



COFFIN CLUB MEMBERS EAGER TO BURY THEMSELVES IN WORK

"Too much money is made out of people's grief!" Valley resident Glenda Jack was quick to enroll in a build-your-own coffin club after her daughter spotted signage for it at Bunnings. For some years, she and husband Terry have been discussing cheaper alternatives to their eventual departures after experiencing those of her parents'.

Glenda determined it was better to prepare funerals well ahead while the mind is still intact and the high emotions of final arrangements are at bay. Over the racket of sawing and sanding nearby, she outlined her intentions, including attaching a will to the inside cover of her coffin, and by request of her daughter, the bank account details, too.

Jokes are aplenty within the club. It's far from a morbid atmosphere at the North Dunedin Shed as seven members noisily collaborate on the initial construction of one burial container at a time.

While a few are off developing the template panels for a coffin, member Peter Garr is perfecting the edges of the group's first casket assembly. He prefers the anthropoid, six-sided shape of a casket, so he's claimed it for himself. He doesn't know where he's going to put it yet, admitting that he, "can't bring it home or my wife will divorce me!"

Peter is sure, however, that his casket will be painted Hawthorn Green along with shamrocks on its outer sides. When fate comes calling, he's also got a plan for what he takes with him. *(continued on page #13...)*

Tim McGuire
RELATIONSHIP MATTERS

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Soft plastics recycling is back!

BAGS: bread, biscuit and chips, rice and pasta, fresh produce, frozen food, pet food, potting mix, courier, cereal, coffee and tea.

WRAP: bubble, confectionary, snacks, toilet roll and hygiene.



Gardens

heads
UP!

THE USUAL VALLEY PROJECT NITTY-GRITTY...

So what do you think of the new digital community directory? Pretty cool, right? As expected, we've had a wave of sign-ups since its announcement. We're all caught up now and ready to take on more! Head over to our website and register your interest for a free

listing for your business or community group. Don't hesitate to let us know if you need help setting up your profile. We can even assist with it by sourcing stock photography or snapping a few shots for you. To join in, head over to: www.northeastvalley.org/directory/log-in-sign-up

Members of the community are welcome to the Valley Project reception area during opening hours for the provision of services, such as use of free wifi, printing, photocopying, and laminating, as well as placement of notices. Please note the new reception hours are now Tuesday through Thursday, 10am - 2pm. The Valley Project is closed during school holidays.

A decision is pending about what the new changes to the Covid-19 Protection Framework mean for Valley Project operations. As we are on Ministry of Education grounds, the Ministry and the School Trustees' Association will make the calls. For now, Fred Hollows is still the only community space available for booking as at March 29th. Contact North East Valley Normal School to book it for your next event: pip@nevn.school.nz or **03 473 8246**. Check our Facebook for any updates as they come.



because the nature of drop-offs and pick-ups is better distanced between.

Hang in there, friends! Brighter days are coming!



☎ (03) 473 8614

✉ voice@northeastvalley.org

📘 facebook.com/valleyproject

📷 @valleyproject

📍 P.O. Box 8118 - Dunedin 9041

📍 262 North Rd. North East Valley, Dunedin

the
VALLEY
project

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:

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, milestones, 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.

time for CAKE!



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A Presbyterian Support Otago service

The Wild Dunedin team are thrilled to announce that our popular Festival is on again in the school holidays.

The Festival opens with a huge land art sculpture on the beach at Lawyers Head on 22 April, Earth Day, when Wanaka artists Martin Hill and Philippa Jones will create the work on the sand at low tide. As the tide comes in, the sculpture will be returned to the sea - a lesson in sustainability.

In North East Valley, Kaitrin and Clare will be running a workshop making model waka out of flax at Chingford Park on 26 April, and Open VUE are holding a Planting Day at Lindsay Creek on 27 April. Bookings are required for both events.

Catch Port to Port's Sootychaser from Port Chalmers to Quarantine Island for a treasure hunt, or across the harbour to the Marine Studies Centre to learn about seaweed or the lives of sea creatures.

Kids go free at Orokonui Ecosanctuary on 23, 24, and 25 April and receive a Kids Ecosanctuary Explorer Pack, and the Royal

Albatross Centre, Penguin Place and Monarch Wildlife Cruises all have special events and deals for Wild Dunedin.

Suzu Cato will be entertaining tamariki with music sessions at Toitū, and she'll also make an appearance at the very popular Wildlife ER sessions at Otago Museum.

Sea lions are the stars on 27 April when several sessions at Otago Museum will focus on these fascinating locals, and Birds NZ will be running their popular birdwatching session at Tomahawk Lagoon on 24 April.

This year gardeners have the opportunity to visit some inspiring gardens, foodies can enjoy a range of special dining experiences, and if you'd like to get active, Resistance Climbing Gym, Watercooled Sports, and Esplanade Surf School have special Wild Dunedin deals.

Online and print programmes available early April. Become a friend on www.wilddunedin.nz for advance bookings. Follow us on Facebook, Instagram, and Twitter.

what's ON?



OUTDOOR HARVEST HUB

Celebrate the Autumn harvesting season in a one-stop shop: collect/drop-off surplus produce or jars, get preserving support, New World vouchers giveaways, etc. See page #9.

THURSDAY, APRIL 7, 4pm - 5:30pm
VALLEY PROJECT CARPARK



ONLINE PRESERVING WORKSHOP

Want to learn how to 'preserve' some of the Autumn bounty? Join us via ZOOM for an informative beginner's guide to different methods of preserving.

THURSDAY, APRIL 7, 7:30pm
FACEBOOK: @valleyproject



COOKING ON A BUDGET: A SUMMARY

An online discussion around cooking on a budget and pantry staples recipes as highlighted over the past month.

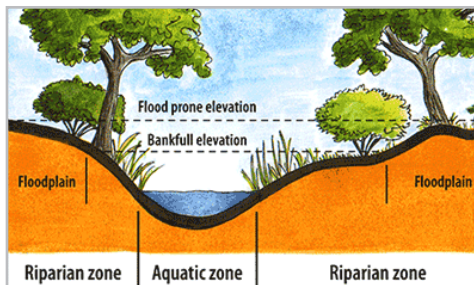
MONDAY, APRIL 4, 2:15pm via Facebook Live, OR MONDAY, APRIL 11, 7:30pm via ZOOM. See page #8 for details.



