

# Gift bags for sick kids



Sick children in hospital will be given a fun activity bag made by pupils from North East Valley Normal School. The bags are filled with items made by the pupils such as jigsaws, word finds, colouring-in pages, toys, a book and a pet rock.

Pupils in room S2 joined the Student Volunteer Army as part of their classroom community involvement. Pictured, front row only, from left, are Lily Havard (8), Bryce Taylor (8), Matthew Richards (8), Rata Jameson (8), Oscar Greer (9) and Saxon Kirkwood-Quinn (8).

## The Valley Card is here!

TO GET awesome discounts while supporting your local community and local business be sure to pick up your Valley Card this month. A social enterprise initiative organised by the Valley Project, with the support of local businesses, it entitles card-holders to discounts and special offers.

The card is purchased as an annual subscription with all proceeds going to the Valley Project to support community initiatives such as the *Valley Voice*, community events and activities.

Currently the Valley Card can purchased at the Valley Project office at 262 North Rd, Bloomin' Gorgeous and Blacks Road Green

Grocer. The cost of the card is \$20, or \$10 for unwaged/beneficiaries.

The full list of participating businesses is on our website. Benefits include a 20% discount on printing and photocopying at the Valley Project and free disc golf hire, a \$1 discount on coffee at The Grid, and a 10% discount at a range of businesses including YouthGrow, the Garden Seat Café and Croque-O-Dile Café.

If your business would like to be a part of the Valley Card initiative contact Rob Thomson on [rwthomson@googlemail.com](mailto:rwthomson@googlemail.com)

—Edith Leigh

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NEWS

# New receptionist



Meeting new people is what Rorie White, who is the Valley Project's new receptionist, loves about his new job.

Every morning he travels down North Road on his mobile scooter in time to begin work at 9am. Rorie says he started in his role in June this year and works from Tuesday to Friday between 9am and 4pm. "I've made some great friends working here. I absolutely love it."

—Julie Howard, Valley Voice volunteer reporter

## Evening of fun & entertainment at Dragon's Den

THE VALLEY Project's Dragon's Den event is shaping up to be an evening of fun, entertainment and awesome social enterprising.

The main idea behind the event is to have a fun community discussion about how we can support ideas to build a financially sustainable community.

Presenters will have a three-minute slot to pitch their idea and then our friendly 'Dragons' (locals with experience in starting up businesses) will ask some questions and provide some advice.

The audience will then vote for the ideas using 'happy faces'. The most popular idea will win a \$200 cash prize.

For more information, or if you have any idea you want to put forward contact [robthomson@northeastvalley.org](mailto:robthomson@northeastvalley.org)

The event is on at 7.30pm on Thursday 14 September at Dunedin North Intermediate. All welcome for an evening of fun, entertainment and social enterprising!

—Rob Thomson, Valley Project board member and Dragon's Den co-organiser

Valley Project office hours: Tuesday–Friday, 9am–4pm, closed Mondays and school holidays



The Valley Project is a registered charitable organisation  
If you like what we do you can donate at [www.givealittle.co.nz/northeastvalley](http://www.givealittle.co.nz/northeastvalley)

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Opinions expressed in the articles are those of the authors and not necessarily shared by the editor, or any member of the Valley Project team. Submitted articles may be edited at editor's discretion.



# Mums work together to get job done

THE VALLEY Project and a Dunedin-based collective for mums in business, Share Your Gold, have been working together to trial a shared working space for parents called Share Your Space.

The first pop-up space at the Valley Project happened on 28 August and was a great success. A group of eight mums and six children were onsite from 10.30am to 3.30pm. The children were cared for in the Fred Hollows room by Belle Babysitters, while the women worked on their business, studies or other work in the Hub room.

Bronwyn Bay, who runs the Share Your Gold collective, is passionate about mothers having the support to pursue their dreams. "Working or studying from home can be isolating and all but impossible with a baby or small child to attend to."

"The Share Your Space concept allows parents to book for just two or three hours which most find is enough time to get a considerable amount of work done".

The next pop-up space at the Valley Project will be held on Monday 18 September from 10.30am to 3.30pm. Bookings can be made via the Share Your Gold website <http://shareyourgold.com/project/shareyourspace/>



*Mums in business, or studying, crank out a valuable two or three hours work at a shared space while their children are cared for in the next-door room at the Valley Project community rooms.*

## Quiz night for play equipment

Come join the team from Jonathan Rhodes Kindergarten for their annual Quiz Night fundraiser to be held again at the North East Valley Bowling Club on Thursday 21 September.

