chutney thickens, 40-45 minutes. Stir often. Chutney is thick enough when a spoon drawn through leaves a track that doesn't fill with liquid straight away. Spoon into sterilised jars and seal.



Sterilising jars: place clean jars in oven on fan forced at 120C for 15 minutes. Place lids in boiling water for 5 minutes. Sterilise any stainless steel equipment in the oven and any plastic equipment in boiling water. Sterilise ladle by standing in boiling fruit for 5 minutes before bottling.



CHILLED TO THE MARROW

Many of us know that most foods can be stored in the freezer. This is a practical and easy way to reduce food waste, as well as having food on the ready to make into a meal.



CORN ON THE COB: Husk and blanch it first, before storing it in an air-tight container. More cobs can be added to the container throughout the season.



DICED OR MINCED ONIONS: If you have any fresh onion left over from meal preparation, pack the excess into ice-cube trays. Once the onion ice-cubes are fully frozen, store them in a double-bag freezer bag, ready for cooking.



MINCED GARLIC: Mince the garlic finely, then press the garlic into ice-cube trays and drizzle olive oil over them. Once the cubes are frozen, store them in a freezer bag, ready for a quick and easy addition to a meal.



OVER-RIPE BANANAS: When you have too many bananas, peel them, then put them whole in a container and into the freezer. They can be used for muffins, banana bread, pancakes, or smoothies. When they are sliced and eaten as a snack, they are similar to banana ice cream.



NUTS: If nuts are stored in a cupboard or pantry at room temperature, the oil in the nuts can turn rancid fairly quickly, leading to unpleasant flavours. Instead, store nuts in the fridge or freezer.



FLOUR: Flour stores well in the fridge or freezer, and this prevents moths from laying their eggs in it and spoiling the flour. Store the flour bag unopened in a container to keep out moisture and unwanted flavours.



HERBS: Rough chop any excess herbs from the garden or supermarket, pack the chopped herbs into ice-cube trays, top with olive oil, and then place in the freezer. When the cubes are frozen, store them in an airtight container in the freezer.



GRAPES: Whole bunches of grapes can be placed in the freezer without any special preparation. Children love these delicious, healthy snacks in frozen form.



MILK: Milk freezes particularly well. Remove half a cup of milk from a large, full milk container to allow for expansion. Don't use glass bottles or containers for freezing milk.



FRESH GINGER: Peel the skin from ginger, or leave it on if you prefer, and store in a container in the freezer. Frozen ginger is easy to grate, and freezing ginger prevents the accumulation of unusable, dried-out pieces that result from fridge storage.

The less air your frozen food is exposed to, the better. Remember to label everything. The internet provides infinite information on freezing foods, so have a browse for more tips! -- *Merylei Guthrie*

DALMORE RESERVE COMMUNITY GARDEN WORKING BEES		
Sat. 6 May 10am	Sat. 3 June 10am	Sat. 1 July 10am
Sat. 20 May 10am	Sat. 17 June 10am	Sat. 15 July 10am

N.E.V. COMMUNITY GARDEN WORKING BEES		
Sat. 6 May 9.30am	Sun. 28 May 1pm	Sat. 17 June 9:30am
Sun. 14 May 1pm	Sat. 3 June 9:30am	Sun. 25 June 1pm
Sat. 20 May 9.30am	Sun. 11 June 1pm	Sat. 1 July 9:30am



EXEC MEMBERS WANTED!

PEOPLE WHO ARE PASSIONATE ABOUT THEIR COMMUNITY AND WANT TO GET INVOLVED IN THE AWESOME WORK WE DO!

Get in contact with our Chair James Sutherland for more info:

JAMES@NORTHEASTVALLEY.ORG



The Valley Project was formed in the early 2000's to combat issues identified in our community. We have since grown into a community led development program which acts as a social enterprise hub for our region with community rooms and programs.

The Valley Project is located in North East Valley of Dunedin and services the areas of Pine Hill, Dalmore, Opoho, Normanby, Upper Junction, and the Gardens.

The mission and vision of the project is an inclusive, connected, and thriving community/ko ta matou tirohanga he hapori whakauru, hono me te oranga, and to mobilise our community's strengths and resources into locally led action.

We are looking for 3 - 4 applicants to join our executive which governs the society, who are passionate about community, and who live, work, or play in the area. In accordance with our Executive Charter, the following skills and attributes are called for:

- ★ Legal
- ★ Diversity
- ★ Fundraising
- ★ Strategic direction
- ★ Not-for-profit sector experience
- ★ Professional practice in community development
- ★ Resident of the Valley Project geographic area
- ★ Governance experience
- ★ Business experience
- ★ Mana Whenua representation

We are specifically looking to bolster fundraising, legal experience, diversity, and the not-for-profit sector.

The key responsibilities in this role include:

- ★ Contributing to executive meetings (once a month at the Valley Project community rooms) and collective responsibility for decision-making
- ★ Contributing, at a governance level, to the development, implementation, and review of the the Projects' strategic plan and annual work programme

This is an unpaid role. We particularly encourage applications from Tangata Whenua, Pasifika, individuals with a disability, and those that live in The Valley Project area.

Email your interest to the VP Chair, James Sutherland:

james@northeastvalley.org

TAKE-AWAYS FROM WILD DUNEDIN BIODIVERSITY AND SOIL EXPERT TALKS

It was a sunny autumn Sunday, one of those days I would normally spend in my garden, weeding, pruning, mulching, harvesting, preparing a new garlic bed. Instead I sat in the Hutton Theatre at Otago Museum and listened... not to scientists who have studied hard and worked it all out in the lab, but to real-life people who have dedicated their life and work to enhancing the one area of their environment that they can make direct changes in and take responsibility (and credit!) for - their own backyard. And they are sharing their knowledge with all who want to listen, through books and talks, courses, websites, YouTube videos, and garden design for others.