WONDERFUL WILD WAKA

Make a model flax waka, listen to stories of sea voyages, and sail your creation down the creek without a paddle. Open to all ages. \$5+ koha. Bookings: www.wilddunedin.nz

TUESDAY, APRIL 26, 1 - 3pm
CHINGFORD PARK PAVILLION
See page #4 for details.



RIPARIAN RHAPSODY PLANTING

Join us for a planting day to help freshwater and marine life further down the line! Free! All ages welcome.

WEDNESDAY, APRIL 27, 1 - 3pm
MEET AT CHINGFORD PARK PAVILLION
See page #4 for details.



SEED SAVING WORKSHOP

Join a local expert to discuss methods to ensure you are saving the best, most viable seeds for your vegetable garden this Autumn for sowing in Springtime.

SATURDAY, MAY 7 (MAY 8 BACK-UP DAY), 2:30pm, N.E.V. COMMUNITY GARDEN
See page #7 for details.



THE PLIGHT OF THE KAKI

Have you ever heard of the Kākī? They are the most endangered wading bird in the world, also known as the Black Stilt. They live only four hours away from Dunedin.

Why are Kākī important? They are critically endangered, which means they are very close to becoming extinct.

Why are they endangered? People drive on braided rivers, which happens to be their home! (Well, that sucks.) Predators, like feral cats and ferrets, probably helped out by EATING them. (That ALSO sucks!)

Why do I care about them? The Kākī weren't doing very well until the Department of Conservation decided to help out. In 1981,

there were only 23 adult Kākī. At the end of 2021, there were around 170 adult Kākī.

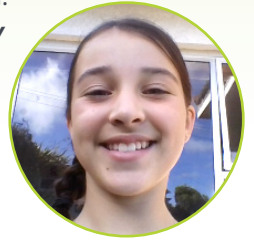
Not many people know about the Kākī. Most attention goes to Kiwi and Kākāpō. They're both amazing birds, but they aren't as endangered as the Kākī!

But you know what? WE can change that! If you wanna help out, I have a Givealittle page called *The Kākī Need Us!* Please consider making a small donation.

<https://givealittle.co.nz/cause/the-kaki-need-us>

-- Billie Hinch, Y7, DNI

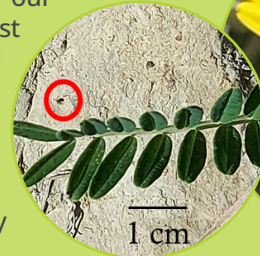
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(Wikimedia Commons)



NESTING BEES NEARBY? POINT THE WAY!

My name is Zhuali Lim. I'm doing a Masters of Ecology with Sheri Johnson and Janice Lord at the University of Otago, studying the pollination and nesting behaviour of our native bees. We have 28 species of native bee in New Zealand, and they assist with pollination despite their smaller body sizes compared with introduced honeybees. However, we know very little about them. Studying pollination and nesting behaviours will give us a better understanding on how to conserve native pollinators from threats, such as habitat destruction and pesticides.

I'm interested in hearing from anyone who has native bees nesting on their property in the Dunedin area. Nests are often small holes in a dry, sunny bank. Please contact me at limzh546@student.otago.ac.nz



Open Valley Urban Ecosanctuary (VUE) Project is partaking in this year's Wild Dunedin Festival of Nature by hosting two events right here in our neighbourhood of North East Valley! Check them out...

open
VUE

WONDERFUL WILD WAKA - TUES. 26 APRIL, 1-3pm

Try on some white water rafting! But you have to make your own raft...

Join Open VUE Community Engagement Coordinator, Clare Cross, and Professional Storyteller, Kaitrin McMullan, at the Chingford Park pavilion to craft a model flax waka, listen to stories of sea voyages, and then sail your creation down the creek without a paddle (we suggest wearing gumboots for this part). Wild water, creative clutter and stories...who could ask for more? A great holiday activity for all!

This event is open to all ages (kids adult-accompanied, please) and \$5+ koha per person is appreciated to cover costs. Spaces are limited so book ahead at www.wilddunedin.nz. This event will be held in accordance with the Covid requirements in place at the time.



CHINGFORD PLANTING DAY - WED. 27 APRIL, 1-3pm

Join us for an afternoon of planting within Chingford's Riparian Rhapsody to help freshwater life and marine life further down the line! Meet at the Chingford Park pavilion by the cricket grounds. Bring your own gloves if possible and wear sturdy shoes, of course!

Planting is open to all ages (kids adult-accompanied, please). It's free to participants but spaces are limited so please book by visiting www.wilddunedin.nz. This event will be held in accordance with the Covid requirements in place at the time.





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Tracking Tunnels
Unavailable at this time.

Come see us at the Valley Project!
Tuesday - Thursday, 10am - 2pm
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Since we no longer have tracking tunnels available in the Trap Library, how about making your own? Check out the Kids' Corner activity below or go to our blog (www.northeastvalley.org/your-community/valley-blog) for more ideas on how to make your own tracking tunnel! There are a few different designs that you can try.

KIDS CORNER Animal tracking

Can you track animals in your backyard? Create your own tracking tunnel to find out which animals are visiting your backyard. Ask a parent or guardian for help.

What you need

- A piece of cardboard slightly bigger than A3
- A4 paper
- Masking or other tape
- Container lid
- Tissue
- Food colouring
- Milk bottle lid
- String
- Bait (Something yummy like jam or peanut butter)

To find out who's visiting, check out **pestdetective.org.nz!**



1 Fold the cardboard into 3 equal pieces. Unfold the cardboard.



2 Tape the edges of the paper to the middle section of the cardboard.



3 Pour some food colouring into the container lid and soak the tissue.



4 Put a teaspoon of bait in a milk bottle lid and place in the middle of the tissue.



5 Place the container lid with the soaked tissue/sponge into the middle of the paper.



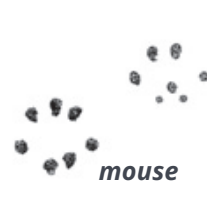
6 Make holes in the edges and use the string to tie the top together into a triangle.



7 Place your tunnel outside somewhere along a fence line or under a bush.



8 Leave your tunnel outside for a week, and check it every day for prints. Wear gloves and wash hands after.



SAME FACE, SAME PLACE, NEW TAKE ON ASIAN FOODS

Raquel Faoagali greets shoppers at the new Kabayan Asian Grocer with the same zippy energy she had for patrons of her Asian restaurant, Lumad. While one served hot, traditionally-made meals, the other sells pre-packaged ingredients to achieve them at home. Both businesses were born in between New Zealand's lockdowns - one in Christchurch and the other in Dunedin. Raquel suspects a sit-down venue became less appealing for the Covid-careful locals, and thus its eventual replacement by the grocer back in December.