The busy little people at Jonathan Rhodes enjoy amazing resources for both inside and outside play, carefully selected and managed by the wonderful teaching staff. With ongoing maintenance requirements, funds raised from the Quiz Night this year will go towards updating furniture and play equipment.

Refreshments available for purchase, plenty of exciting prizes and \$1 raffles so be sure to bring your loose change. The cost is \$5 per person, with teams of 3-6 people.

Doors open at 7pm for a 7:30pm start. To enrol a team email [jonathanrhodes@dk.org.nz](mailto:jonathanrhodes@dk.org.nz) or phone 473 9107. See you there!

—Jonathan Rhodes Kindergarten Committee



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# New home 'perfect' for Naphtali

SWIMMING IN the wave pool is back on the programme for Kenny and Simon, who are part of a small group of the Dunedin community who can't speak and who attend a day-programme for disabled adults in North East Valley.

The Pact Group Charitable Trust (Pact) runs the government-funded Naphtali day-programme which moved to a new site at the back of the Salvation Army hall on North Rd in June.

Pact Deputy Chief Executive Officer Paul Chamberlain says the new premises are perfect and are handy to the Dunedin Botanic Garden and shops.

Activity support worker David Gallagher says the programme supports up to 12 disabled adults with activities, walks and van outings. "It's like a school really."

Swimming re-started last month. Kenny, who is in a wheelchair, and Simon were in the pool with David and another carer for about 20 minutes, he says. "They laughed a lot."

David has been working at the programme for four years, after two years being unemployed. "It feels good to do this [job]."

The weekday programme is a free service to people who are diagnosed with an intellectual disability. They are referred by a needs assessor at AccessAbility, an independent



*Naphtali activity support worker David Gallagher reads stories to day-programme attendees.*

agency contracted to the Ministry of Health and Southern District Health Board.

The Naphtali day-programme also has strong community involvement in North East Valley. The group delivers the *Valley Voice* around businesses and homes on the flat in the south end of the valley, and in Pine Hill, all on a voluntary basis. (Be sure to give them a friendly wave and say hello if you see them out delivering! – Editor)—*Julie Howard, Valley Voice volunteer reporter*

## Valley resident hoping for electric record

NORTH EAST Valley resident and electric car owner Pam McKinlay hopes Dunedin's 200 electric cars will be on show at the Dunedin EV (Electric Vehicles) Big Day Out this month.

The event is part of the nationwide Drive Electric Week from 9-17 September.

The Dunedin EV Big Day Out will be held from 11am-3pm on Sunday 10 September at the Forsyth Barr Stadium. It will feature a range of events including electric car rides, a chance to talk with owners, and the record attempt for "Most Electric Cars in One Place".

Dunedin Electric Vehicle group co-convenor Pam McKinlay says Christchurch currently holds the title, for 100 electric cars in one place.

Dunedin just needs 101 cars to break the record, she says. The attempt will be made between 11am and noon, and cars needed to be parked up at 10.30am.

"We would like every one of those 200-plus electric car owners to come to this part of the

event for the record attempt and photo.

Her family has owned their second-hand Nissan L.E.A.F (Low-emission all family vehicle) for two years. It uses only \$10 worth of electricity to run each week, she says.

According to Pam the family car is like any other car and has muddy boys, horse poo, seaweed and her looms in it. "It's the only spaceship I will ever own," she laughs.

Lunchtime talks and a panel discussion at the Dunedin Public Library will also be held during the week. For more details go to Dunedin EV Group on Facebook.—*Julie Howard, Valley Voice volunteer reporter*



*Pam McKinlay. Photo: John Cosgrove*

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# Turn your business idea into reality

DO YOU want to start a business or need support to make your business sustainable?

The Valley Project is teaming up with Co.Starters to run a nine-week programme for aspiring and/or existing entrepreneurs to turn their business ideas into reality.

A facilitator will guide the group through the process of launching a business step-by-step and demystify

the daunting early stages of entrepreneurship. It will help you to get a better understanding of your customers, validate the market, get a handle on finance, build to scale and much more.

The programme, run by Co.Starters, is not an academic exercise; the aim of the course isn't to teach how to start a business; it is to enable you to actually start one!

The group will have a maximum of 15

people so registration is essential. They meet for three hours weekly in the evening, starting on 3 October. The programme cost is \$595.

