

## Ross Home staff long serving



Mother and daughter (left), manager Margaret Pearce and carer Sarah Pearce, and mother and son (right) unit nurse manager Jenny Jackson and cook Patrick Henderson, share an afternoon chat with resident Margaret McCormack. Sarah and Jenny were recently recognised for 10 years service.

COMBINED SERVICE of 265 years was recognised at the annual Achievement Awards at Ross Home and Hospital.

A 30-year service badge was awarded to Togo Solofa and a 25-year badge to Bob Mason. Badges were also given for 10 and five years of service.

There are many inter-generational staff from the same family working at the home, includ-

ing a grandmother, daughter and grandson from one family.

Manager Margaret Pearce says it is the staff, volunteers and residents who make the home such a great place to work. In fact, night staff positions rarely came up, as people tended to not leave these roles.

"There is a lot of loyalty to not just Ross Home, but to North East Valley."

continued on page 2

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# Community dinners bring people together



Valley Project executive board member Steve O'Connor is organising a community dinner on Saturday 10 October

**BRINGING PEOPLE** together is what regular community dinners in the valley are all about, says strong community advocate Steve O'Connor.

"It is a really good networking and community building thing." Community dinners, generally held about four times a year, are fun and have a real family feel to them, says Steve.

"You see people there that you see around the village, but you might not have spoken to them for ages."

The dinners are also an opportunity for groups to promote themselves, either with a display or by standing up and speaking.

The next community dinner will include entertainment from young local performer Jayden Trihn.

Volunteers are always needed to help with organising and on the night. If you would like to get involved contact the Valley Project office on 473 8614 or call in and have a chat.

**WHERE:** Baptist community centre,  
270 North Rd

**WHEN:** 6pm, Saturday 10 October

## COGS grant to help with FoodShare

**THANKS TO** the generosity of the Community Organisation Grants Scheme (COGS), our Friday food parcel programme will continue to provide its volunteers with a petrol voucher each week.

These dedicated drivers pick up boxes of food from Foodshare Dunedin, bring them back to the community rooms and distribute the food into boxes for pickup by about 20 families in North East Valley, Pine Hill and Opoho. This initiative helps to feed more than 50 people and frees up money for those that need a temporary helping hand.

The COGS grant is an initiative of the Department of Internal Affairs, who have provided the Valley Project with \$1000 to reimburse petrol expenses for one year.

Currently there are a few spots open for a weekly food parcel. If you are in need of this assistance please get in touch with staff at the community rooms on 473 8614.—*Marty Cancilla*

## Opportunities with the Valley Project

Are you a committed community member? Are you interested in household energy? Do you want to be paid for doing something you love?

The Valley Project is looking for a community member to undertake the Home Performance Assessment training. All costs would be covered by the project.

The successful candidate would be offered paid contract work for six months to one year, doing home energy assessments.

If you are interested please get in touch before Monday 12 October on 473 8614 or via [project@northeastvalley.org](mailto:project@northeastvalley.org)

—*Fatima McKague*

**valley voice editor** Edith Leigh

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**readers** 7400 approximately

**advertising** (03) 473 8614

**copy deadline** 15th of the month prior

**T** (03) 473 8614 **M** 021 214 4075

**E** [voice@northeastvalley.org](mailto:voice@northeastvalley.org)

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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.

# Māori name sought for Valley Project

THE PROCESS of finding a Māori name for the Valley Project has begun as Matua David Ellison, the Upoko of Kāti Huirapa Rūnaka ki Puketeraki, works to compile a list of possible names.

Organisations are usually named after a prominent landmark or deed, but “of course we have to think of what affects the valley today,” says David. Finding a Māori name is not simply a matter of choosing one people like the sound of and the proper process has to be followed. “Like good cheese, it will take time.” A selection of about six suitable names, and the reasons for their choices, would go out to the runanga, who would decide on the most fitting name.

David, in conjunction with Kuini Scott, is presently researching potential names, mainly by reading old newspapers. “We have to be very careful with our history, that it is authentic.” Once a name is chosen a tukutuku panel would be woven for the Valley Project, he says.



Matua David Ellison reading old Otago Witness newspapers on his iPad at his North East Valley home

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## Long service awards

continued from page 1



Togo Solofa received an award for 30 years service

THE HOME employs 190 staff and their longest serving member has been on the job for 43 years. The wide range of occupations includes nurses, carers, physiotherapists, occupational therapists and kitchen staff, and laundry staff who put through 5000kg of laundry every week.