Another contributing factor, Raquel adds, is based off an observation that people of Dunedin prefer convenience. At this stage, Kabayan functions like a dairy specialising in Southeast Asian baking, snacks, drinks, and toiletries - a pop-in, pop-out, while-you're-waiting-for-the bus format that seems more favourable thus far.

Nonetheless, the community is pleased to have another source of food items. It's an especially good sign when New World staff are spotted filling a hand basket or two at the Asian grocer, meaning its offerings are unique and in addition to their employer's. It boasts the cheapest Jasmine rice in Dunedin at \$45 for 20kilos! You'll find all the Asian staples there, as well as frozen and canned meats, fresh fruit and vegetables, a large variety of bottled drinks, Filipino breads, and 'exotics' like Purple Yam & Cheese ice cream, Argentina meat loaf, mango-flavoured condensed milk, and Biko Tapol sticky rice cake, a delicacy.

Raquel operates the shop for owner, Elmer Adisas, on a voluntary basis until business starts to boom. She hints that it likely will once the plans for a takeaway instalment are realised later this month. Stay tuned! In the meanwhile, drop in for a looky-loo (30 North Road across from Darling Realty). Kabayan Asian grocer is open seven days a week! **Facebook: @ConUpdates 027 300 7070**



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SOS: SAVE OUR SEEDS!

A community self-sufficient in nutritious, easy-to-grow, locally-adapted vegetable seeds is a community better placed to weather the converging crises we face. When the seed company stops stocking our favourites, having our own little seed bank is worth its weight in gold – this is the long-term, big-picture alternative to panic buying! This year, right now, is a great time to start saving your own seeds and sharing them with your community.



Let's start with tomatoes – why not? You can save seeds from tomatoes you have grown, or from yummy, locally-grown heritage tomatoes from the farmer's market. If saving from your own, make sure you select fruit from the healthiest, most abundant plants. Cut the tomato in half, squeeze out the seeds onto a paper towel and spread them out. Label them with as much information as you have

(variety name or characteristics i.e. size, type) and allow to dry. That's it! (Oh, and don't forget to eat the rest of the tomato!)

Other easy seeds to save are beans, peas, lettuce, and flowers. Beans and peas can be left on the vine until the pods are crunchy dry and brown, but beware of mildew as autumn approaches – it can be wise to bring them indoors and allow them to finish drying in a cool, sheltered, ventilated place.

Lettuce, like many flowers, will bolt into stalky seedheads when left alone. When the seedheads are mature, on a dry day, put the seedheads into a paper bag and rub them loose. Label, and store in a cool dry place.

Other vegetable seeds can be trickier to save because they like to cross-pollinate with nearby plants within their family. *Chenopods* (beetroot and silverbeet) cross like crazy, *brassicas* (cauliflower, kale, cabbage, etc.) are notorious for this, and certain cucurbit (*squash*) species also can't help themselves. To keep varieties 'true-to-type', your seed crop must be isolated from other flowering plants in that family, or expect some funky plants in the next generation! (Although if funky plants are your cup of tea feel free to experiment to your heart's content, just be aware that it can take many years of careful work to stabilise a new variety).



Preserving genetic diversity is another key principle of seed-saving. Where possible, save seeds from multiple plants of a large crop. This is more important for some species than for others – check out the chart at www.seedsavers.org to work out minimum plant numbers for preserving a healthy diverse gene pool.

YouTube is a useful place for videos of seed-saving techniques, and you can check out our own Otepoti Urban Organics website for species-specific tips on saving locally-adapted seeds. If you have capacity in your garden to grow a seed crop for our local seed exchange, please send an email to symbiosis.seed.exchange@gmail.com to get amongst our 'growing' family!



We are especially keen to hear from folks who could do large amounts of a certain thing, or who have the benefit of isolation for those trickier crops mentioned earlier.

Stay tuned for local seed swaps where you can bring surplus seeds to share and swap with others. This is a super fun way to meet other gardeners and get nerdy about veggies. The next

swap is planned for Saturday, 7 May, from 2:30pm at the North East Valley Community Gardens. We hope to see you there!

-- Tammie Leigh

CITIZEN JANE

LAND AND WATER PLAN: Are you concerned about or interested in what happens in our local rivers, streams, and lakes? Otago Regional Council is developing a Land and Water Plan, which will guide how they manage land and water on our behalf, and they want to know what you think. So much so they have made an easy survey for you to tell them what things are important to you. It's at yoursay.orc.govt.nz/lwrp2022 and took me precisely 6 minutes and 7 seconds to do – so quick you can do it on your phone while hiding from your kids in the toilet. Did I say that out loud? If you want to get really carried away there's an online map where you can 'pin' locations you particularly value or are concerned about. The survey and online map are open until Thursday, 14 April (we are in the Dunedin & Coast Freshwater Management Unit [FMU] and you can fill out the survey for other FMUs in Otago, too).

TRANSFORMING RECYCLING: Also this month is your opportunity to encourage the Government to improve our waste recycling, which is a total no-brainer. The amount of useful stuff that we currently put in a hole in the ground for someone else to deal with later is frankly embarrassing. You can do a 'quick submission' at consult.environment.govt.nz/waste/quick-submission-transforming-recycling/ which only takes a few minutes and may save those future someone-elses a lot of time, money, and general peeved-off-ness. Open until Sunday, 8 May.



Citizen Jane alerts you to ways to vent your spleen, or just have your voice heard, in a constructive and useful way!

COOKING ON A BUDGET ROUND-UP

Over the last month we've been busy highlighting some pantry staples through our social media. We've been discussing their different uses in cooking and their nutritional values, then following up with recipes to try them with. If you haven't seen the Staples Recipe posts yet, scroll through **Facebook:@valleyproject**, or take a look in our Shared Pantry for printed copies. The popular Veg & Lentil Cottage Pie recipe is available below.