The Valley Project is exploring the option of sponsoring two participants through the course who have ideas for social enterprise to benefit our community. To express your interest please email [anna@northeastvalley.org](mailto:anna@northeastvalley.org)

—Edith Leigh

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# Put your questions to candidates

## Meet The Candidates



Put your questions about issues that matter for NEV and Dunedin.

**3-5pm Sunday 10 September**

**NEV Baptist Church 270 North Road**

IT IS HARD to miss – the general election is just days away and there have been some pretty interesting twists and turns so far.

However, media hype about changing personalities and sensationalist stories do not help us to make an informed decision about which is the best party to lead our country over the next three years.

To help you base your decision on more than social media memes, a local meet-the-candidates forum is being hosted right here in the Valley. All of the candidates from the Dunedin North Electorate have indicated that they will be attending.

We want this forum to be focused on local issues for North East Valley and Dunedin, and so we invite you to contribute your

question via our Facebook page event.

The afternoon will be social, entertaining and informative and will give you the opportunity to meet the candidates face to face, and to learn about their values and style as well as their party's policies.

The forum will run from 3–5pm on Sunday 10 September at the Valley Baptist Church auditorium at 270 North Rd. There will be refreshments, an opportunity to mix and mingle, some comic relief to reveal more than policy, and an open time for questions from the floor.

Head to the Valley Project Facebook page to find more information and to leave your questions for candidates.—*Steve O'Connor*

## Hands-on beginner's bike maintenance

A BEGINNER'S BIKE maintenance workshop is being hosted at the Valley Community Workspace at the end of this month.

The workshop will cover maintenance, adjustment and troubleshooting for tyres, wheels, brakes, gears and bearings. Participants will also learn how to do a safety assessment, and about tool use and selection.

All you need to bring is a willingness to get hands-on, so wear clothes that you don't mind dirtying. Bring your bike, or we can even give you a bike to work on if you don't have one.

The maximum number of participants is eight, so it is essential to contact [scythlical@yahoo.com](mailto:scythlical@yahoo.com) to express your interest. The suggested koha is \$25.

Meet at 1.30pm for a 2pm start. We will finish at 6pm at the latest, on Saturday 30 September at the workspace located at 11 Allen St.

### Temporary workshop closure

The regular Community Bike Workshop held twice weekly at the Valley Community Workspace will be closed for two weeks from Tuesdays 12 September to Saturdays 23 September.

The workshop is a regular opportunity to get help with your bike and use the workshop facilities. Bikes are available for a koha to refurbish and take away.

The workshop is normally open on Tuesdays from 3–7pm and Saturdays from 9am–12.30pm. For more information contact Peter on [peterd0n@dear.net.nz](mailto:peterd0n@dear.net.nz)



# Mad hatter to chair political evening

## ANOTHER THREE

years and another of those lively, fun and informative Dunedin North candidate meetings at Opoho Church is due.

It's at the usual prime time on the Sunday night (17 September this year) before polling day on 23 September.

It will again be chaired by "mad hatter" Philip Somerville, wearing silly hats and keeping every

candidate strictly to time. There will be questions from the chair, quick-fire questions, questions from the floor, and political cartoons and caricatures on the screen as part of the usual format.

Expect, also, an extra surprise or two to be pulled out of the hat on the night.

All welcome by 7pm (all over by 9.10pm, apart from a post-match mingling opportunity) at the church on the corner of Signal Hill Rd and Farquharson St.



Part of the crowd at the Opoho Church Dunedin North candidates meeting in 2011. The popular forums have been running for at least the past nine elections. Photo: Courtesy of the Otago Daily Times.

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## Grandmother inspires love of needlework

This month's Northern Artery Pop-up Gallery artist Kate Grace shares her love of needlework and sewing learned from her grandmother.

OF THE many sensory delights that brightened my days as a little girl, my grandmother's ill-lit attic holds a very special place. It hosted an enormous wardrobe filled with the scent of cedar and lavender.



Kate Grace

Together with piles of carefully ironed and folded embroidered linen, there hid sepia photographs of nameless ancestors in their finest Sunday dress, aluminium pre-war currency of no value, and the faded wax flowers of an orange wedding crown preciously wrapped in silk paper.

Here was a sewing box with an array of needles, fine and mysterious tools, unmatched pearl buttons. There were the war medals of

my late grandfather, and everywhere many other memories.

I remember the heavy wool of the nun's habit. I remember the coarse touch of the burlap protecting the rabbits' cages in winter.