Bob Mason received an award for 25 years service

The home has 134 residents and many of their families join the big team of volunteers, says Margaret.—Edith Leigh

## New renters wanted at Allen St Valley Community Workspace

THE VALLEY Community Workspace group is looking for new people and groups who would like to rent a space at the Allen St premises.

They are also encouraging people to come forward who would like to be involved with the workspace, whether through sharing skills, equipment or time. Another open day is being held on Saturday 3 October, which will include a kid's market day. The market day is an opportunity for kids to clean out their rooms and earn some cash.

Stalls are available for a koha and stall holders will need to bring their own cash float and a table or a blanket to display their wares.

The open day will also be an opportunity to: bring your bike in for basic repairs and a tune-up (by koha); find out about electric bikes; go for a drive in an electric car and find out about upcoming electric car conversion workshops; talk to Dunedin MakerSpace members about their projects such as 3D printers and electronics; and add your ideas about how you would like to see the space used.

To register a stall contact Kristen via kbracey62@gmail.com  
 Space is limited so be sure to register.

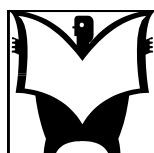
**WHEN:** 11am–3pm,  
 Saturday 3 October  
**WHERE:** Valley Community  
 Workspace, 11 Allen St

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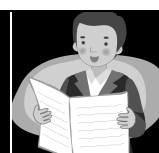
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## Music brings back memories for residents



Oxo Cubans founder Craig Reeves (right) plays the piano and sings along with Ross Home residents Liliane Mackle and Don Smith as they warm up for the popular weekly choir.

MUSIC CAN be the key to unlock older people's memories and to reach those suffering from dementia or Alzheimer's, says prominent Dunedin musician and Ross Home activities coordinator Craig Reeves.

Reeves, who founded the eminent Dunedin band Oxo Cubans 21 years ago, loves sharing his passion for music with residents at Ross Home.

A lifetime of music means when residents ask for a particular song or piece he can usually play it for them. Songs often trigger an emotion or memories for people and he gets to hear the most incredible stories, Craig says.

"Music reaches them all," even those suffering from dementia or Alzheimer's, he says. "Some of them find it hard to talk, but they can sing. The music unlocks the doors."

Craig plays for residents at their weekly choir, brings the keyboard to them if they want to play, is able to organise high-quality music entertainment at the home, and is often the instigator of "corridor parties", when the sound of music, songs and laughter attracts residents. "It is the best job in the world."

The Oxo Cubans, which has its roots in North

East Valley, is celebrating its 21st anniversary this weekend, with two concerts at the Mayfair Theatre. During the past 21 years the band has worked with more than 300 musicians and vocalists, some of whom are returning for the anniversary concert from as far away as Berlin.

The concert will feature "everything", including jazz, rhythm and blues, country, solo acts, opera and blues, to name a few, Craig says. It will also be a fundraiser for the valley-based Otago Community Hospice, which will be running the Green Room bar. All proceeds from drink and food sales will go to the hospice.

—Edith Leigh

**"Music reaches them all . . . and unlocks the doors."**



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**WHERE:** Mayfair Theatre, tickets \$40



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# The Broken Heartbreakers celebrate third album

NGA MAARA Hall will radiate with the sounds of melodic folk-pop as valley-based band The Broken Heartbreakers celebrate the release of their third album, 'How We Got to Now', at the start of Labour Week-end.

It is nearly five years since the band released their second album "Wintersun" to excellent reviews, and in that time a lot has changed. Between albums, core songwriters John Guy Howell and Rachel Bailey were busy travelling and having adventures, including extended stays in Ireland and Melbourne. They settled back in North East Valley two years ago, where they live with their newest roadie, their two-year-old daughter.

On their new album, Howell and Bailey are joined by fellow valley resident Jeff Harford on drums, and Richard Pickard, who was brought in as bassist for the recording.

Singer/songwriter Nadia Reid and poet Victor Billot will also perform short sets.



The Broken Heartbreakers, from left, John Guy Howell, Rachel Bailey and Jeff Harford.