KATH IRVINE was inspirational! She talked about her journey from just wanting to grow food for her family, to becoming an author and educator for all New Zealanders interested in edible gardening. Be sure to check out her website ediblebackyard.co.nz, her Facebook page [@EdibleBackyard](https://www.facebook.com/EdibleBackyard), and her books, available at the city library.

Kath's most heartfelt message was: *stop all chemical sprays NOW!!* It seems such an easy fix but the effects are detrimental and far reaching, not just on soil health but looping back to our own health and our children's and pets'. She mentioned that if sprays had a dye in them, you'd see 95 - 98% of the product does not end up where you intend it to. Kath refers to people who 'spray more on'—fertilizer, pesticides or herbicides (even the organic ones!)—as 'More-ons'.

I always love listening to local expert **JASON ROSS** from Habitate. He has a wealth of knowledge when it comes to growing the right fruit trees for the local

climate and for designing the layout of a garden in such a way to capture the sun and rain, to shelter it from wind, and to get it chock-full of fruiting varieties for a long harvest season instead of a demoralising glut all at once.

JIM O'GORMAN talked about his wide use and amazing effects of 'compost tea', and how he transformed the worst bit of land in Kakanui to produce amazing, disease-free fruiting plants without chemical use. See his videos on YouTube - search *Jim O'Gorman* or *NZ dirt doctor*.

DENNIS ENRIGHT talked about the making and use of biochar to enhance soil, create habitat for soil life, and to store carbon. I quickly deduced from their individual talks that infusing Dennis' biochar with Jim's tea would make a powerhouse soil improver!

CLARE BUCHANAN from Align Farms in Canterbury talked about their farm being 'chopped in half' to study the difference and feasibility of transitioning from conventional to regenerative farming. I enjoyed the mention of scepticism among other farmers when they started six years ago, and at their latest open day they had 150 farmers in attendance. This shows that the time is ripe and everyone is slowly realising the way we have been doing things for a few hundred years needs re-evaluating and re-inventing. Luckily, the pioneers of permaculture and regenerative agriculture have already paved the way.

The overall message from these speakers boiled down to two important goals we can all work towards in any size backyard: soil health underground and biodiversity aboveground. Biodiversity simply means: interplanting lots of different plant

species, to create what's called 'plant guilds' where different plants support each other in diverse ways, e.g. attracting the beneficial insects that will prey on the pesty ones - no mono-cropping, not even on a small backyard scale! Weed suppression can be done with cardboard cover and mulching (no bare ground, ever!), and hacking away at some of the worst of weeds, like *Convolvulus*. Even Kath conceded that if you have 1000 years to let nature run its course, the end result would be awesome, but if you want to enjoy an abundant garden sooner, you may need to get physical with some of your weeds. Just keep in mind that most weeds grow somewhere for a reason. They are nature's answer to something lacking in your soil. Become the observer and questioner of why certain weeds are popping up, instead of fighting them all out and poisoning the underground life in the process. Disease prevention, aka plant health, happens automatically through living soils: no destruction of root systems by digging or pulling plants, only adding homemade compost and other ferments, like Jim's tea, to encourage life.

Coincidentally, I am also in the middle of reading **MERLIN SHELDRAKE'S** *Entangled Life*, all about the amazing relationship between fungi and all other life on this planet. He stresses the importance of mycorrhizal fungi that grows on and around plant and tree roots enabling structure, moisture retention, soil carbon capture, and nutrient exchange with their host. The interactions going on beneath our feet—between plant roots, the soil, and the fungus—are incredible and more than we can imagine!

When listening to those passionate speakers, I feel the excitement, potential, and responsibility we all have to make an improvement in that one modest (or mammoth) area that we can put our mark on, that we are the kaitiaki|guardians of while we live on it - our own backyards and gardens. Our choices and decisions, what we do or not do, and our consumer behaviours, all make an impact! We have been culturally imbued with a sense of competition, striving to get ahead of others. This is the lens through which we view the world and our garden plants in competition with weeds. But, as it turns out, thriving is a matter of community, relationship building, and teamwork!




-- Anna Read

THE NEVN SCHOOL PEA STRAW FUNDRAISER was renowned before Covid, so is now back by popular demand. Pea straw can be hard to get hold of, and is usually only available for part of the year.

Amazing as garden mulch:

- Adds nitrogen to soil
- Retains moisture and improves soil structure
- Suppresses weeds
- Reduces need to water
- Protects plants and roots from frost

Other ideas for pea straw:

-  Chicken coop
-  Add to compost or cover bokashi compost
-  Garden pathways

Lay thickly to discourage weed growth or for lighter applications put down wet newspaper or cardboard first. Water it down to stop it escaping in the wind!



\$14 PER BALE



ORDER ONLINE:
tinyurl.com/NEVNPeaStraw

Fundraising goes into classrooms as craft materials and headphones, into the library as hundreds of new books, and into experiences for the kids, such as new play equipment and support for the school camp. Thank you very much for helping support our tamariki's growth!

On that note... The North East Valley School PTA and Islington kindy have a load of peastraw to sell - slightly wet but still great for soil. For VV readers, they will offer a bulk discount during May: 10 bales for \$110. Mention this ad!

NEV AUTHOR SEEKING ANSWERS TO THE UNEXPLAINED

Uncanny premonitions, prophetic dreams, eery revelations: research shows that you're not alone if you've ever had an encounter with the inexplicable. In fact, according to some polls, around three in four people globally have experienced at least one other-worldly occurrence.