I remember the intricate lace of the stiff coifs of the elderly ladies in Brittany.

I remember the fluid drape of the op shop Victorian linen nightshifts we (teenage girls) used to wear as 70s dresses.

I remember the confusing meanders of my mother's sewing patterns.

I silently observed hands creating magic out of needle and thread. Making was no mystery to the women surrounding me and I am grateful for their gift.

Kate Grace is a self-taught maker and collector of vintage fabrics and haberdashery. Kate is most known in Dunedin for her involvement in dance, music and community projects since 1995, but needlework and sewing have always been in the background. She can be found at [www.silentqueen.com](http://www.silentqueen.com)

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### Entries close

Photos will be accepted until 29th September 2017.

### Winning entries

Twelve winning photos will be selected to feature in SPCA  
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## Annual special event

A VERY special event is coming up in the Valley.

The fourth Jane Austen Ball is planned for Sunday 22  
October (Labour week-end) in the North East Valley Nor-  
mal School hall. Several dance classes to prepare for the  
ball will start next month at the same venue.

No partner and no special shoes required. Beginners  
are most welcome. Classes will be on Sunday 10 Sep-  
tember and 8 October at 10am-noon, and weekly on  
Wednesday from 13 September at 7-8.30pm.

Contact Kate on [info@frenchdancing.co.nz](mailto:info@frenchdancing.co.nz) or find out  
more about the ball on our Facebook page Historical  
dance - Dunedin.—*Kate Grace*

## No Halloween party

Sadly at this stage the Valley  
Project will not be hosting a Hal-  
loween Party for families this  
year as we currently do not have  
an organiser for the event.

Organising our popular Hallow-  
een get-together is a volunteer  
role. If you are interested in step-  
ping up for this challenge please  
get in touch by contacting  
[charlotte@northeastvalley.org](mailto:charlotte@northeastvalley.org) or  
call our office on 473 8614.



# New yoga class will build strength

EXPECT TO sweat and build up core strength and stamina at a new yoga class starting at the Valley Project community rooms this month.

Valley resident Carla Mulder, an experienced practitioner and certified instructor, will teach vinyasa (linking poses together in a flow) yoga from 5.30–6.45pm on Monday and Thursday nights.

Her classes will start with a gentle warm up before moving into a range of poses including one or two challenging ones, back-bends and twists and finishing with a savasana, a full body relaxation, she says.

Carla, who is a mother to two young children, a geography teacher and a relief school teacher, started doing yoga six years ago. She has been teaching at Hot Yoga Dunedin for the past year. Working for herself and teaching yoga more often has been the catalyst for starting her own classes, she says. "It's quite a risk for me."

She is a bit nervous because she has always worked in secure jobs teaching in schools, she says.

The idea of having classes at least twice a week is so people can see their body change and become more flexible and stronger, she says. Her classes will offer different options for each pose, making them accessible to beginners through to experienced practitioners.

The classes start on Monday 4 September. The cost per class is \$8/\$9.—*Julie Howard, Valley Voice volunteer reporter*



*Yoga instructor Carla Mulder is starting up a new yoga class*

community  
your local guide

## Introducing the Valley Card



**shop local for exclusive discounts**

\$20 waged, \$10 unwaged  
Purchase one for another family and pay the good vibes forward  
Available at: Valley Project, Bloomin Gorgeous & Blacks Road Green Grocer

# Speed and school bus concerns on North Rd



*Community constable  
Brendan Thomson*

I WILL KICK off this column with a timely reminder about speed, in particular down North Rd.

It should be no surprise to readers that the limit is 50kph, but, realistically, this is not al-

ways possible due to the build-up of traffic at peak times, road works or, most recently, the replacement of power poles.

I will now add into the mix three child care centres, three schools and a sizable retirement home that drivers need to be constantly aware of. A pedestrian will always come off second best in a collision.

Your speed must not exceed 20kph when you pass a parked bus with 'school' signs displayed, in both directions. I know I have cracked on about this before but I keep getting the "stunned mullet" look when I stop drivers for this offence, with some not

having seen the school bus at all.

There have been recent incidents of tagging in most if not all schools in the area, with some offenders located and issued with trespass notices.

If your kids are skate boarding or scootering in school playgrounds after hours, especially if it is a school they do not attend, please remind them that they need to respect the fact they are allowed onto the grounds and treat it as a privilege, not a right.

I will have no problem dealing with anyone caught doing graffiti or wilfully damaging property at these locations.