To finish off this theme, we're hosting an online discussion around cooking on a budget. We'll be touching on different tricks to save money while shopping and cooking. This will be a great opportunity to share some knowledge and ask some questions. Hope to see plenty of you there! -- **Rowan Lewis**

MONDAY, APRIL 4, 2:15pm via Facebook Live, OR MONDAY, APRIL 11, 7:30pm via ZOOM. Questions: valleykai@northeastvalley.org



Valley Kai Pantry Staples Recipe

VEG & LENTIL COTTAGE PIE

| | |
|----------------------------|-------------------------------------|
| 1 large carrot | 100g frozen peas |
| 1 small onion | sea salt |
| 1 stick celery | freshly ground black pepper |
| olive oil | 2 tablespoons tomato purée |
| 100g split pea red lentils | 30g or more of cheese (your choice) |
| 500ml vegetable stock | 1 large potato or kumura (300g) |

1. Preheat oven to 180°C. Peel and dice the carrot, onion, and celery.
2. Heat a splash of oil in a medium pan on medium heat. Add the carrot, onion, and celery. Pop the lid on and cook for 5 to 10 minutes, or until softened. Add the lentils, stock and peas, then bring to a boil, stirring regularly. Once boiling, reduce to a simmer and cook for 10 to 15 minutes, or until the lentils are cooked through.
3. Season to taste with sea salt and black pepper, then add the tomato puree. Scrub the potato or kumura clean, then coarsely grate it into a bowl. Toss with a little oil and add in some cheese.
4. Transfer the filling to a 15cm x 20cm oven-proof dish and sprinkle with the potato. Bake for 15 to 20 minutes, or until the potato topping is golden and cooked through and the filling is piping hot.

EDIBLE FOOD SCRAPS

In this issue we're covering food scraps you may not have known were edible, as well as delicious & nutritious:

Broccoli stems and leaves, flowers, and flower stems: peel the tough outer layer of broccoli stems, slice into batters to use with a dip, add to a stir-fry, or grate for a coleslaw. The flowers, flower-stems, and large leaves are all edible, and can be added to a stir-fry.

Cauliflower leaves and stems: cauliflower also has large leaves surrounding the head, similar to broccoli. These are delicious roasted with olive-oil, salt and pepper.

Carrot tops: the greens of carrots taste similar to Swiss chard and parsley. They can be torn and added to a salad, salsa, chutney, or blended into pesto, hummus, or a smoothie.

Beetroot leaves: another wonderful green which is tender and delicious, but is often thrown out. Try sautéed in butter, with garlic, salt and pepper.

Zucchini flowers and young leaves: the flowers are a colourful addition to a salad, and young zucchini leaves can be chopped finely, and added to a soup or stir-fry.

Celery tops: a flavorful addition to a soup, stew, or chopped finely in an egg-salad.

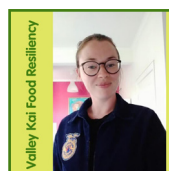
Parsley roots: at the end of the growing season, parsley root can be pulled up and chopped for a soup or a stew. It tastes similar to carrots, turnips, with a hint of celery. It adds a more earthy flavour, and gives a recipe more body.

Tip: excess fresh basil and coriander can be frozen for future use. -- **Merylei Guthrie**



NEV COMMUNITY GARDEN WORKING BEES

| | | | | | |
|------|---------|--------|------|--------|--------|
| Sun. | Apr. 3 | 1pm | Sat. | May 7 | 9.30am |
| Sat. | Apr. 9 | 9.30am | Sun. | May 15 | 1pm |
| Sun. | Apr. 17 | 1pm | Sat. | May 21 | 9.30am |
| Sat. | Apr. 23 | 9.30am | Sun. | May 29 | 1pm |



YOUR NEW BESTIE, REBECCA!

Community advocate and waste minimalist, Rebecca Harris, is set to bring you a number of helpful videos around waste reduction and budget cooking, much like her freezer tips recording featured last month. Keep a look out for Rebecca on our Facebook and on our YouTube channel this month. She has a wealth of knowledge and experience to impart in the name of food resiliency!



IT'S RAINING APPLES! 10 IDEAS FOR AN INFLUX OF APORO

Perhaps your neighbour has shared some harvest, or you've foraged some from a community tree, or bought cheap in bulk at the farmer's market. Be aware many homegrown apples can be a bit ugly on the outside but are usually fine once peeled, although sometimes you may have to dodge a codling moth bug hidden in the core. We thought it might be useful to share some ideas for what to do when you have too many apples:

- **Stew them:** we cook up ripe fruit once a week, often combining apples, plums, and pears that need to be used before expiry. Stewed fruit can be used in breakfast or dessert, like apple crumble or apple pie - classic hits because they're easy crowd-pleasers.
- **Bake 'em:** apple cake/muffins are staples in our house.
- **Make a chutney:** combine with onion, garlic, chilli and spices, vinegar and sugar, and voilà!
- **Make a jelly:** windfall apples that drop too soon are super high in Pectin and can be used in apple jelly. Add some wild blackberries in, too. Or have a go at mint apple jelly.
- **Dehydrate them:** enjoy as dried slices or as leather using cooked pulp. Borrow a dehydrator or use your oven with forced fan at the lowest temperature your oven allows.
- **Bottle them:** join our online preserving workshop 7 April at 7:30pm via Zoom. Event details on Facebook.
- **Juice them:** if you're aren't already equipped with a juicer, find a community apple pressing day.
- **Make applesauce:** blitz up your stewed fruit, or reduce to create apple butter.
- **Freeze them:** grate or slice apple, skin and all, then freeze in a bag straight away with air squished out.
- **If all else fails:** attempt Apple Cider Vinegar!

-- KJ Davie

NICHOLA GALLOWAY'S APPLE CRUMBLE



Filling:

6 apples cored, quartered and thinly sliced (or combine with other fruit like berries, feijoas -- skin and all -- or ripe plums.

Sprinkle with 1 tsp of cinnamon and toss in baking dish.

Crumble mix by hand or food processor:

1/4 cup sugar of choice

50g butter/coconut oil, cubed & softened

3/4 cup - 1 cup rolled oats

1/2 cup desiccated coconut

(optional: 1/3 cup chopped hazelnuts or walnuts)

Scatter crumble mix over apples and bake for 30-35mins at 180c degrees or until apple slices are tender and crumble is golden.

HARVEST HUB - OUTDOORS

Celebrate the Autumn harvesting season in a one-stop shop! Under the veranda of the Valley Project on the 7th of April, you'll be able to drop off or collect unneeded produce or clean jars, get preserving support, information, and recipes, and register for a future Our Food Network harvest or a Valley Project preserving event.

FREEBIE ALERT! The first fifteen people to collect fruit for preserving earn a \$10 New World voucher to assist with other ingredient costs!