It is these common yet enigmatic experiences that North East Valley author, Kim Forrester, set out to explain in her award-winning book, *Infinite Mind*.

"There is a misconception in society that so-called 'supernatural experiences' are rare, and that anyone who believes in these phenomena is a crazy outsider. In fact, this couldn't be further from the truth," Forrester remarks.

"While researching the stories for my book, I came to realise just how widespread and covertly accepted these experiences are," she adds. "When you dig a little deeper into people's lives, you find an exquisite array of unexplained experiences. From world leaders and famous businessmen, to the unassuming folk next door - almost everyone has a tale to tell."

Forrester's foray into the unknown has been bolstered by a growing list of scientific studies that support the existence of the human sixth sense, higher consciousness, and other mysterious phenomena. It was the discovery of this empirical evidence that compelled Forrester to publish her book and help change the conversation around unexplained phenomena.

"When the research is being spearheaded by NASA physicists, astronauts, world-leading biologists, theoretical

physicists, and ex-military officers, it's time to pay attention to what's being revealed," Forrester explains. "These aren't kooky people who are prone to delusion. They're intelligent and curious individuals who want to establish a deeper understanding of the universe."

"At the end of the day, I'd love to set people free from the fear of ridicule and shame. I'd love for the people of Dunedin to know that uncanny experiences are incredibly common and they are beginning to be explained by modern science."

Infinite Mind is a collection of true psi (psychic) experiences and the science that is beginning to explain these phenomena. The book has sold thousands of copies worldwide and is now available at PaperPlus Dunedin and the University Book Shop.

Keep an eye on the Valley Project Facebook page for a chance to win Kim Forrester's book, *Infinite Mind*.



advertisements ngā pānui hokohoko

EVlution
 Electric car charging systems
 Solar system checks and cleaning
 Off grid solar design build
 Custom lithium battery manufacture
03 395 6565
ev-lution.co.nz

DALE WILKINSON
BUILDER
 Local, loyal and licensed builder practitioner at your service.
 No job to big or small, quotes available.
 Please call
021 867 896

Peter Waymouth
 Consulting Arborist
 Professional pruning of trees
greentrees.co.nz
 027 432 9646

R&L SYSTEMS
 Computer Repairs & Upgrades
 Computer & Software Sales
 Phone & Tablet Repairs
 Custom Builds
www.rlsystems.co.nz
021 666 425

ONE EARTH ELECTRICAL
 Require an electrician to complete work within your home? We provide expert advice and service.
Andrew Parkinson
027 266 3906
ask.one.earth@gmail.com
www.oneearthelectrical.co.nz

Need a painter?
 • inside or out
 • no job too small
 • waterblasting available
COMPETITIVE RATES & QUOTES
 Contact Bryan:
 473 7488 or 021 108 1860
porteous.a.b@gmail.com

Wood Quarter
 021 042 1877
 Bespoke cabinetry
 kitchen
 vanity
 wardrobe
 furnitures
daniel@woodquarterltd.co.nz
 Unit 6, 7 Watts Rd, NEV

CONTROL FOCUS
 COMMERCIAL & INDUSTRIAL ELECTRICIANS
 Instrumentation
 Automation
 Safety Upgrades
 Local Computer Repairs
 New! controlfocus.co.nz
03.395.6565



THE VIRUS STUDY

AN EXPLORATION INTO VIRUSES BY THE CHILDREN OF EARLY CHILDHOOD ON STAFFORD

The Covid pandemic provided the context that initiated a five month investigation into viruses by a dedicated group of 3 - 5 year olds.

The study began with general observations and discussions about the Covid virus, but quickly extended to include the entire spectrum of viruses. We had been experiencing the effects of the Covid virus through washing our hands, sanitizing hands, getting sick, staying home over lockdown and wearing masks, and yet we had no idea what this 'scary thing' was.

We began our study looking at viruses under electron microscopes online. We were surprised at how small they were in reality, but how huge their impact could be. Online we discovered another world of beautiful forms, in all sorts of colours, sizes and shapes. It was this world that inspired our drawing and thinking throughout the study.

The ART/SCIENCE platform was the perfect medium to engage young children's thinking and creativity. Through our shared experiences over time, the children had opportunities to simultaneously digest the factual realities of a scientific phenomenon, at the same time as exploring this microscopic world through observation, creative drawing/playing with line, shape, colour and pattern.

In the beginning, our knowledge was limited and our drawings were simple, but as our investigation unfolded, our knowledge about viruses expanded as did the complexity of our drawings. The open-ended nature of the shape and form of viruses meant that the children were able to enter the investigation at any level and the drawing experience was accessible.

We discovered early on that people can mostly recover from Covid and other viruses due to support systems within our bodies, as well as vaccinations or anti-viral tablets. The children learned that we have white blood cells, proteins and 'good viruses' that are ready to fight off any virus that

threatens our health. The idea of the "BATTLE" raging within us really appealed to the children, igniting a long series of great drawings, with some gruesome battle stories attached.

We also discovered that when a bad virus enters the body it can attack different parts of the body while leaving others alone. Inside each virus there is information, like inside a computer, that tells a virus where to go and what to do once it's inside the body. Armed with this new information, the children embarked on a new series of drawings portraying the trajectory of a virus through the body, in particular to the heart and the brain.

The children were very interested to learn about the important role of both heart and brain, drawing them through observation, while making sense of their own bodies. The idea of blood moving around our bodies from the moment we're born to the day we die, had a big impact on the children. Many drawings were created as we discussed how the arteries pump blood with oxygen away from the heart, while veins take the same blood without oxygen, back to the heart to pick up more oxygen. The drawings from this part of the series not only reflect this interest, but demonstrate an increased artistic skill base and knowledge at the end of our investigation.