Last but not least, as per my last article, if you wish to start a Neighbourhood Support group in your street I have dropped packs off to the Valley Project or you can contact neighbourhoodsupport@gmail.com

That's all from me. Stay safe on our roads and look after each other.—*Brendan Thomson, community constable*

Need an MP?  
**David Clark**  
MP for Dunedin North

03 474 1973  
32 Albany Street, Dunedin  
david.clark@parliament.govt.nz  
fb.com/DavidClarkMP

Labour  
Authorised by David Clark, 32 Albany Street, Dunedin

the VALLEY project

## Valley Copy Centre

convenient local support your community

Print or photocopy at the community rooms  
262 North Rd  
voice@northeastvalley.org

the VALLEY project

Are you on our volunteer database?

Fill out our form online or come into the office: [bit.ly/valleyvolunteer](http://bit.ly/valleyvolunteer)

Being on our database is not a commitment. It simply means we will be in touch if we have opportunities that might match your interests.

**Make a difference in your community!**

# COMMUNITY LEADERSHIP 101



learn facilitation skills  
how to lead passionate groups  
& empowering conversations in community



## BOOKINGS ESSENTIAL

Morning tea provided (bring your own packed lunch if you would like to stay on longer to network)

Tuesday 26 September, 1pm-4pm  
Valley Project community rooms, 262 North Rd. NEV

To register email [anna@northeastvalley.org](mailto:anna@northeastvalley.org)  
Check out our Facebook event page

## 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, 10.45am
- St Thomas'**, Raleigh St and Pine Hill Rd, children & family service, 4.30pm, 3rd Sunday
- Opoho Presbyterian**, 50 Signal Hill Rd, 10am
- NEV Presbyterian**, 224 North Rd, 9.30am cafe service
- St Mark's Presbyterian**, 304 Pine Hill Rd, 10am
- NEV Baptist**, 270 North Road, 10.30am.

Every Sunday  
1pm-3pm

## Dalmore Reserve community garden

At the reserve entrance on Allenby Ave

Saturday 9 Sept  
9am-noon  
Sunday 17 Sept  
1pm-4pm  
Saturday 23 Sept  
9am-noon  
Sunday 1 Oct  
1pm-4pm

## NEV community garden working bees

top paddock behind North East Valley Normal School

## for families, kids & teens

### ATHLETICS & HARRIERS

Children 3-6yrs and 7+yrs, Chingford Park Clubrooms, 5.30-6.45pm, Mon, and Caledonian grounds, Sat morn. [www.leithharriers.co.nz](http://www.leithharriers.co.nz)

### CHINESE FOR KIWIS

Bear Cats Club and Chinese ABC playgroups for children to learn Chinese. Tues, 3.30-4.30pm, Pine Hill School, 11 Hislop St. Ph 021 589 075 or [www.chineseforkiwis.co.nz](http://www.chineseforkiwis.co.nz)

### DUNEDIN TOY LIBRARY

A vibrant toy library for children from birth to 7 years. Huge range of toys, ride-ons, dress ups, puzzles, games. St Martin's Hall, Northumberland St, 10-11am Wed, and 10-11.30am Sat

### GIRLS BRIGADE

Dunedin Girls Brigade Company, all girls, from age 5 up welcome. 6-7.30pm, Wed, St Marks Presbyterian Church Hall, 304 Pine Hill Rd.

### MINI MUSIC GROUP

Preschool music and movement session, 9.15-9.45am, Mon, Nga Maara Hall, Sacred Heart School, school terms, gold coin. All welcome.

### MT CARGILL GIRLGUIDES

Pippins, brownies, guides and ranger groups in the valley. Ph 0800 222 292 or [info@girlguiding.org.nz](mailto:info@girlguiding.org.nz)

### OPOHO PLAYCENTRE

Sessions for 0-6 year olds, 9am-noon, Mon-Fri, school terms, 28A Signal Hill Rd. Visitors welcome. For more info ph 473 0819 or email [opoho.playcentre@yahoo.com](mailto:opoho.playcentre@yahoo.com)

### OPOHO SCOUTS

Keas, 5.30pm-6.30pm, Tues; Cubs, 6pm-7.30pm, Thur; Scouts, 7pm-8.30pm, Wed. Opoho Scout Den, Ph Kevin 0800 SCOUTS.

### PLAYGROUP

Leith Valley Church, Malvern St, 10am-noon, school terms. Ph Julia 027 635 8181.