THURSDAY, APRIL 7, 4pm - 5:30pm
VALLEY PROJECT CARPARK



NEW WORLD

SURPLUS FRUIT

Is surplus fruit going to waste on a fruit tree near you? If you're able to pick it, please drop into The Valley Project by the 7th of April to be redistributed at our Harvest Hub. Otherwise, pop it into the Kai Pantry in the Valley Project carpark. Let us know if it's a particularly large load!

For assistance with harvesting fruit email Tammie at ourfoodnetwork@gmail.com



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–3pm, second Sun each month, community rooms, ☎ Viv 473 0343
☎ artfibredunedin.blogspot.com

DRUM LESSONS

Ziggy offers private drum lessons to any individual of any age, skill level, and learning style. Lessons tailored to individual to ensure fun! Get in touch: ☎ 020 488 8015
✉ ziggy.richards.nz@gmail.com
☎ www.universalarhythmnz.com

DRUMMER AVAILABLE

Middle age drummer into all sorts (psych rock, dream pop, reggae, ambient, classical, techno, "world" etc.) looking for band/musicians. Anything with soul, groove, and edge. ✉ Paul hoani76@hotmail.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

KNITTING SQUAD

BYO knitting or crocheting, or come & learn, Valley Project community rooms, 1pm–3pm, Wed.
☎ Marjory 473 7751

LEARN TROMBONE

From winner of Dunedin Youth Jazz Festival best trombone, and Otago Rockquest best musician - contact Finnbar ☎ 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

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, 1st and last Wed. Comedy workshop Mondays 5–7pm at George St McDonalds. 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 text Adrienne ☎ 027 389 2574 for more info.

WOMEN'S ART GROUP

Art & craft group aimed at helping new Dunedin residents learn & share skills & connect with others. Fridays 11.30–1pm, Valley Project community rooms, 262 North Rd.

community

BIBLE HOUR

Friendly small group Bible learning over morning tea, Sun, 9.30am, DNI (tech area) during school terms. All welcome, free. ☎ 020 4079 5727 or ☎ dunedinchristadelphians.org

BIKE WORKSHOP

Get help, use our workshop. Bikes available for koha, 3.30–6pm Tues, and 9.30am–12.30pm Sat. Valley Community Workspace, 11 Allen St. Email Peter ✉ peterd0n@yahoo.com

COMMUNITY ACCOUNTING

Dunedin Community Accounting provides free accounting training & advice for non-profits in Otago. For more info call ☎ 0800 113 160, ✉ 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

Come join us fortnightly at the garden on Allenby Ave., Pinehill. All welcome and tools provided. Check our Facebook page to see dates and times over summer, or contact us at ✉ dalmorecommunitygarden@gmail.com

DUNEDIN MAKERSPACE

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

DUNEDIN REFUGEE & MULTICULTURAL WOMEN'S GROUP

Dunedin Refugee Centre, meet at the community rooms, 262 North Rd, 9.30–11.30am, Fri. ☎ Afife 473 8944

ENABLING LOVE

Looking for friendship & social connection? 18–65 years welcome to weekly coffee group at Marbeck's Cafe inside Wall Street Mall, 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 return phone call. Legal advice by qualified lawyers, practical solutions. ☎ 474 1922 or email ✉ reception@dcl.org.nz

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

NEIGHBOURHOOD SUPPORT

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

NORTH DUNEDIN SHED

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

NORTH EAST VALLEY COMMUNITY GARDEN

NEV Community Garden is directly behind NEV school. Pay us a visit! We meet every weekend: 1st & 2nd Sat. 9.30–12pm. 2nd & 4th Sun. 1–4pm.

POPPY LAYING SERVICE

12noon Anzac Day
Upper Junction War Memorial
Small poppy laying service for family members of the fallen.
Peter Trevathan ☎ 027 501 8224

VOLUNTEERS NEEDED

Botanic Garden Info Centre expanding volunteer team. Centre is open 7 days/wk from 10am–4pm. 3-hour shifts offered. Great way to engage with the visitors and the community. Enquire at centre or email ✉ friends@friendsdbg.co.nz

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

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

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

DUNEDIN BMX CLUB

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

FOLK DANCING FOR FUN

(On hold due to Covid restrictions.) Valley Baptist Community Centre, 270 North Rd, 10am–11.30am, Fri, \$4. ☎ Yvonne 455 2406, ✉ 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

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 ✉ Dunedin@shaolinkungfu.co.nz

NEV BOWLS CLUB TOURNAMENT

Optional Mixed Pairs Tournament at NEV Bowling Club, Sun. 20 March. 9:30am–4pm, BBQ lunch, quality prizes, mufti. Entries: ☎ 03 473 9704 ✉ nevbowl@xtra.co.nz

ORTHO-BIONOMY

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

PARKRUN

A free, weekly timed 5km run/walk,

Sat, Botanic Gardens. Meet at café, 8am summer, 9am winter. Go to parkrun.co.nz for more info.

STEADY AS YOU GO

(Age Concern) Gentle balance and strength exercises, Valley Baptist Community Centre, 10.30am–11.30am, Mon, and Pine Hill School Library, 11am, Thur.

TANNOCK GLEN

The 3.5acre garden of the Dunedin Rhododendron Group is situated in Torridon St, Opoho. Members of the public are invited to visit at any time. Dogs permitted on a lead.

THREE LEFT FEET

Social dance group, no experience or partners necessary. European dance – folk and traditional, \$5 or \$7.50 per couple, Nga Maara hall, 6–7pm, Thur. ☎ Marilyn 0274 463 358

WANT TO TRY ARCHERY?

For anyone wanting to try archery, Dunedin Archery Club is planning to run a "Have-a-go" day on Mother's Day (May 8th). Chingford Park from Afton Terrace. All gear and coaching provided. \$10 for 10 arrows. More details will be published on our Facebook page closer to the time. ☎ @DunedinArcheryClub <http://dunedinarcheryclub.co.nz>

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

ZEN MEDITATION

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

for families, kids, and teens

DUNEDIN CITY TOY LIBRARY

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

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 or ☎ dunedinstainerplaygroup@gmail.com

MAINLY MUSIC

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

MT CARGILL GIRLGUIDES

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

NEV NORMAL SCHOOL PTA

New members always welcome. Fundraiser ideas needed to help kids and school. Meeting schedule: 7:30pm – 8:30pm 17 March, 12 May, 16 June, 7 July, 11 Aug, 15 Sept, 20 Oct, 17 Nov, 8 Dec. AGM 7 Apr. ☎ 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–12pm Wed. ☎ nevplaygroup@gmail.com

OPOHO PLAYCENTRE

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

OPOHO SCOUTS

Keas, 4pm–5pm, Tues; Cubs, 6pm–7.30pm, Thur; Scouts, 6pm–8pm, Wed. Opoho Scout Den. ☎ Shane: opoho@group.scouts.nz

PRESCHOOL MUSIC

At Opoho School, 9am–9.30am, Fri, during school term. Room #3. Gold coin. Drop in. ☎ 473 8019

SPACE FOR YOU AND YOUR BABY

Programs run by registered ECE teachers supporting families through their first year with a new baby. School terms, 12.30–2.30pm, day TBC, Valley Baptist Community Centre. ☎ 021 150 9165 or ☎ 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 or go to dunedinchristadelphians.org

further education

CITIZENS ADVICE

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

COM2TECH

A community-led group that offers a range of free classes to upskill our communities in communications technology and online safety.