Throughout our time together, we spent a little time each week constructing a large paper mâché "virus" and white blood cells. Some of the children mapped out ideas for this, then made designs for its decoration. This is a three-dimensional reminder of our time together on the virus investigation.

The context for this investigative, long-term project has been within small groups of young children that can change daily, but reunite on a regular basis due to shared characteristics; children's excitement at how the world operates, their insatiable desire and drive to learn through play, to establish connection and a sense of belonging with others, and to make meaning through ART and SCIENCE.

Warning... some of these viruses make Covid look tame!

The exhibition will be held at the Information Centre at the Dunedin Botanical Gardens, starting on May 1st and running through to the end of July. -- Rod Eales, Teacher/ Artist



THE GREAT KIWI POSTER COMPETITION IS NOW ON!

The 2023 Dunedin-based art/conservation competition kicked off with an official launch at North East Valley Normal School late last month. In attendance were representatives from the school, four select students assigned as ambassadors, Nathan Laurie of The Valley Project, and the competition organiser, Bruce Mahalski. Photos from the launch will be released in the days to come.

This will be Mr. Mahalski's fourth year running the poster competition, this time in the theme of 'Protect Our Future!' with emphasis on food resilience, safe drinking water, protecting biodiversity, expanding carbon sinks, tangata whenua empowerment, and reducing emissions.

Entries close 5pm, Sunday, 16 July 2023. ENTER NOW! WWW.GREATKIWIPOSTER.COM



BUILDING MENTAL HEALTH RESILIENCE

Able Minds is primarily support for the family and friends supporting a loved one with mental distress and/or addiction challenges. It is free, confidential, and mobile, and people can self-refer. We meet in the community, private homes, and in our office in South Dunedin. Able Minds also has an office presence in Oamaru, Alexandra, Gore and Invercargill. We are not a crisis service but we will direct you to any if needed.

In the whānau support division, we are an empathetic and caring team who have knowledge and training to help provide emotional support and education to family members finding it difficult to care for their loved one who experiences mental distress or addiction challenges. If that's you and you're feeling overwhelmed, confused, stressed, tired, frustrated, angry, worried, or all of the above, then Able Minds may help.

Able Minds provides one-on-one and group support where multiple members are wanting to get help together.

In my role as a family field worker, support varies from client to client as there is no one-size-fits-all, however, I always emphasis self-care. Over the time that I work with a person we look at tools, tactics, strategies, and resources that empower and build hope. I aim to increase the client's understanding of their loved one's illness or addiction and reduce stigma and discrimination. I advocate on their behalf and refer people to other services when required, making connections and seeking resources to navigate the journey to wellbeing.

When there are children or youth involved, we offer two support programs. For children 6 - 12yrs we run a program called CUMIA (Children Understanding Mental Illness and Addiction) to help them understand their loved one affected by mental distress and/or addiction, and to have their concerns and questions answered in a safe and appropriate way.

For youth 12 - 24yrs we run RAW (Rangatahi and Wellbeing). This is for youth experiencing mild to moderate mental distress. It is a prevention program for those experience suicidal ideation.

For adults in Dunedin who are living with mental illness and/or addictions, we have an activity centre that is open Mon - Fri. Members of the community can learn skills to gain confidence and build connections. There are many activities to join, such as baking, Friday lunch, gardening, as well as socialising with peers. We also have staff on site to help with setting goals and navigating ancillary services if they wish to do this.

Additionally, Able Minds offers support groups that allow you to meet others experiencing similar challenges. There are five groups currently meeting:

-  **Education & Support Group**
2nd Thursday of the month, 6.30 - 8.30pm
-  **Friends & Family Understanding Eating Disorders**
3rd Wednesday of the month, 5.30 - 7pm
-  **Weekly Support Group (café outing)**
Wednesdays weekly, 1 - 3pm
-  **Parents & Carers Support Group**
1st Tuesday of the month, 1 - 2.45pm
-  **TANK (Trans & Non-binary Kids)**
2nd Wednesday of the month, 6 - 7.30pm
-  **Menopause Support Group**
Meetings not yet started.

"The world is full of struggles, and it is also full of the overcoming of them."

More info is available from our website (www.able.org.nz) or by free phone (0800 494 262). Pick up a brochure from the Valley Project reception. -- *Rebecca Paton*



SPOTLIGHT ON STARJAM

All over New Zealand, StarJam inspires young people with disabilities (our 'Jammers') to express themselves through music, dance, singing and performance. Our workshops, gigs, and discos are fun and exciting spaces for Jammers to grow in confidence, discover musical and performance talents, and make lifelong friends.

At StarJam we celebrate absolutely everything we do and all the people in our StarJam community with enthusiasm, positivity, energy, and vibrancy. This month's 'Spotlight on StarJam' celebrates Edward, one of the amazing Jammers in our Dunedin Rockin' Rhythm music workshop.

What is your connection to and favourite thing about North East Valley?

It is easy to get around and I have lived here for my entire life. My Grandad lives next door. There are great playgrounds... what is there not to like?

What is your favourite thing about StarJam?

Games. And at the end of StarJam we do a 'Spot the Talent' show and I like to tell some jokes.

What made you want to get involved?

Mum was a volunteer and I wanted to go along and help.

How does StarJam impact your life?

It has been nice to meet other members and they are a big part of my life.

What's your favourite StarJam moment?

It is super fun when we put stuffed animals on a rainbow circle and toss them in the air and try and catch them.

What is your best memory from workshops?

New places and new people and learning new things.

If you could tell people one thing about why StarJam is so special what would that be?