### PRESCHOOL MUSIC

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

### SPACE PROGRAMME

Programme to support new parents through first year of child's development (Supporting Parents Alongside Children's Education). Valley Baptist Church. Contact Amy on 473 0014 or [space.valleybaptist@gmail.com](mailto:space.valleybaptist@gmail.com)

### NEV PLAYGROUP

Come along with your children 0-4 years, Baptist Hall, 270 North Rd, 9am-3pm, Tue, Wed. Ph Michael 473 0572.

## SUNDAY SCHOOL

Variety of classes with stories, crafts, songs and more. Ages 4-18, 9.30am Sun mornings (term time), DNI (tech area). All welcome, no charge. Ph 020 4079 5727 or [www.dunedinchristadelphians.org](http://www.dunedinchristadelphians.org)

## RUDOLF STEINER

Dunedin Rudolf Steiner playgroups, Te Whare Ako Marie, Pinehill and Maia. A sanctuary of creative play for children from birth to kindergarten and a place of peace and friendship for parent. Groups meet weekly, term time, For more info contact 471 2163 or [dunedin-steinerplaygroup@gmail.com](mailto:dunedin-steinerplaygroup@gmail.com)

## YOUNG PARENTS

Young Parents Group Te Roopuu Maatua Maahuri, where young parents come together to share and support each other. For parents who had their first child before 26 years. Children welcome. 1-2.30pm, Thurs, community rooms. Ph Susan 021 550 737.

## SPACES AVAILABLE

Islington Early Childhood Centre currently has a few spaces available for children over two and a half. Contact Shirley on 473 7490 if you are interested.

## fitness & health

### CONTRA DANCE

7.30pm, Mon, \$3, 52 Dundas St. Ph 473 8640 for more information.

### DUNEDIN ACROYOGA

Combining acrobatics and yoga, no partner needed. Beginners classes available. 6-9pm, Tue, Opoho Presbyterian Church, 50 Signal Hill Rd. Facebook or email [jooske@gmail.com](mailto:jooske@gmail.com)

### DUNEDIN BMX CLUB

Race night, Forrester Park BMX track, 6pm, Thur.

### FOLK DANCING FOR FUN

Baptist Church, 270 North Rd, 10am-11.30am, Fri, \$3. Ph Yvonne 455 2406, [stured1@yahoo.co.nz](mailto:stured1@yahoo.co.nz)

### LEARN TAEKWONDO

Korean martial art, supportive environment. Training Mon, Thur, Pine Hill School hall, 6pm-7.30pm. Beginners' class 5.30-6.15pm; seniors' class 6.30pm onwards. For more details and to register email [dunedinolympictkd@hotmail.co.nz](mailto:dunedinolympictkd@hotmail.co.nz)

### MEDITATION

Meditation and mindfulness afternoon workshop every two weeks, ph 021 035 2392, [www.meditatenz.com](http://www.meditatenz.com)



# Classifieds and community notices (for non-profits)

## DUNEDIN ELECTRIC BIKES

for sale  
at the  
Valley Community Workspace  
11 Allen St, Fri and Sat mornings

Ph Nathan Parker 027 214 8294 or

## NAKAJIMA JUDO CLUB.

Weekly evening class for all levels and ages. Ph. Keri 021 027 93683.

## QIGONG

Classes in Yuan Gong, Ans 027 756 8383, yuangongdunedin@gmail.com Jay 027 584 4537, www.bodymindqi.com

## 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 and to register & get your personal barcode.

## SPAN NEV

Stretch'n'flex, low-impact exercise, fun and friendship, community rooms, 262 North Rd, 10am-11am, Tue, over-65s, \$4. Ph 4739311.

## SPORTS AEROBICS

Competitive aerobics and casual fitness classes. Training held at DNI Sun, Mon and Fri. Contact Rebecca rebeccafishernz@yahoo.co.nz

## STEADY AS YOU GO

(Age Concern) Gentle balance and strength exercises, NEV Baptist Church, 10.30am-11.30am, Mon, and Pine Hill School Library, 11am, Thur.

## TANNOCK GLEN

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

## THREE LEFT FEET

Social dance group, no experience or partners necessary. European dance-folk and traditional, \$5 or \$7.50/ couple, Nga Maara hall, 6pm-7pm, Thu. Ph Marilyn 473 7829.