**WHEN:** 7pm, Friday 23 October  
**WHERE:** Nga Maara Hall,  
63 North Rd

**TICKETS:** \$20 (includes light supper) from undertheradar.co.nz.  
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# Relax and connect with baby through pregnancy yoga



*Yoga teacher Uschi Heyd is starting a pregnancy yoga and classic yoga class in the valley. Before moving to North East Valley Uschi ran a yoga centre in Christchurch.*

**PREGNANCY YOGA** is an opportunity for you to take time out from the demands of daily life, relax, exercise and most importantly connect with yourself and your baby – as well as other mothers.

Each yoga class encompasses elements of movement, breath, and deep guided relaxation (yoga nidra). Practices can be adjusted to individual needs and performed at your own pace, which makes these classes suitable for all women, fit or unfit, experienced in yoga or total newcomers.

You will learn how to safely stretch and strengthen your body in preparation for birth; improve well-being during pregnancy with the use of mindfulness and breath to create emotional and mental harmony and deepen your connection to your baby; and practice deep relaxation and positive birth visualisations.

I am an experienced yoga teacher and certified birth educator as well as the mother of two now grown children. Supporting women to gain confidence and trust in their ability to birth is a passion of mine. To find out more visit my website [www.birthcircle.org](http://www.birthcircle.org)—*Uschi Heyd*

Pregnancy yoga, Valley Project community rooms, Mondays, 5.30pm–6.45pm  
Classic yoga, North East Valley Baptist Church, Tuesdays, 5.30pm–6.45pm

## Pop-up artist



*Artist Irina Schreiber with a handmade apron*

**HELLO, MY** name is Irina Schreiber. I was born in Russia and moved to Dunedin 13 years ago to be with my husband.

I have always been interested in art and the creative process, especially painting and making my own clothes. Being able to exhibit and even sell some of my paintings is very satisfying. It brings me great pleasure knowing that other people like what I enjoy doing the most.

A collection of my work, which has Russian connections, will be displayed in the Northern Artery Pop-Up Gallery in the Gardens Mall this month.—*Irina Schreiber*

## Artists wanted for 2016

Calling all artists in all mediums. Northern Artery's Pop-Up Window Gallery is now open for proposals for 2016.

Please send proposal details to [northernartery@gmail.com](mailto:northernartery@gmail.com). Thank you to Gardens New World for generously donating this space.

## Fruit trees find new and less boggy home next to children's playground in Chingford



*Fruit trees at Chingford Park have been moved from across Lindsay Creek to near the children's playground. Their former spot was proving a little too wet for the trees' liking. Pictured, from left, are Kathryn Davie, Kuini Scott, Becky Cameron, Terisha Hubbard and Keri Eastwood. Photo: Philippa Jamieson*

## HortTalk looks at organic mentoring scheme

**OTAGO ORGANICS** mentor Rayna Dickson will be speaking at this month's Dunedin Botanic Gardens HortTalk. She will be discussing the exciting opportunities for people with a passion for an organic lifestyle. The goals of Otago Organics will be introduced a mentoring scheme to act as a bridge to local certification introduced. On at noon, Friday 3 October.

# Coffee, cake, conversation and friends



*Pictured at the Blueskin Nurseries Cafe, clockwise from left, are Barbara Pryde, Patsy Cotter, Jean Adamson, Heather Adamson, Nel van't Wout, Joan Wood, Ann Marie, Brenda McGregor and Lois O'Connor.*

A MONTHLY outing to a Dunedin café is an opportunity for Pine Hill residents to socialise and meet friends. The Pine Hill Coffee, Cake and Conversation is a casual monthly social outing for people living in the Pine Hill, Dalmore and Liberton areas. Community worker Noora Frantz says the aim of the group is to stimulate participation in the community and prevent social isolation. People from all ages and backgrounds are welcome.

The group meets for morning tea on the last Wednesday of each month. For more information contact Noora or Amanda on 477 7116.

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## THE PROPOSED SECOND GENERATION DISTRICT PLAN

We're proposing some changes to the rules about what people can do on their land and how it can be developed.

For the past three years, the Dunedin City Council has been reviewing the District Plan. This review has produced the Proposed Second Generation Dunedin City District Plan (2GP), which will have a new set of zones and rules for Dunedin.