They help people with disabilities feel like they are "at home" with others like them.

At StarJam we love celebrating how everyone is unique and special. What do you think is the most special thing about you?

Because I have a lot of family members who support me I know how to give support to others less fortunate.

If you are interested in being involved in this community or coming along for a Jam at one of our discos or events, contact Fiona Paine, the Dunedin Area Programmes Coordinator at dunedin@starjam.org or check out our website starjam.org.



art, craft & music

ART CLASSES

For all levels. Casual attendance welcome, tutor Anneloes Douglas, community rooms, 10am–noon, Thur. ☎ 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. 📞 Friederike 482 2025

ART FIBRE DUNEDIN

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

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

LEARN TROMBONE

From winner of Dunedin Youth Jazz Festival best trombone, and Otago Rockquest best musician - contact Finn Barr ☎ 027 356 2881 or ✉ fin.mckinlay@gmail.com

MUSIC LESSONS

Celtic style flute, tin whistle, and guitar lessons by Rennie Pearson. ✉ rennie.pearson@gmail.com
🌐 renniepearsonmusic.com

MUSIC LESSONS

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

PAD-MAKING WORKING BEE

Interested in plastic-free period products? Like to sew? Learn to make sustainable period products for you and whanau. Contact ✉ sewon@christinekeller.co.nz

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 info ✉ marion.okane68@gmail.com

STAND-UP COMEDY

Open mic at Inch Bar, every Tuesday and penultimate Wednesday. Open to 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

If you are concerned about your own memory loss or supporting someone with dementia, we are here for you. Contact us about our 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 Rd, Dunedin. New members welcome! Contact Secretary Russell Hancox: 📞 03 467 5126 (evenings)

BIKE WORKSHOP

Get help, use our workshop. Bikes available for koha, 3.30–5.30pm Tues, and 9.30am–12.30pm Sat. Valley Community Workspace, 11 Allen St. Email Peter ✉ peterd0n@yahoo.com

CITIZENS ADVICE BUREAU ŌTEPOTI | DUNEDIN

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 call ☎ 0800 113 160, ✉ kiaora@dca.org.nz 🌐 www.dca.org.nz

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 no charge. Ring or text 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

Open again for 2023! Got a StudentID, Community Services card, or SuperGold card with CSC? See us at 174 Princes St. 9–4pm Mon–Thurs. or apply online: 🌐 www.dunedincurtainbank.org.nz

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

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 from Community Law Otago, available by appointment. Legal advice by qualified lawyers, practical solutions. 📞 03 474 1922 or email ✉ reception@dcl.org.nz to make an appointment.

MEN'S PROBUS

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

NEED A JP?

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

NEIGHBOURHOOD SUPPORT

Create safer, more caring communities. For info and local contacts: ✉ coordinator@nsotago.nz 📞 Davis 456 0857 ☎ 027 476 6047

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.

NORTH DUNEDIN SHED

New members welcome. Open Wed and Sat mornings, 35 Bonnington Street, over the bridge. Find us on: 📷 North Dunedin Shed Society Inc.

NEV JUSTICE OF THE PEACE

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

OP-SHOP VOLUNTEERS

Cat Rescue Dunedin is seeking volunteers to help in our North Rd. Charity Shop. Please call into shop Tues. mornings to speak with manager or contact Raewyn: ✉ raewynalexander@gmail.com

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. We meet most Sunday afternoons. Entrance at 20 Allenby Ave, Pine Hill. Contact us through 📷 Wild Dalmore Reserve or phone/text ☎ 021 206 3593 for info.

employment

BEDTIME SUPPORT POSITION AVAILABLE

Seeking person w/initiative to assist a young disabled man with evening routine: personal care & household tasks. Must be physically strong as transfer assistance required. 8.45–9.45pm, 4-on/4-off roster. Position based in NEV. Applications w/CV + references to ✉ Tessa.Brown@ccsDisabilityAction.org.nz

WORKBRIDGE

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

fitness & health

ADULT YOGA CLASSES OPOHO 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

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, Christina King: 📞 03 467 9499

BALFOLK DANCE CLASSES

Balfolk *Immersion* (mix of various Balfolk dances). Sacred Heart School (Nga Maara Hall), 63 North Rd. Tuesdays 7–8:30pm.

Balfolk *et Contredanses* (group dances only). Baptist Community Centre at 270 North Road, Wednesdays 7–8:30pm.

Both classes offer blocks of 5 consecutive classes (check dates on [Balfolk Dunedin](#)). \$40 per block or \$10 casual attendance. No booking required. Beginners welcome. No partner needed. [✉ balfolkdunedin@gmail.com](mailto:balfolkdunedin@gmail.com)

CONTRA DANCE

Every Monday 7.30–9pm. Old Baptist Church, corner Calder Street. \$3. No partner required. [☎ 0211854566](tel:0211854566)

DUNEDIN BMX CLUB

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

FOLK DANCING FOR FUN

Valley Baptist Community Centre, 270 North Road, 10–11.30am, Fridays, \$4. [☎ Yvonne 455 2406](tel:4552406), [✉ stureid1@yahoo.co.nz](mailto:stureid1@yahoo.co.nz)

INDOOR BOWLS

Play indoor bowls at the NEV Bowling Club, 139 North Rd, Thurs, 1.30pm start. [☎ Terry Boylan 473 0049](tel:4730049)

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, Sacred Heart School, 63 North Rd. Contact Kenneth [☎ 021 0242 38](tel:021024238) [✉ Dunedin@shaolinkungfu.co.nz](mailto: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](tel:0273600238) Mention the Valley Voice to receive a 10% discount on your first massage.