## YOGA IN THE VALLEY

Instructor Adair Bruce, 6-7pm, Mon-Fri, DNI designspace; 9.15-10.15am, Mon, Wed, community rooms. \$10 waged, \$8 unwaged, for more info contact adairbruce@hotmail.com

## further education

### COMPUTER CLASS

A free class to learn how to use computers, 10am-noon, Weds, community rooms.

## Want health, wellbeing and relaxation?

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## FREE LITERACY COURSE

For more information contact Ana & Marg at Literacy Aotearoa, 477 2055.

## ENGLISH CONVERSATION

Multicultural Women's Group New English speakers welcome, 10-noon, Wed, community rooms, 262 North Rd. www.multicultural-women.com

## LEARN ITALIAN

Planning a trip to Italy this year? Fun, communicative lessons Ph Samantha 021 0831 8408.

## INDOOR BOWLS

Play indoor bowls at the NEV Bowling Club, 139 North Rd, Thurs, 1.30pm start. Ph Jack for more info 473 9565.

## ITALIAN CLASSES

Exp teacher, native speaker of Italian ph Antonella 027 341 8312, antonella.vecchiato@gmail.com,

## LEARN ENGLISH

English for daily life and work. Free and low cost courses. Contact Tamara or Felicity at English Language Partners 455 5266, dunedin@englishlanguage.org.nz

## SEA OF FAITH

St Johns Church Hall (cnr Wright St and Highgate), 6-7.30pm, fourth Thur each month. Enquiries ph 473 0031.

## art, craft & music

### ART TARDIS @ THE GRID

Coffeehouse featuring 'Mud Diamond' by Elise Johnston

### ART CLASSES

For all levels, casual attendance welcome, tutor Anneloes Douglas, community rooms, 10am-noon, Thur and 6pm-8pm, Fri. Ph 027 307 7034, 467 9993, anneloes.douglas@xtra.co.nz

### ART CLASSES

Continuous class, newcomers welcome, 1-3pm, Wed, community rooms; 1-3pm, Thurs, St Peter's Church Hall, Caversham; 7-9pm, Thurs, Logan Park High School, \$15 per session. Ph Friederike 482 2025.

### FIDDLE LESSONS

Would you like to learn old time American fiddle? Fiddle lessons taught by ear, and age or skill level welcome. Ph Flora 027 917 2885.

## THAI MASSAGE

Traditional, clothes on,  
massage for health

20 years experience and Thai trained,  
here in NEV

By apt only

Ph Heidi on 473 6256 or 021 174 9290.

## KNITTING SQUAD

BYO knitting or crocheting, or come & learn, community rooms, 1pm-3pm, Wed. Ph Marjory 473 7751.

## ART FIBRE DUNEDIN

Bring lunch and requirements, 10am-3pm, second Sun each month, community rooms, Ph Viv 473 0343, www.artfibredunedin.blogspot.com.

## DUNEDIN FIDDLE CLUB

Community rooms, 7.30pm, Wed.

## 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 Clare for more info clare-n-don@clear.net.nz

## VALLEY BLUEGRASS JAM

Monthly jam session at the Normanby Bistro. All welcome to listen or participate, 2pm Sunday 17 September.

## community groups

### BIKE WORKSHOP

Get help, use our workshop, bikes available for koha. 3.30-7pm, Tues, and 9am-12.30pm, Sat, Valley Community Workspace, 11 Allen St. Contact Peter on peterd0n@yahoo.com The workshop will be closed from 12-23 Sept.

### DUNEDIN MAKERSPACE

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

### ENLIVEN DAY CLUB

Ross Home, drivers and help with activities needed, light food preparation. Tues, Wed & Fri. Ph Maybank 473 0890.

### LADIES' PROBUS CLUB

Meets 10am, first Mon each month, NEV Bowling Clubrooms. New members welcome. For more info ph 455 6683.

### MEN'S PROBUS

NEV bowling club, 10am, 2nd Mon each month, new members welcome. Ph Don 473 7544.

## MEN'S SHED

The North Dunedin Men's Shed welcomes new members. Open Wed and Sat mornings Bonnington St over bridge. Ph Paul 474 0060.

## MULTICULTURAL GROUP

Women's multicultural group, make new friends, speakers, cooking, outings. Community rooms, 10am-noon, Fri, ph Afife 473 8944.

## NEIGHBOURHOOD SUPPORT

Create safer, more caring communities. For more information and local contact details contact Lois on 456 0857 or neighbourhoodsupport@gmail.com.