We have already had a lot of discussion with residents about what the new plan should contain, but now we would like your formal feedback. The 2GP is open for public submissions from **Saturday, 26 September to 5pm, Tuesday, 24 November 2015.**

To read the 2GP and make a submission visit:  
[www.2gp.dunedin.govt.nz](http://www.2gp.dunedin.govt.nz)

### HAVE YOUR SAY

DCC staff will be available during the submission period to answer any questions about the 2GP, help you find your property on the planning map and guide you through how to make a submission. You can talk to staff in person at our drop-in centre and workshops, or phone 03 477 4000.

### DROP-IN CENTRE

Monday - Friday, 8.30am - 5pm, 17 George Street, Dunedin (next to the Civic Centre George Street entrance)

### COMMUNITY WORKSHOPS

During October, we will visit Dunedin's outlying communities to discuss the Proposed Plan with residents. These sessions will focus on changes related to these communities.

**MOSGIEL: TUESDAY, 13 OCTOBER, 7 - 9pm**  
Lounge Room, Mosgiel Coronation Hall,  
97 Gordon Road

**MIDDLEMARCH: THURSDAY, 15 OCTOBER, 7 - 9pm**  
Strath Taieri Community Centre, 11 Swansea Street,  
Middlemarch

**PORTOBELLO: TUESDAY, 20 OCTOBER, 7 - 9pm**  
Portobello Hall, Portobello Road (Latham Park)

**PORT CHALMERS: THURSDAY, 22 OCTOBER, 7 - 9pm**  
Port Chalmers Town Hall, Grey Street

**BRIGHTON: TUESDAY, 27 OCTOBER, 7 - 9pm**  
Ocean View Hall, 812 Brighton Road, Dunedin

**WAIKOUAITI: THURSDAY, 29 OCTOBER, 7 - 9pm**  
East Otago Events Centre, Main Road, Waikouaiti



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*Razz*



**AGE:** 5 months old

**BREED:** Black & white female Collie-cross

**PERSONALITY:** cheeky & coy

**LOVES:** playing fetch with a ball

Razz is very friendly young girl who is good-natured and full of puppy cuteness.

She especially enjoys going for runs, and as she is a heading dog breed, she will require plenty of exercise as an adult.

Razz will suit most environments and family situations, she is good with children and other dogs, however she does tend to chase cats so we do not recommend introducing her to a home with feline inhabitants.

Razz came to SPCA Otago with her three siblings who have since found homes, leaving her behind waiting and wishing. Could Razz be your new best friend?

*Millhouse*



**AGE:** 5 years

**BREED:** short-haired ginger male cat

**PERSONALITY:** a lovable mix of affection & feistiness

**LOVES:** eating and sleeping

Millhouse is a very handsome ginger cat who has been with us since early June 2015.

He was a stray cat living rough in Dunedin for at least six months when he was brought to us by his finder who, after sheltering and feeding him, could not find an owner despite searching since Christmas 2014.

The sad experience has hardly affected Millhouse's psychological mind-set He is a friendly, affectionate boy with only a trace of standard feline schizophrenia.

He really is a rather sweet boy! Please consider adopting Millhouse into your household this month.

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# Our voices: Lindsay Creek a valley treasure

*Lindsay creek / Puke-haukea*

*'the mountain parrot rising in the wind'*

*Puke Hau Kea*

*'the hill of Haukea'*

(historical/translation)

NOT ONLY is the history of this stream significant, but its presence is something easily glanced over as it weaves through the valley. Thankfully this precious resource is not completely over-developed and some spots are still quite beautiful.

Puke-haukea is the lifeblood that runs through the heart of the valley. From cloud tipped peaks to where the valley floor meets the city, it is the original presence and geographical shaper in the carving of the valley we now live in.

North Rd zigzags along the valley floor, lit up like a lightning symbol at night, especially viewed from Upper Junction. Yet the stream curls inconspicuously along the western edge. The best view is up close and personal at the water's edge.

Its source is in stark contrast to its mouth. Emerging from the hills, it weaves and winds, is bridged and concreted, exposed and redirected. Then channelled directly across the valley by the bowling green, it curves past the petrol station towards the final eastern stretch, under Opoho Rd then through the Botanic Gardens, where the stream meets and merges into the river Leith/Owheo.

Honouring and protecting waterways is something all peoples over time can be part of. 'Adopt a Stream' is an example of an active community participation project.

An idea of a walking tour of the stream, with stories and legends, has been floated with the purpose of identifying and teaching others about the historical and ecological significance this impressive rural and urban stream offers.