MEDITATION & MINDFULNESS

4-hr meditation and mindfulness workshops designed to simplify and clarify everything you need to know to meditate effectively. [☎ 0210 352 392](tel:0210352392) www.meditatenz.com

ORTHO-BIONOMY

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

PARKRUN

Free, weekly timed 5km run/walk, Sat, Botanic Gardens. Meet at café, 8am summer, 9am winter. Go to www.parkrun.co.nz for more info.

STEADY AS YOU GO

(Age Concern) Gentle balance and strength exercises, Valley Baptist Community Centre 10.30am to

11.30am Mondays, and Pine Hill School Library 11am Thursdays.

TANNOCK GLEN

The 3.5 acre garden of the Dunedin Rhododendron Group is situated in Torridon Street, Ōpoho. 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 per couple, Nga Maara hall, 6–7pm, Thursdays. [☎ Marilyn 027 446 3358](tel:0274463358)

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. More info [✉ adairbruce@hotmail.com](mailto:adairbruce@hotmail.com)

ZEN MEDITATION

Traditional Zen for beginners and those experienced. 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](tel:4736256)

for families, kids, and teens

AURORA TAMARIKI EARLY YEARS CARE AND KINDERGARTEN

Childcare for 0-5yr-olds inspired by Rudolf Steiner and 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. www.auroratamariki.co.nz

DUNEDIN CITY TOY LIBRARY

A vibrant toy library for children from birth to 7yrs. Huge range of toys, ride-ons, dress-ups, puzzles, and 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. of every month, 3–4.30pm (excl. school hols). Low-tech club is the opportunity for you to get creative w/Lego & craft. Also books to read/borrow with a Dunedin Public Library card.

DUNEDIN RUDOLF STEINER PLAYGROUP

Te Whare Ako Marie. A sanctuary for creative play for children from birth to kindergarten. A place of peace and friendship for parents. Groups meet weekly, term time. Contact us for times and days [☎ 471 2163](tel:4712163) or [✉ dunedinsteinerplaygroup@gmail.com](mailto:dunedinsteinerplaygroup@gmail.com)

ISLINGTON EARLY CHILDHOOD CENTRE

Where children are cherished and individuality is recognised & valued. Independent NFP. High-quality

education for 2–5yrs, small session sizes up to 20 children, well-resourced play space, & new nature playground. Extended hours: Mon–Fri 8.30am–2.30pm. Book a visit to discover this treasure, hidden in the heart of the Valley. [☎ 03 473 7490](tel:034737490)

[✉ islington.ecc@gmail.com](mailto:islington.ecc@gmail.com)
islington.org.nz

MAINLY MUSIC

Leith Valley Church, Malvern St, Wednesday 10am, \$4. Contact: Fran [☎ 467 9208](tel:4679208) (Leith Valley Church Phone No) or [☎ 027 456 1188](tel:0274561188)

MT CARGILL GIRLGUIDES

Pippins, brownies, guides, & ranger groups in the valley. [☎ 0800 222 292](tel:0800222292) or [✉ info@girlguidingnz.org.nz](mailto:info@girlguidingnz.org.nz)

NEV CODE CLUB

Primary ages 7–10yrs. Held term time Mondays 3.15–5pm in the Valley Baptist Community Centre tech space, 270 North Road. Join us for some code club projects and some friendly games. Meet some like minded techy friends. FREE to attend [f com2tech](https://www.facebook.com/com2tech) [com2.tech](https://www.com2.tech) [✉ office@com2.tech](mailto: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. [f com2tech](https://www.facebook.com/com2tech) [✉ office@com2.tech](mailto:office@com2.tech) [com2.tech](https://www.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. 11 May, 8 June, 20 July, 10 August, 14 Sept., 12 Oct., 9 Nov., 7 Dec. [✉ nevn.pta@gmail.com](mailto:nevn.pta@gmail.com)

NEV PLAYGROUP

For 0–5yrs, variety of experiences to enhance development of your child and meet other local young 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 [✉ nevplaygroup@gmail.com](mailto:nevplaygroup@gmail.com)

ŌPOHO PLAYCENTRE

Nurturing play space for 0–6year olds where children and their whānau attend together. Focus is on child-led learning through play. Make friends, play, learn, & grow. 3 free visits. 28A Signal Hill Rd. Mon-Fri 9am–12pm, school terms. [f opoho.playcentre](https://www.opoho.playcentre.org.nz) [✉ opoho@playcentre.org.nz](mailto:opoho@playcentre.org.nz) or [☎ 027 880 2365](tel:0278802365)

ŌPOHO SCOUTS

Keas, 4–5pm, Tues; Cubs, 6pm–7.30pm, Thur; Scouts, 6–8pm, Wed. Ōpoho Scout Den. [✉ Shane: opoho@group.scouts.nz](mailto:Shane@opoho@group.scouts.nz)

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](tel:0211509165) or

[✉ space.valleybaptist@gmail.com](mailto:space.valleybaptist@gmail.com)

SUNDAY SCHOOL

Variety of classes with stories, crafts, songs, and more. Ages 4–18yrs, 9.30am Sun (term time only), DNI (tech area). All welcome! No charge. [☎ 020 4079 5727](tel:02040795727) 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](tel:02902000968) [✉ 254783519@qq.com](mailto:254783519@qq.com)

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 North East Valley/Dunedin Schools. Book Now: Tutor Kiri Scott, certified practitioner in Feuerstein method. [☎ 021 118 9882](tel:0211189882) www.icelp.info [✉ Thinkit.fie@yahoo.com](mailto: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 [f com2tech](https://www.facebook.com/com2tech) [✉ office@com2.tech](mailto:office@com2.tech) [com2.tech](https://www.com2.tech) [☎ 027 256 9182](tel:0272569182)

GERMAN LANGUAGE LESSONS WANTED

Beginner level required. I'm on a seven day streak on Duolingo, so I have some basic knowledge. Txt or phone [☎ 027 710 7077](tel:0277107077) Danke!

