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dunedin@parliament.govt.nz
03 474 1973
544 Great King Street,
Dunedin
David Clark MP



WWW.NORTHEASTVALLEY.ORG/DIRECTORY

Ta-da!!! As promised, The Valley Project and its partners bring you the first community directory website to this side of Dunedin City! Best of all, it's entirely free to access by everyone, and free for local businesses and organisations to be members of. Along with a full refresh of our standard website, there's lots to boogie about around here!

An online directory is a convenient place to search for services and community groups within a specific area. Think of it as a beautified, digital version of the Yellow Pages trimmed down to select residential zones. In this case, the zone consists of everything in between Mount Cargill and Signal Hill, from Upper Junction down to the Botanical Gardens. Our 'Valley' has an extraordinary range of cafés, shops, businesses, educational institutions, recreational areas, tourist attractions, sports clubs, medical clinics, and community groups for all ages and interests. It's simply rich with activity! In fact, the most serviced bus route in Dunedin is that between Bank Street and the Normanby terminus.

A community directory is exactly what we need to keep track of everything available to us here in the Valley. It provides collated contact details and information in a one-stop-shop. The benefits for members are triply so! A listing for your business or group can improve your local visibility, enhance your online presence and boost your search engine (...continued on Pg. #14)



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heads
UP!

KIA ORA KOUTOU. WE HOPE YOU'RE WELL!

We continue to try our best to be as available to the community as we can, considering the changeable Covid climate. Members of the community are welcome to the reception area during opening hours for the provision of services, such as use of free wifi, printing, photocopying, and placement of notices. Please note the new reception hours below.

The Valley Project operates on property belonging to the Ministry of Education, so any unvaccinated adult who is not a parent or caregiver is prohibited on site during the hours that children are present at the adjacent school (8.00am-5.30pm). Vaccination passports, masks, and social distancing will be required during this time period.

The Fred Hollows Room is the only space currently available for bookings.

Contact North East Valley Normal School to book it for your next event: pip@nevn.school.nz or 03 473 8246.

For the safety of our community and staff members, the Sharing Shelves in the Valley Project/NEVNS carpark are currently unavailable. Thank you for not leaving any giveaways anywhere on the property and for not tampering with the shelves.

The Valley Project team has assembled an isolation preparation kit that can be downloaded from our website. It's composed of checklists, emergency contact forms, posters, procedural

guides, treatment advice, and more. Find it on the COVID-19 information page at northeastvalley.org. To find your nearest testing location in the Southern district, call 0800 VIRUS19 (0800 847 8719) or visit wellsouth.nz.

Thank
you!

An enormous ngā mihi nui from everyone at the Valley Project for the stream of Give-a-Little donations over the past few months! Thanks to your generosity, much of the losses from the multiple burglaries late last year have now been covered.

We'd like to express an extra special show of gratitude to the North Dunedin's Arts & Performance Collective, Northern Artery, for their \$1,000 donation! Your support means the world to us!



what's
ON?



NEV NORMAL SCHOOL AGM

To be held early next month. We'll discuss board nominations, fundraising, membership and more over hot drinks. The meeting is open to the public - all welcome! Expression of interest is recommended as room occupancy is limited at this time.

THURSDAY, APRIL 7, 7pm
VALLEY PROJECT COMMUNITY ROOMS
REGISTER: nevn.pta@gmail.com

OPEN TENNIS SESSIONS

Have a hit. Enjoy free lessons. Improve your game. Beginner to experienced players welcome. Just bring a racket (if you have one) and spend a Sunday afternoon with Opoho resident and tennis enthusiast, Oliver Scott.

SUNDAY, MARCH 13 & 20, 2 - 4pm
OPOHO TENNIS COURTS, 134 OPOHO RD.
MORE INFO: [Jim 027-418-4995](tel:027-418-4995)



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:

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.

(03) 473 8614

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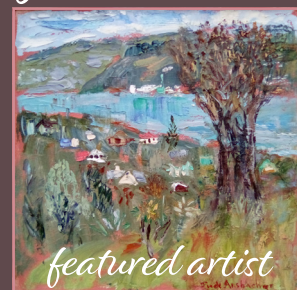
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March 14 - 21, 10am - 4pm
The Art Station, Railway Station

We'd love to hear from you! Send us your local photos, stories, milestones, etc. Deadline for newsletter copy is the 20th of the month prior. Submissions later than the 20th cannot be guaranteed space. Please keep your contributions to 250 words or less.



SPECTACLE PRESENTS: DISTURBANCE

what's
ON?

The Ōtepoti/Dunedin Fringe Festival brings you an exciting new incarnation featuring artists (and some Valley residents) Chris Miller, Damo Smith, Holly Aitchison, Jess Covell, Sam Caldwell, and Taarn Scott, all presenting works centered around the theme of Disturbance.

Nominated for Best Original Concept, Best Dance, and Outstanding Technical Achievement at their debut show in 2021 Dunedin Fringe Festival. It's likened to a modern day version of the "Happening" and has been described as a sensory feast!