☎ office@com2.tech com2.tech ☎ @com2tech (See page #14)

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, ☎ 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 or via email ☎ dunedin@englishlanguage.org.nz

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 021357565 ☎ dvalavanis@aol.com

NATIVE FRENCH TUTOR

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

SPANISH LESSONS

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

housing

HOUSE FOR RENT

Dalmore. 2–3 bdrm. 1 bthrm. Neutral decor. New heaters, bathroom extractor fan. On-street parking in bay. Quiet area. Bus stop close. Suit older, mature, quiet non-smokers, keen gardeners. Pet neg. Available late March. \$330 a week. ☎ Text 022 683 1592 to make an appointment to view in early March.

SEEKING SLEEPOUT

I'm looking for a sleepout in North East Valley. If there's anything available please contact me: ☎ 021 086 22 922

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.

BABYSITTER IN NEV

Children of all ages. Experienced

26-year-old. Wide hourly availability. ☎ Luana 027 284 7836 or email ☎ luana.suarez62@gmail.com

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

GARDENER

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

GARDENER/CLEANER/HOMEHELP

I offer general household cleaning, assistance, weeding and trimming at \$30 an hour. I use my own cleaning products/gardening tools. ☎ Hannah 027 713 3094

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

JESCARGO CARPET REPAIRS

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

LOCAL COMPUTER TECHNICIAN

Installs, maintains, and troubleshoots hardware & software. Contact Jeff at Control Focus ☎ 03 395 6565

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

ROHDE DECORATOR

Interior/exterior. New and existing. Painting and decorating. Trade qualified and experienced. ☎ Rohdiepaint@gmail.com ☎ 021 083 48207

SEA BLOOM

A local business specialising in custom resin accessories and home decor – the perfect treat for yourself or a gift for a loved one. Find Sea Bloom on Facebook or Instagram, or here: seabloomnz.company.site

TOP SOIL WANTED

Top soil wanted for the North East Valley Community Garden. If you...

Classifieds continued on next page... 



have any to give away, contact Janice Bridgman ☎ 03 473 7076 or ☎ 027 674 7788

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

SALVATION ARMY

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

SACRED HEART CATHOLIC

89 North Rd, Mass 9.30am

GLENAVEN METHODIST

7 Chambers St, 11am

PACIFIC ISLAND PRESBYTERIAN

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

ANGLICAN: ST MARTIN'S

194 North Rd, 10.30am

OPOHO PRESBYTERIAN

50 Signal Hill Rd, 10am

NEV PRESBYTERIAN

Community rooms, 9.30am, 11st, 3rd, and 4th Sundays, cafe service, contact Shona McDonald: ☎ 453 0145

ST MARK'S PRESBYTERIAN

304 Pine Hill Rd, 10am

INTERESTED IN ADVERTISING WITH CLASSIFIEDS?

To add or update a listing, 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: VVDonation

of the art swimming facility. When building the foundations there was an uproar that the taxpayers money was going to this new facility.

When the pool finally opened on the 14th November, 1964, there was a huge crowd. Dunedin hadn't seen a crowd this big since the Beatles came earlier in the year.

Duncan Laing was a renowned swimming coach in New Plymouth, when he accepted an offer as a swim coach at Moana Pool. Soon Mr. Laing (as he liked to be known) had a new up-and-coming swimmer named Danyon Loader in the Zenith swimming squad. In 1996 Danyon won gold in the 200 and 400 metre freestyle at the Olympics, and they are New Zealand's only swimming medals to date.

My own experience at Moana Pool has been great as well, and the instructors have been helpful in my swimming techniques. The pool is a good place to just swim as a form of getting fit and even for pleasure. -- **Connor Fa'asaga**

Note from editor: Connor has been a volunteer receptionist for the Valley Project for over three years! He'll be contributing sports-related content to this newsletter as he is working off-site until it's safe to be front-facing once again.

SKIP THE SKIP!

I just want to say a HUGE HURRAY for the Valley Exchange Facebook page! It was especially useful to us when moving house. We actually managed to relocate a bunch of stuff and never had to send it to the landfill via a skip. Plus, it's awesome knowing people are close by. So often we had the option of dropping stuff off rather than sitting around all weekend waiting for people to turn up!

However, recently we listed an item of furniture and duly delivered it to the family that needed it...and a discussion started about this item's intended use due to a bit of a family crisis, which it turns out we had also been through. Half an hour later we were still chatting about our experiences, helpful agencies and some of the processes.

A rather ordinary tale, but it did lead me to reflect on the value of things like Valley Exchange, where the exchanges can be more than just material goods. So big-ups to the former Valley Project manager, Tess Trotter, for setting up this page and to our local community as well for reducing the STUFF stuff!

-- **Kaitrin McMullan**



I said to her, "it's the people that make the page. It's not the page we need to replicate... it's the lovely people!"

My thinking behind setting up the page was based on community-driven ownership. Motivation spawned from the frustration of folks dropping large items at the community sharing pantry and the impact this had on the items (usually weather damage), and of course the project staff, finances, and mess for the community. I hoped this would provide an alternative to dumping.

Also a motivating factor was the emotional rollercoaster that Facebook marketplace is, and the classic mistake we all make on a regular basis: thinking we've found a treasure only to find it inevitably requires a trip to Mosgiel! I hoped to refine this process down to a more local level and become a place you can request as well as offer items.

We have other existing community pages but they didn't have much of an exchange feel - more so places of community messaging. My intention was it would be like a buy & sell type page, with more emphasis on the exchange rather than \$\$ all the time: skills, borrowing tools, swapping, a place to do a shout-out if you've left kai in the pantry, etc.