INSPIRING MATHS CLASSES

Affordable creative maths classes and maths art after school at my home in North East Valley. [f Inspiring Maths Classes](https://www.facebook.com/InspiringMathsClasses) [✉ Sandra.Dunedin@gmail.com](mailto: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](tel:0273418312) or [☎ 473 0832](tel:4730832) [✉ antonella.vecchiato@gmail.com](mailto:antonella.vecchiato@gmail.com) [www.italianclasses.co.nz](http://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](tel:4555266) or via email

Classifieds continued next page... [✉](#)



MATHS MADE EASY

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

NATIVE FRENCH TUTOR

Conversation, preparation for exams, for adults and children. Hourly rate. French Up Your Life! ☎ Sandrine 021 107 5814 or ✉ sanfeillet@gmail.com

REO MĀORI

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

VOCAL TEACHER

I live in the Valley but work from my studio on Vogel Street. I currently have times available on Tuesday and limited times available on Monday. All ages, all skill levels. Starts from \$30 a lesson. Text for more info/to book: ☎ 022 122 3405

housing

HOUSE FOR PRIVATE SALE

4 bdrm/1 bath home for sale on 312 Hillingdon Street, Normanby. Elevated position on the sunny side of the Valley ☎ 027 465 1867 Trademe #3997811262

SELF-CONTAINED UNIT

Looking for a one bedroom flat/self contained unit or studio room. Unfurnished. Up to \$320 p/w. In a quiet, safe building with no smokers. Quiet, reliable tenant. I have autism. Text ☎ 022 034 6290

trading corner

BABYSITTER

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

BABYSITTER

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

CAKE BAKER

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

COMPUTERS

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 or ☎ 03 473 9542

DOG WALKING FUNDRAISER

Young NEV resident fundraising for

Scouts jamboree. Dog walking: \$10 for 30min., \$15 for 45min., \$20 for 1hr. Cash only. Weekends only. Up to 2 walks per client per day. ✉ lincolnfentiman@gmail.com ☎ Lincoln 021 137 2306

GARDENER

Gardener available, light weeding/trimming, winter rose pruning. Very experienced, \$30 per hour. ☎ 473 0159 (evenings)

GARDENER/LANDSCAPER

☎ Backblokgardens.nz. Section clearing, tree pruning/shaping, planting, custom planters, retaining walls. ☎ 021 023 44 938

HAIRDRESSER

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

HOUSE CLEANING NEEDED

Elderly mum in granny flat on Signal Hill Road wanting a mature house cleaner on Tuesdays: \$50/2 hours, weekly. Experience and police check required. ☎ Kevin 022 625 8698 or ✉ kevinandkaye187@gmail.com

JESCARGO CARPET REPAIRS

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

NEV LASER ENGRAVING

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

PEASTRAW FUNDRAISER

Only \$14 a bale! Great for your garden. Support NEVN School! Order online, pick up in Valley. ☎ tinyurl.com/NEVNPeaStraw

LOCAL HANDYMAN & LANDSCAPER

Fencing, Decks, Retaining and all types of Concrete and Paving. For a free quote contact Liam George on ☎ 027 239 0220 or ✉ email Lg.contracting98@gmail.com

MATURE BABYSITTER

I'm a mother with grown-up children, (full driver's licence) now available for babysitting. Minimum of three hours and also able to help with homework! ☎ Pauline 027 717 0282

OH PEONY PHOTOGRAPHY

At your location or in studio. Portraits, engagement, maternity, child milestone, cake smash, newborn. Products, social media, personal branding, conceptual, etc. ✉ heidi.ohpeonyphoto@gmail.com ☎ ohpeonyphoto.mypixieset.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

SEEKING CATERERS

Finger food only for event this November. 100-150 guests. Leave a message with Wendy: ☎ 027 557 6724

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)

church services

ANGLICAN: ST MARTIN'S

194 North Rd, 10.30am

GLENAVEN METHODIST

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 WITH CLASSIFIEDS?

To add or update a listing please email voice@northeastvalley.org before the 15th of the month.

Koha is appreciated, but not essential, for classifieds.

If you would like to make a donation, the Valley Project bank account number is **03-1726-0005606-000** Reference: **VDonation**

What do you call a Hobbit who works in advertising?
Billboard Baggins!



A man decided to enter a local newspaper's pun contest. He sent in ten different puns, in the hope that one would win. Unfortunately no pun in ten did.