As local residents, we are part of the wellbeing of this ecological treasure which is connected to the land. It is in our interests to care for what we have, a beautiful stream.

—*Fiona Dun-Frae\**

\*pen-name



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**All proceeds go towards  
producing this newsletter**

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

## Wild Things supports active movement for pre-schoolers with new sessions

Parents come along and join in the fun with Wild Things.

In conjunction with Sport Otago, Wild Things is hosting an active movement session for infants and toddlers, although children up to five years of age are also welcome.

This is free to families and runs for five sessions.

The sessions are an opportunity for parents to get ideas, inspiration and to encourage developmental skills for your children.

Come along and meet the Wild Things team. Wild Things provides home based early childhood education and our focus is on inspiring today's learners within fun and creative environments to lay the foundations for tomorrow.

—*Susan Phua*



*Sport Otago active movement advisor Kerri MacLennan plays with a pre-schooler during an active movement session.*

**WHERE:** Salvation Army Hall, North Rd, NEV  
**WHEN:** Thursdays, starts 15 October, 10am–11am

## Student intern will be missed



*Valley Project student intern Tammy Evans at the World Peace Day event at Forsyth Barr Stadium*

**SADLY WE** have farewelled our student intern, Tammy Evans, who has been working at the Valley Project for the past six weeks.

Tammy has organised and initiated numerous projects, such as the Make the Switch campaign for a plastic bag-free valley and representing the project at the World Peace Day event.

She has done a lot of work on our new website to be launched this month, joined us on our noho marae at Puketeraki, and volunteers her time with the Youth Group and the Valley Club.

Tammy will be completing a her social work degree with the University of Otago this year.

We wish her all the best in her future.

—*The Valley Project team (Marty, Edith, Charlotte and Anna)*

# Cop That: Check out medical emergency app



Community constable  
Brendan Thomson

WITH WINTER nearly over we breathe a sigh of relief and look forward to warmer and longer days ahead.

With this in mind I recall a recent incident of sun strike on North Rd by Dunedin North Intermediate. A driver travelling towards Normanby momentarily lost vision as they passed through the controlled crossing, narrowly missing a child.

When spoken to the driver was most distressed at what had occurred, so it should be a wake-up call for all of us using this road to be on our game and aware of the weather and road conditions and to drive accordingly.

There has been a recent report of a prowler in the area of Opoho Rd near the New World supermarket. A male figure wearing a hooded jacket

has been seen around 5am by people going to work. Although not approaching anyone, I would still be interested in any sightings or suspicious activity in this area.

I have carried out early morning foot patrols in this area but unfortunately on one occasion I surprised a worker when I appeared from the shadows of the Botanic Gardens. This person clearly didn't see my uniform and bolted for the nearby supermarket, closely followed by me to make my apologies.

For those of you with a smart phone, an app shown to me recently may well be of assistance in a medical emergency. Red Cross, along with others such as St John, have apps you can download which talk you through how to deal with a medical emergency such as a heart attack or serious bleeding. You never know when you may be first on the scene of a vehicle crash and your phone app may be just what you need until professional help arrives.

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

## Letter to the editor: Congratulations

I wish to pass on my very sincere congratulations for the very high standard of Valley Voice. I attended North East Valley Normal and Dunedin North Intermediate schools in the forties and early fifties and have lived in the north end almost all of my life.

I am very proud to be part of a community which cares so much about the people and the environment of this beautiful part of our city. To all the people who produce such a high class community paper I say thank you very much and well done indeed! You are doing your communities proud.—Nola Myles

**BEATS Study**  
Built Environment and Active Transport to School

**"How do your teens get to school?"**  
Parents needed for research

As a parent/guardian of a secondary school student, we invite you to complete a 25 to 30 minute online survey.

All participants will go into the draw to win one of seventy \$20 grocery vouchers.

To register and for more information contact:  
Emily Brook, Project Coordinator | Tel 479 9112 | Email beats@otago.ac.nz  
Web otago.ac.nz/beats

This project has been reviewed and approved by the University of Otago Human Ethics Committee. Reference 12/003.