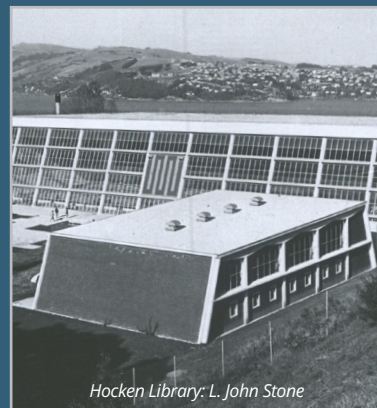
The page is now the largest of our local FB groups, with many posts every day. It's lovely to watch this happening, see the coincidences, see the same moving boxes get used by multiple whānau, see people sharing their events, giving away items, collaborating on drop-offs and pick-ups, etc. It honestly brings me joy daily! There has been very little admin work to do on the page -- hardly any problematic posts -- and a real vibe of kindness and sharing. I love it! I encourage people to join, to continue using it, and to not be afraid to think of exchange in the widest sense of the word!

-- **Tess Trotter**

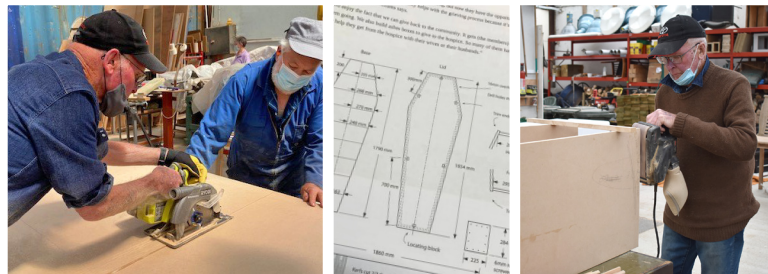
A SPLASH OF MOANA HISTORY

Hi there, it's Connor again - no more racing cars in this issue, but instead some brief history of Moana Pool.

Moana Pool was built because New Zealand wanted a state



Hocken Library: L. John Stone



Dunedin. All construction is carried out at the North Dunedin Shed at 35 Bonnington Street here in North East Valley. Much of the materials, including MDF sheets, glue, nails, gloves, and earplugs, are provided courtesy of Bunnings. The store's Activities Organiser, Sheryl Chittock, not only diligently oversees their use, but is also participating in a build of her own! The cost to members is in the form of donations to the North Dunedin Shed and to Age Concern Otago.

This current collection of coffin creators is a pilot group. They're testing the waters for repeat workshops. So, before you go knocking on the doors of the Shed hoping to hammer nails into a coffin, check in with Age Concern Otago (<https://ageconcernotago.com> or 03 477 1040). Expressions of interest will certainly help decisioning around future installments. Their national newsletter will be the first place you'll know about any.

If you're still not convinced building a burial box can be fun and healthy for you, head over to YouTube and watch a group of rebellious Kiwi seniors confront mortality one crazy coffin at a time. And as we wait to hear of subsequent workshops, perhaps we can convince Dunedin's current members to hold a 'viewing' of their finished corpse cartons/coffee tables for further motivation. -- **Krysha Brzuza**

See the "The Coffin Club" video at <https://youtu.be/0KVfu8yVCJM> or scan this QR code to take you there.



MASKS ON, SLEEVES UP: LABOURING FOR LINDSAY

The North Dunedin Shed Society, in an ongoing collaboration with Unicrew Volunteers, hosted a group of 38 students from Arana College recently (Wed 23 Feb). While there was some concern around Covid and the spread of Omicron, due to some diligent work on safety protocols by both groups prior to having the students visit, a really successful day of Lindsay Creek bank-clearing and riparian planting was achieved.

This is the second year the shed have collaborated with the Unicrew volunteers and an enormous amount is achieved each time the groups work together.

A number of willow trees were removed, and lots of noxious and invasive weeds, too. More natives were planted and the area along the Lindsay around the Shed is all the better for it. The plants have been provided thanks to Open VUE and Youthgrow Garden Centre.

Shed President Scott Muir commented, "We loved having these first year students along to help further our long term project

of being good stewards of the area we inhabit in the Valley. They were a pleasure to work with and we achieved so much more than we hoped for with their help. We intend to continue engaging with Unicrew to help with our larger projects on an ongoing basis. --- **Scott Muir**





PEER SUPPORT CAFE IS HERE TO STAY

Weka and Synergy Wellness are proud to present a Peer Support Café being held in the Valley Baptist Trust Hall every Thursday 1 - 5:30pm.

Matthew from WEKA and Rob from Synergy Wellness, along with a group of consumers, identified a gap in the industry where people were finding it difficult to get instant help for mental distress. They came up with a model for a peer support café in line with what the consumers said they wanted from a service.

We did a trial in September last year during Mental Health Awareness week using student volunteers from Otago Polytechnic, supervised by registered mental

health professionals. We have continued 1-2 days each week since then.

From the feedback we have received, users of the service appreciate that they can get help at the times they need it. They like that it's a welcoming atmosphere where people don't feel judged and they can feel included in something that benefits them. We can provide help at any level from a friendly chat or connecting users to other mental health services when needed. The space we provide caters to many interests and activities, we have communal or quiet and sensory spaces. Everyone that comes gains some knowledge of their own wellbeing journey and strategies to maintain their own mental health.

Having a community based service means we can align the service we provide with what is needed in the community at the time. The shared space can build relationships between users who may not have felt comfortable in social situations before. Providing wellbeing plans and education to our users in a way that they can then use these strategies with their friends and whanau builds a stronger and healthier community all around.

Our big goal is to have the peer support café operating 24/7 as an alternative to clinical crisis intervention services. As well as improve the wellbeing of people in the community and reduce the numbers requiring the intervention of mental health services.

We enjoy seeing the change and growth in people that are coming back each week. The café somewhat takes on a life of its own in the way that the atmosphere can change based on the energies of the people there that day.



Find us on Facebook @[synergywellnessdunedin](https://www.facebook.com/synergywellnessdunedin) or @[wekadunedin](https://www.facebook.com/wekadunedin). Don't hesitate to send us a message for more information, or simply pop into the Valley Baptist Hall on Thursdays. -- Tash Squire



shop • eat • drink • services

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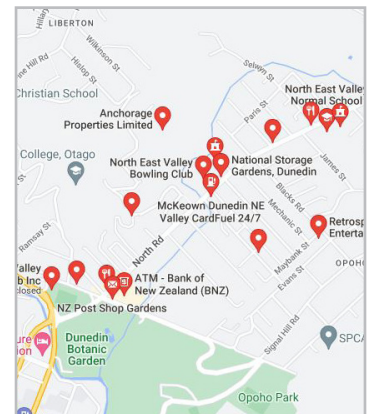
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FREE KIDS GAMING APPS CAN COST PARENTS BIG BUCKS

Securing your payment details for online shopping is a must for everyone, but especially for parents who share devices with children who don't always understand the link between game coins or tokens and actual real life money. Clicking those coin buttons in games is just a game, until it is linked to a payment mechanism that can charge parents.