TIPPLER'S Bar & Cafe

Your friendly neighborhood bar

- ★ Happy hour everyday 4-6pm
- ★ Self-service TAB
- ★ Pokies
- ★ ATM

11B North Road
473 1795



DARLING REALTY

Lincoln Darling Real Estate Licensed Agent (REAA) 2008

- RESIDENTIAL
- COMMERCIAL
- BUSINESS
- INVESTMENT
- PROPERTY MANAGEMENT

Call the team today 473-1721
DARLINGREALTY.CO.NZ

MASSAGE

for WOMEN with Uschi Heyd

- ◇ Myofascial Release
- ◇ Orthobionomy
- ◇ Swedish Massage



kindliving.co.nz 027 360 0238

Invest with confidence



Lyn Howe, Investment Adviser

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

FORSYTH BARR

Dunedin Electric Bikes

Valley Community Workspace
11 Allen Street, North East Valley

Sat, Sun, & Tue: 9am - 2pm
Mon & Fri: 9am - 4pm

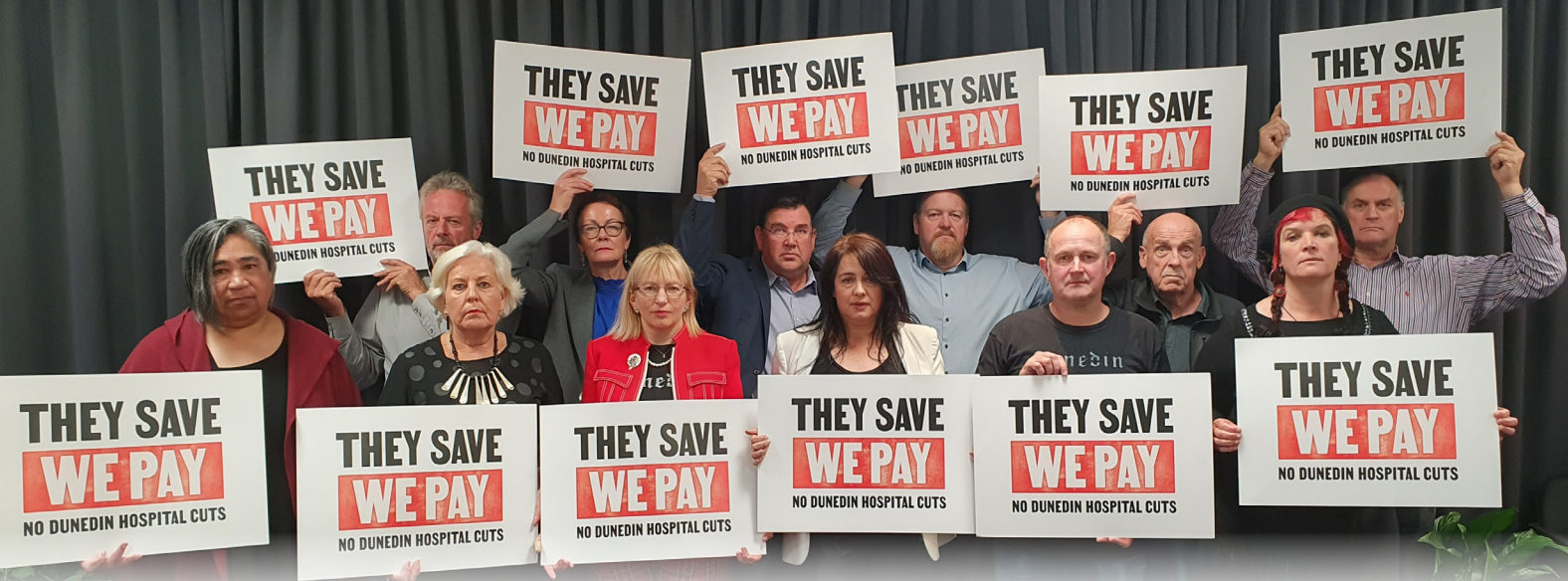
Phone Nathan:
027 214 8294



CREEKFEST 2023



Do join us for the next event! Follow our Facebook Page to keep updated: @valleyproject



ELDERLY MENTAL HEALTH CARE BEDS PART OF HOSPITAL CUTS

The current Dunedin Hospital has 12 beds dedicated to elderly mental health care patients. When the new hospital design was consulted on, the experts said we needed 32 beds for the new Dunedin Hospital because of our aging population.

The detailed business case provided 24 beds, but the cuts in December 2022 reduced the number of beds for elderly mental health care patients in the new Dunedin Hospital to 12. Yes 12, the same number we have now.

How can this be a good decision? How can this provide the services and facilities needed to treat our most vulnerable? How does this result in a future proof, fit for purpose hospital for the next 30 to 50 years?

Our focus remains on holding the government to account, to build what they promised and keep the facilities, services and amenities as described in the detailed business case.

With many paper-based signature sheets now completed we are close to achieving 15,000 names in support of the NZ Nurses Organisation. Have all your family signed? Scan the QR Code with any smart phone to take you straight to the petition.

Tag us in on your socials so we can share your efforts on our THEY SAVE WE PAY Facebook page. Use these hashtags #nocuts #dunedinhospital #buildwhatwaspromised #theysavewepay.



If your business has a street front window please request a protest sign from us and spread the message!

Please keep talking about this issue, keep protesting, and keep writing letters. We will have our voices heard by this government. The South deserves nothing less than the new Dunedin Hospital that was promised to us!

📱 www.theysavewepay.nz/ 📺 www.facebook.com/theysavewepay

GILLIONS
FUNERAL SERVICES
We're here for you.
100% locally owned and operated. Ask about our eco and pre-planning options.

☎ 455 2128
407 Hillside Rd. Dunedin
gillions.co.nz
Funeral Directors
ASSOCIATION OF NZ

Plumbing Laser
"Murray and Corey Ford proudly servicing the Valley for 25+ years"

- Plumbing - new and existing
- Gas fitting
- Drainage

☎ (03) 456 3178
369 King Edward St. South D.
dunedin.central@laserplumbing.co.nz

Proud to support

The Valley Project

Open 7.30am - 9pm Daily

Gardens

LOOKING FOR UNIQUELY NEW ZEALAND GIFTS?

Visit the Information Centre at the Botanic Garden

OPEN 10AM-4PM EVERY DAY

BOOKS	CARDS	JEWELLERY	HOUSEPLANTS	TEA TOWELS	MAGNETS
PLACEMATS	APRONS	GROWBAGS	SEEDLINGS	WOODWORK	STATIONERY
COASTERS	CANDLES	HONEY	TRAVEL MUGS	SOAPS	TOYS