For the time being, the show will be presented online. It will explore all the works and showcase all the planned performances with the hope the original, physical version of the show can be offered once it's safe to do so.

This is a FREE event thanks to the Dunedin City Council Arts Grant and Creative Communities funding, The Dunedin Dream Brokerage, Emerson's Brewery, and Walsh & Beck.

FRIDAY, 18 MARCH from 6:30pm - SUNDAY, 27 MARCH
www.dunedinfringe.nz/events/spectacle-presents-disturbance

DEAR YOUNGER ME...

Everybody has something that they wish they could say to their younger self. What would you say to yours? *Dear Younger Me* on OAR FM's Youth Zone is about having a conversation, rather than a structured interview, by asking this one core question and building upon it.

Self-reflection, wisdom, and a variety of inspiring topics are covered with the intention of empowering those listening around us and in our community. Keen to be interviewed? Directly message the Instagram account @Dearyoungermenz to express interest.

As per Covid-19 precautions, interviews will occur over Zoom and be aired on Otago Access Radio's Youth Zone fortnightly.

AIRS EVERY OTHER TUESDAY, 4pm

LISTEN LIVE: <https://oar.org.nz/live-stream/>



MIRIMIRI ROMIROMI CLINIC DAY

10 practitioners will be on hand to treat your stress, distress, chronic pain, fatigue, and/or injury to promote mirimiri and romiromi as effective and holistic treatment to restore and maintain individual, whānau, and community wellbeing. It involves traditional Māori bodywork and healing; body alignment, deep tissue work, and acupressure.

"At clinic days, we have music, we sing, we manaaki (care for) the whaiora (people seeking wellness), we allow them to laugh, to cry. For some, it's the most extraordinary experience they've had in years. There's an exchange of energy – mauri-kite-mauri. And, of course, the release from stress and pain. Just being in the space is healing." -- Jolie Davis

Book a 20-minute session now for this one-day-only event. The Te Waipounamu Roadshow is self-funded. Your \$20 fee covers travel, kai, and accommodation costs for the traveling group.

Please note as per current guidelines you will need a Vaccine Pass to attend. Mask wearing is also required.

TUESDAY, MARCH 15, 2pm - 8pm
VALLEY PROJECT COMMUNITY ROOMS
BOOK HERE: www.manawaora.org/booking



Carrington College working bee group and volunteer leaders



Before



After

CHINGFORD PARK HAS BEEN ABUZZ WITH WORKING BEES

After the return from summer break back in February, walking into the Riparian Rhapsody* at Chingford Park was much like a tramp through a sea of grassy thicket. The weeds had really relished the opportunity to grow as much as they could in our absence.

A volunteer leader and a keen group of students from Carrington College were up to the task of giving the site a bit of a "haircut" as part of their O-week activities. The students wielded their shears and forks to manage the mammoth task of releasing previous plantings as well as removing blackberry, thistles, and convolvulus. We are working towards a planting day in Autumn, so it's great to have the site preparation underway! Check out the before and after photographs to the left. A job well done!

Many thanks to our wonderful volunteer leaders and the Carrington College crew! If you are interested in lending a hand, please contact openvue@northeastvalley.org. -- Clare Cross

*A note from the editor: 'Riparian' means the banks of a natural watercourse, I've just learned. As for 'rhapsody', it has a few definitions, but I think either "a composition of irregular form" or "a miscellaneous collection" is most explainable. If you're wondering if I'm right, I don't know...you tell me! What I can tell you is the Riparian Rhapsody is located across the bridge and to the right of tee-hole #8 of the disk golf course.



COMMUNITY CREEK CONSULTATION

Last month, we gathered as a small group as part of our Community Creek Consultation. We discussed the visions we have and how we can connect with Lindsay Creek in the future. We are currently collating the information from the preliminary creek survey and community consultation and will feed this into a River Regeneration Plan.

A huge thank you to everyone who filled in the Preliminary Creek Consultation Survey and came along to the Community Creek Consultation evening.

CHINGFORD COMMUNITY ENGAGEMENT CONTAINER

A shipping container will be finding a new home at Chingford Park this March. The container will act as a community engagement hub and storage spot for the predator trapping projects we are facilitating in collaboration with Predator Free Dunedin's City Sanctuary Project. We have now accrued over 600 traps constructed by a dedicated team at North Dunedin Shed! I'm sure it would be appreciated if we relocated these to the container and out of our editor's garage.

If you have any queries or concerns, please contact us at openvue@northeastvalley.org. The container will be in place from Thursday, 3rd March until Thursday, 30th June 2022. Watch this space for upcoming activities! -- Clare Cross



KIDS CORNER Find the fish

Can you find these freshwater fish in the word search? Words can go in any direction: up, down backwards, diagonal.