In recent months, a local whanau experienced this universally dreaded credit card mishap. Parents had set game currency as a reward exchanged for pocket money for their primary-aged child. Parent became distracted and the password was inadvertently saved on the device.

Over the span of a month, the mini-gamer went on a spending spree amounting to 426 transactions ranging anywhere from \$1.69 to \$52.00, totalling a spend of nearly \$7,000NZD!

Both child and parents were oblivious to the jaw-dropping collection of charges until the Christmas shopping season rolled around and the credit card was picked up once again. To say the least, all family members were understandably confused and rather upset.

When first contacted, neither the credit card issuer or Apple

were optimistic about a refund. Apple simply stated, "not checking your credit card weekly is deemed as irresponsible." After much research by the parents it was learned that Apple is only a third-party provider, so the origin of the app ultimately determines the grounds for a refund through the software giant. The apps in which the young girl accrued charges luckily allowed refunding under a category of "purchased by a minor." With much persistence, a lot of hard graft (the luck of the Irish), the majority of the money was credited back to the family. *Phew!*

When asked about this, Amy Souquet of Com2Tech (a local community Trust supporting digital inclusion and free tech help services) shared with us her thoughts on preventing this from happening. "Use PayPal for purchases wherever possible; Firstly, you will have one place to see all your transactions across multiple services on the web; Secondly, you can stop payments from recurring and sometimes even reverse payments that have gone through without your knowledge; Thirdly, you can set Paypal to notify you whenever a payment is made through the system. Additionally, Paypal can be set up to ask for an admin password/pin for each and every payment, as well as assign specific cards for particular purchases (i.e. children's gaming funds). The use of PayPal will prevent you from entering your personal payment information into numerous websites that you can lose track of, like with subscriptions, and reduce the risk of vendors taking more money than agreed.

Alternatively, If you are not comfortable with PayPal, or an app to secure your spending, then set up a separate bank account with a debit card to be used strictly for in-app purchases. Only transfer money to this account to make known payments. You can't have money taken away from your account if it isn't already there!

So, have you checked your credit card statement lately? It's a good start for preventing unauthorised credit charges that could potentially turn your holidays into a major misadventure.

-- Krysha, Amy, & anonymous parent

COM2TECH Community Communications Technology Trust

DIGITECH DROP-IN (FREE)

Learn basics of using your tech apps and programs.

Wednesdays, 10.30am - 12.30pm
at Valley Project or

Wednesdays, 3.30 - 5pm at the
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amy@com2.tech

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nev.playgroup@nevbctrust.org

Wednesdays, 9am - 12pm

Farsi Language Playgroup is for
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ones in the language. Playgroup runs
fortnightly on a Sunday afternoon.

farsi.playgroup@nevbctrust.org

Last year I wrote a story about where our drinking water comes from – I hadn't known, which seemed shameful given how vital it is. And as I walked down our street recently I looked at the power lines draping their way down the hill and realised I didn't know where my electricity came from either, also fairly shameful given I just expect everything to work when I want it to. Where do those wires come from?

Trying to recall my 7th form physics so I could sound semi-intelligent, I contacted Aurora Energy to enlighten us on how those electrons speed along the copper from generation to the Valley.

I was pleased to know that most of Dunedin's power is still generated locally at the Waipori hydro scheme in the hills inland of Waiholo, which uses water that falls on the Lammerlaw Range – interestingly the same high tussocky tops that feed our water supply. Waipori has been pumping out the kilowatts since 1907, although it is much bigger now and for the last decade has included 12 wind turbines.

From Waipori, power lines skirt around the Taieri Plain to the Halfway Bush substation, where our electricity meets the National Grid, which is handy when Waipori can't meet demand. From here a set of lines heads out to Port Chalmers, and our lines split off from these ones on the far side of Pine Hill, and march up and over the hill to the North East Valley substation on North Road.



If you look closely you'll see that there are two lots of lines, in fact there are two lots of everything, including transformers at the substation, so that if something happens to one lot you still get your power. The transformers turn high voltage electricity into lower voltage, which is then fed out in a dozen cables to the different neighbourhoods. On most streets you'll find a green box which transforms this power into the even lower 230-volt power that goes into your house.

As a power distributor, Aurora Energy's main goal is to provide us with power at a stable 230 volts (plus or minus just a wee bit) to power our stuff – too low and our stuff won't work, and too high and it will break it. Think of voltage like water pressure – too low and it is useless and too high and it's dangerous! This is a challenge when people use lots of power at certain times of day – like the pressure in a water system, if people take a lot all at once, the pressure drops and there is a lot of work behind the scenes to keep that voltage steady.

So what would happen if we all suddenly got electric cars? Our network can cope with a lot more demand, but not all at the same time. If we all charge our cars in the evening, when the load

is already high, Aurora Energy would have to put in bigger cables. But if we can be smarter and charge at different times overnight then it could be accommodated.

And what would happen if we all got solar? Solar's great, but only if we have a good way of matching it to demand or storing the energy generated, especially in Dunedin where we often want the energy when the sun ain't shining. Perhaps the batteries in all those electric cars could help? The biggest future developments in our power system won't be in new infrastructure but rather in integrating local power generation and storage in smarter ways.

Finally, working in emergency management, I can't help but include a reminder that as resilient as our electricity network is, it can still be affected by things like disturbances in the Earth's electromagnetic field caused by solar flares (it's a thing! Google it) and earthquakes. Even if our infrastructure isn't directly damaged by a big earthquake, say on the Alpine Fault, the disruption to other hydro stations and the National Grid could mean that we lose power for a bit while it is redistributed around the motu. So, I don't want to hear any 'the power's been off for hours, no one told me this could happen!' Be unsurprised and resourceful NEVites! (That is, have some torches, spare batteries, an alternative way of cooking, and look after each other.) -- **Helen Jack**

Need an MP?

David Clark MP for Dunedin

If you require advocacy, information or support please contact me

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