**Sunday 4 Oct**  
1pm–4pm

**Saturday 10 Oct**  
9am–noon

**Sunday 18 Oct**  
1pm–4pm

**Saturday 24 Oct**  
9am–noon

**community garden working bees**

top paddock behind North East Valley Normal School



## for families, kids & teens

### DUNEDIN TOY LIBRARY

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

### FANTAIL TRAILS

Unstructured exploration in nearby nature for families with young children, on [www.meetup.com/Fantail-Trails](http://www.meetup.com/Fantail-Trails), or email [gabrielle.david@gmail.com](mailto:gabrielle.david@gmail.com)

### MT CARGILL GIRLGUIDES

Pippins, brownies, guides and ranger groups in the valley. More info on Facebook or Ph Eileen 476 1813.

### MUSIC AND MOVEMENT

For little ones, Salvation Army Hall, Mon, school terms only, two sessions, 9.30am–10am, 10am–10.30am, gold coin. Ph 473 0581.

### MUM 'n' BUBS YOGA

A class for mothers and babies from about 8 weeks old until they are actively mobile. 1.30pm–2.30pm, Mon, Baptist Church. Ph KJ 021 174 0149 or [catchkj@gmail.com](mailto:catchkj@gmail.com).

### 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.

### PREGNANCY YOGA

Move & breathe your way towards a positive birth, 5.30pm–6.45pm, Mon, community rooms. With experienced yoga teacher & birth educator Uschi Heyd, ph 027 360 0238, 473 0393 or visit [www.birthcircle.org](http://www.birthcircle.org)

### PRESCHOOL MUSIC

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

### RUDOLF STEINER

Playgroup in Pinehill, 10am–noon, Mon and Fri (Te Reo Māori group), 351 Pinehill Rd, gold coin & fruit to share, Ph Steiner School 471 2163.

### TUNEFUL TUESDAYS

Music session for pre-schoolers and parents, limited spaces. NEV Baptist Church, 1.30pm–2.15pm, Tues, gold coin. Ph Kaitrin 425 8959.

## church services

**Salvation Army**, 43 North Rd, Nitechurch, 6pm

**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, 6pm

**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.

## VALLEY PLAYGROUP

Come along with your children 0–4 years, Baptist Hall, 270 North Rd, 10am–2pm, Mon; 9am–3pm, Tue, Wed. Ph Michael 473 0572.

## ZUMBA

All welcome with or without children, qualified instructor Liana, 11am–noon, Mon, Baptist Church hall, \$2, ph 021 299 1024.

# Classifieds and community notices (for non-profits)

## CHANGING WAYS

**Making Marriages Work Seminar**  
Learn hot tips to improve your marriage taken from 20 years research by Dr John Guttman.

7pm–9pm, Wed 1 Sep

Ph Karyn on 021 0275 4881  
www.changingways.co.nz

## LET'S GO DOG WALKING AND TRAINING SERVICES

Affordable dog walking and training with experienced dog handler and trainer, behaviour consultations

Ph Laura 021 296 4249 or 487 8850  
letsgodogwalker@gmail.com  
Find us on Facebook

## GARDENS PHYSIOTHERAPY CLINICAL PILATES

**Beginners Pilates**  
Fridays 9.30am–10.30am  
Saturdays 9.30am–10.30am  
**Levels 1-2 Pilates**  
Tuesdays, 11.30am–12.30pm  
Fridays, 1.15pm–2.15pm  
\$15 per session/\$72 six sessions  
www.gardensphysio.co.nz

## QIGONG

Learn Xia Yuan, the 4th method of Yuan Gong Qigong

A very special practice, this method works on the Qi (chi) of the organs, strengthening organ health and clarity of mind

Mondays 5–26 October  
\$35 unwaged, \$40 waged  
Contact Jay 027 584 4537  
bodymindqi@gmail.com

## fitness & health

### CLASSIC YOGA

Move, breathe & relax with professional yoga and meditation teacher Uschi Heyd. For all abilities, Baptist Church, 5.30pm–6.45pm, Tues. Ph 027 360 0238, 473 0393 or visit www.birthcircle.org/yoga-classes.

### CONTRADANCE

Baptist Church Hall, 270 North Rd, 7.30pm, Mon, \$3.

### DUNEDIN BMX CLUB

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

### EXERCISE GEAR WANTED

Do you have exercise gear, such as weights, mats & bands, you no longer need? Donate it to the NEV community Sat morning exercise class.