## PINEHILL COFFEE & CAKE

Morning tea outing to Dunedin café, last Wed of each month. Ph Carolyn 477 7115 for more info.

## trading corner

### BABYSITTER AVAILABLE

Experienced 22 year old, have worked with children of all ages. Ph Kelly 027 697 9194.

### BABYSITTER AVAILABLE

17 year old with extensive first aid training and experience with children of all ages. References available. Kyra Ph 0221507349

### COMPUTER SERVICES

Trouble-shooting, tuition, low rates. Ph Dave 473 9542, 022 635 9414 or email davemaxz@actrix.co.nz

### KNIFE SHARPENING

Mobile knife sharpening service for house knives, \$15/knife. Ph 022 416 5446.

### HOUSE-SITTER

Available after Oct. House-sitting in Dunedin for over 10 years, quiet 54-year-old male, non-drinker, non-smoker, part-time research assistant at Uni. Looks after pets, mows lawns, etc. Ph 027 4467 915 or email jeffreyhrobinson@yahoo.co.nz

### PEASTRAW

\$12 per bale delivered. A fundraiser for North East Valley Normal School. Ph 021 0849 9662 or nevpeastraw@gmail.com

### RHUBARB CROWNS

Rhubarb crowns for sale. Large pieces \$5 each, smaller pieces \$2-\$3 each. Ph Ivy 473 1151.

### SENIORS HAIRDRESSING

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



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Bistro open Wed-Sun  
Lunch: 11.30am-2pm  
Dinner: 5-8pm, 5-9pm Fri & Sat  
Ph: 473 0373

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**The Planz**  
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Saturday 2 September

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# Spring Clean for harmful waste



Don't let your bad stuff head get into our environment is the message of this mock-up as spring cleaners chase down a paint-pouring bandit. Part of the Spring Clean organising crew, this team from Love the Lindsay is organising a skip, old paint and e-waste collection. Pictured, from left, are Steve Tripp, Kaitrin McMullan, Wendy Tripp, Chelsi West and Rorie White.

IT'S SEPTEMBER and time for a Valley Spring Clean! So cast your eyes over the rubbish stored on your property.

The Valley Project is hosting a collection point for unwanted paint and e-waste (household only) on Sunday 17 September from 1-4pm.

Last year Love the Lindsay enthusiasts collected two trailer loads of rubbish from the river and banks of the Lindsay. This year the focus for Love the Lindsay (with the help of Keep New Zealand Beautiful) is protecting our awa by ensuring poisons and heavy metals from discarded paint and e-waste don't find their way into the creek via gutters and stormwaters.

So let's get them disposed of properly and keep our drains for rain. Here's what's happening on the 17th:

- Keep clean with Resene and receive new paint for old. Bring in unwanted paint or containers and receive a voucher for a Resene test pot. Disposal for Resene paints is free of charge; other brands cost 25c per litre. All paint must be in its original, correctly labelled container without leaks. NO aerosols, automotive or marine paints. NO poisons or hazardous waste (they're too hard for us to handle).

- Cargill Enterprises will be there to take e-waste such as batteries, laptops, and consumer electronics. Charges apply, please see their webpage for details:

[www.cargillenterprises.co.nz/services/e-waste-recycling](http://www.cargillenterprises.co.nz/services/e-waste-recycling)

- There will be a skip and, of course, there's a party with a sausage sizzle, music, e-bikes and recycling fun by Kids Inc.

Watch the Love the Lindsay Facebook page for further details, including what can go in the skip.

Wanna help out on the day? Marshalls, drivers, sorters and sausage sizzlers needed. Email Wendy (please include phone number) on [wendy@northeastvalley.org](mailto:wendy@northeastvalley.org)—Wendy Tripp, Love the Lindsay Spring Clean co-organiser

## what's on

### forum

Meet the candidates for North Dunedin. Sunday 10 Sept, 3-5pm, Valley Baptist Church.

### dragon's den

An evening of fun, entertainment and social enterprise. Thursday 14 Sept, 7.30pm, DNI.

### candidate meet

Join the Mad Hatter to meet the candidates, Sunday 17 Sept, 7-9pm, Opoho Church.

### share your gold

Co-work for mums in business, Monday 18 Sept, 10.30am-3.30pm, community rooms.

### quiz night

Support Jonathan Rhodes Kindergarten, Thursday 21 Sept, 7pm, NEV Bowling Club.

### bike maintenance

A workshop for beginners. Saturday 30 Sept, 1.30pm, Valley Community Workspace.