### FOLK DANCING FOR FUN

Baptist Church, 270 North Rd, 10am–11.30am, Fri, \$3. Ph Yvonne 455 2406, stureid1@yahoo.co.nz

### FREE FITNESS CLASS

Outdoor circuit training, NEV Normal School, Steve is on holiday this month, classes restart on 14 Nov. Ph Knox Rehabilitation Clinic 474 0517.

### HISTORICAL DANCE

Explore European dance from the medieval era to the late 19th century. Historical dance workshop, 2nd Sunday each month, 10am–noon, Nga Maara Hall, 63 North Rd. Beginners welcome, \$10, www.frenchdancing.co.nz

### LAUGHTER YOGA

Laugh yourself to health and happiness. 5.15pm–6pm, Wed, Otago Polytechnic H block, room 608.

### LEARN TAEKWONDO

Korean martial art, supportive environment. Training Mon, Thur, NEV Normal School hall, 6pm–7.30pm. Ph 027 412 5770 or dunedinolympictkd@hotmail.co.nz

### MEDITATION

Meditation and mindfulness afternoon workshop every two weeks, ph 021 035 2392, www.meditatenz.co.nz

### QIGONG

Interested in Qigong? Ph Ans 473 6114 or 027 756 8383, www.qigongrenxue.org.nz

### QIGONG CLASSES

Jay Glubb runs a Qigong class at the community rooms, 6pm, Thur. Ph 027 584 4537.

### SELF DEFENCE COURSES

For women and girls, learn simple ways to use your mind, body and voice to keep safe. Contact Imogen to arrange evening or weekend course, ircothead@gmail.com

### SPAN NEV

Stretch 'n' flex, gentle low-impact exercise, St David's Presb Church lounge, 10am–11am, Tue, over-65s \$3. Ph 473 9311.

### STEADY AS YOU GO

(Age Concern) Gentle balance and strength exercises, NEV Baptist Church, 10.30am–11.30am, Mon.

### 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, DNI tech block, 6pm, Mon–Fri, \$5 waged, \$4 unwaged; St David's Church, cnr James St & North Rd, 9.15am, Mon, Wed, Fri, adairbruce@hotmail.com

## art, craft & music

### ARTYFACTS

Art group for support and motivation, bring your own work. Community rooms, 9.30am–noon, Wed. Ph Patricia 473 1494.

### ART CLASSES

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

### ART CLASSES

Continuous class, newcomers welcome, 1pm–3pm and 7pm–9pm, Wed, St David's Church, \$15 per session. Ph Friederike 482 2025.

### ART FIBRE DUNEDIN

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

### DRUMMING CLASSES

West African drumming classes, experience the joy and exuberance of drumming. Sacred Heart School, 7.30pm–8.30pm, 15 Oct–12 Nov, \$20/class. Ph Koffie 021 0268 0964 or fugaro2G1@yahoo.com

### DUNEDIN FIDDLE CLUB

Community rooms, 7.30pm, Wed.

### KNITTING SQUAD

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

## further education

### FREE LITERACY COURSE

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

### ITALIAN CLASSES

Exp teacher, native speaker of Italian (PhD Linguistics), ph Antonella 473 0832 or 027 341 8312, antonella.vecchiato@gmail.com, www.italianclasses.co.nz, Benvenuti!

### LEARN ENGLISH FAST

English for daily life and work, free. Contact Paul or Tamara at English Language Partners 477 7261, dunedin@englishlanguage.org.nz

### LEARN ITALIAN

Planning a trip to Italy this year? Fun, communicative lessons with qualified, experienced teacher. Contact Samantha 021 0831 8408.

### SEA OF FAITH

Highgate Church Hall (cnr Drivers Rd and Highgate), 3–5pm, fourth Thur each month. Enquiries ph 473 0031.

### SOCIALIST ORGANISATION

Meetings 7.30pm, Thurs, OUSA Recreation Centre. Ph Andrew 473 0502.

## community groups

### CHAI AND CHAT

Where women come together to socialise, children welcome, gold coin donation, Community House, Moray Pl, 10.30am–12.30pm, Fri. Contact Yulia and Shiraani chaichatdunedin@gmail.com

### MENS' PROBUS

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

### COMPANIONSHIP

Lonely? I offer genuine companionship to house-bound disabled and aged folk. Refs available. Ph Kerry 021 0242 6761

### ENLIVEN DAY CLUB

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

### LADIES' PROBUS

Speaker Dave Cannan of the ODT, meet 10am Mon 5 Oct, NEV Bowling Club. New members welcome, ph 455 6683 for more info.

### MENTORS REQUIRED

Become a mentor to young people who need a good male role model in their lives, Operation 'New Direction'. Ph Rob Fitzpatrick 473 6825, garden@northeastvalley.org

### LIONS IN THE VALLEY

Toroa Lions Club meets twice monthly Mon evenings, Morrison Lounge, Opoho Church, new members, men and women, welcome. Ph Tess 473 8114 or email Genny at gennyhann@gmail.com

### MULTICULTURAL GROUP

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

### NORTH DUNEDIN SHED

Working bees, Bonnington St, over bridge, 10am–early afternoon, Sat. Coffee, tea & scones welcome. Ph Bob 488 2647 or Paul 474 0060.

### OPOHO EUCHRE GROUP

Opoho Bowling Club, 1.30pm, Wed. Ph Lesley 473 9771.

### PINEHILL COFFEE & CAKE

Morning tea outing to Dunedin café, last Wed of each month. Ph Noora or Amanada 477 7116 for more info.

## trading corner

### COMPUTER SERVICES

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

### COMMUNITY NOTICES

All community notices welcomed, but priority is given to groups and activities based in the valley. Email voice@northeastvalley.org

**WILD THINGS**  
HOME-BASED EARLY CHILDHOOD CARE AND EDUCATION

Active Movement  
Sport Otago

Active Movement  
For Under 2s  
Bring along your  
Little Wild Things and  
Let's Get Moving!

Children 2-6  
Also welcome

Thursday mornings 10 - 11am  
FREE - 5 week programme  
15 October - 12 November 2015

The Salvation Army Hall, 43 North Rd, North East Valley

0800 44 44 70 www.wildthings.org.nz



## Jane Austen ball takes dancers back in history



The Jane Austen ball was an opportunity for lovely ladies and elegant gentlemen to step back in time for an evening. The North East Valley Normal School hall was skilfully decorated by Northern Artery for the occasion.

A core group of people had been practising the dances in the weeks prior to the event so it was easy for newcomers to join in. The music was provided by the North East Valley Fiddle group, led by Anna Bowen, Footspa and Tonica – two Dunedin groups of musicians interested in music from the period. The gathering of beautiful people left the event promising to meet again next year. Les Belles Vilaines runs historical dance workshops on the second Sunday of each month at Nga Maara Hall, 63 North Rd. You can find more information on their website [www.frenchdancing.co.nz](http://www.frenchdancing.co.nz)—Kate Grace

### Ray White.

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### The Normanby Bistro

(At the Normanby Tavern)

Open Wed–Sun

Lunch: 11.30am–2pm, all \$13.50

Dinner: 5pm–9pm\*, from \$15.50  
(\*8pm on Sunday)

Ask about our Gold Card discount

Susanne and Richard look forward to meeting you



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## Kids get creative in the kitchen



Gardens New World dry goods manager Shannon Entwisle with red food colour-dyed hands and North East Valley Normal School pupils Eva Woodhouse and Dylan Harris.

WHAT BEGAN as a “small idea” to involve the community evolved into a Little Kitchen Masterchef-style competition for eleven primary schools at Gardens New World.

Each week two pupils from each school battled it out instore mixing, creating and decorating.

Dry goods manager Shannon Entwisle says the children loved it and were amazingly creative. “The first round took the judges 45 minutes to choose the winners. The whole idea was to get the kids in the kitchen and have some fun.”

The eventual winners were Sawyers Bay School. They won a lunch for their class, a full set of Little Kitchen minis and a trip to Inflatable World for 30 children. The pizza they created in the last round has gone into production this month with all proceeds from sales going to the school.—Edith Leigh

## what's on calendar

### Allen St open day

Valley Community Workspace open day and kid's market. All welcome. Saturday, 3 October, 11am–3pm, 11 Allen St.

### community dinner

Network and meet your neighbours at a potluck dinner. Saturday, 10 October, 6pm, Baptist Community Centre, 270 North Rd.

### active movement

Pre-schoolers get active with Wild Things and Sport Otago. Mondays, 10am–11am, starts 15 October, Salvation Army hall.

### Celebration concert

The Broken Heartbreakers celebrate their third album. Friday 23 October, 7pm, Nga Maara Hall, tickets \$20.