Bullies
Eels
Galaxiids
Lamprey
Mudfish
Smelt
Torrentfish

T	U	M	H	J	M	R	G	K	L	J	G	Z	K	I
Z	L	X	Q	P	N	T	K	K	B	G	A	M	F	H
L	C	E	L	K	I	J	E	N	V	C	L	N	S	E
L	I	C	M	U	O	J	N	X	R	P	A	B	B	C
W	O	P	T	S	W	R	N	B	O	L	X	M	Z	J
O	S	A	Q	K	W	M	C	I	L	J	I	H	E	G
L	E	P	B	M	S	D	R	B	X	I	I	Z	N	B
E	I	H	U	L	U	F	S	T	G	P	D	E	X	Q
R	L	M	E	L	A	M	P	R	E	Y	S	I	Q	E
T	L	E	U	H	S	I	F	T	N	E	R	R	O	T
B	U	X	Y	D	E	B	T	Y	P	L	D	L	B	H
N	B	O	C	D	F	G	I	G	I	Y	S	X	Z	U
M	X	V	G	R	G	I	E	Y	A	H	E	I	C	V
Y	E	K	Z	Q	D	Y	S	R	D	Z	F	C	O	P
K	D	K	C	Y	C	A	X	H	S	F	B	J	S	H

Word search made using: puzzlemaker.discoveryeducation.com

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Come see us at the VP!
Tues. - Thurs., 10am - 2pm
openvue@northeastvalley.org



NEIGHBOURS DAY AOTEAROA '22



The kaupapa of Neighbours Day Aotearoa is to encourage people to get to know their neighbours better! It is as simple as that. Whether the intention is big or small, it all helps to build more connected and stronger neighbourhoods. Previous years have seen people joining to hold plant swaps, BBQs, community movie nights, beach clean-ups, and even small acts like

carrying out errands for our neighbours. Neighbours Day is actually a 10-day campaign running 18 - 27 March.

With this year's theme being *Kai Connections*, we've gathered a few methods for you and your neighbours to take part in Neighbours Day over food. We've also thrown in other ideas to further encourage community camaraderie.

Add as many layers of Covid protection as you see fit for each activity: QR codes, Vaccine Passes, distancing, masking, guest limits, hygiene practices, online alternatives, etc. Whatever you choose to do, be clear about your expectations. See the Covid-19 FAQ on the website for details.

To find out more or to register your event, head to the main website: neighboursday.org.nz

Have a question? Contact your local Neighbours Day Community Connector: martine@neighboursday.org.nz

- Share fresh product from your garden
- Offer to do someone's grocery shopping
- Build a pataka kai (community pantry)
- Share a cuppa at a local cafe
- Have crop/garden/food swap
- Form a guerrilla gardening group
- Make a community recipe pegboard
- Organise a pickling or preserving event
- Make a community curbside vege garden
- Propagate seedlings or grow from seed for gifting
- Host a picnic, BBQ, potluck, or community breakfast
- Pop excess fruit/vege/flowers on a curb with a free sign
- Share a skill (fillet a fish, make a chutney)
- Collect food bank donations from neighbours
- Bake goods or make preserves for passing out
- Start a monthly, rotating potluck between homes
- Create blank labels for neighbours' baking/preserving
- Set up a drink stand - lemonade/hot chocolate/juice/tea
- Make a video on gardening tips or recipes for social media
- Seed bomb neglected soil patches with herbs and/or flowers
- Get a coffee cart or food truck to come to your street
- Start a fun game of Roaming Gnome between houses
- Set up driveway seating to invite foot traffic to rest with you
- Create a Facebook group for your street or neighbourhood
- Host a neighbourhood catch-up over video conference
- Arrange a bouquet of cuttings from your garden to gift
- Hold small music concerts on a common green
- Drop notes/postcards in neighbours letterboxes
- Develop a family book club or book exchange
- Form a scavenger hunt for the local children
- Introduce the young to the young-at-heart
- Throw a street-wide car-washing event
- Do a round of mailbox maintenance
- Organise a block garage sale
- Build a public bench, seat, chair
- Host a beach/park/cul-de-sac party



dalmore
GARDEN

EASY GREENS FOR CUT-AND-COME-AGAIN HARVESTING

Two things that have grown well from seed planted directly into our raised beds are the Kōkihi/NZ Spinach (*Tetragonia tetragonioides*) and Wild Rocket (*Arugula*). These great greens last for a long time if you cut them back regularly and keep them happy. Kōkihi is best cooked - just a quick steam or sauté. The deep green colour looks lovely in soups or stews or with butter as a side, and it is high in vitamin C. Wild rocket is great cooked or raw and has a beautiful peppery flavour. Pick regularly to keep it from setting flowers. If it does, cut it back hard and watch it come away again. Both plants are pretty hardy and pest resistant. The Community Garden plants were grown from Kings Seeds and the strike rate was really good. Well worth growing and eating. Join us at a working bee and see so for yourself. dalmorecommunitygarden@gmail.com

DALMORE GARDEN WORKING BEES			
Sat.	Mar. 12	10am	
Sun.	Mar. 27	4pm	
Sun.	Apr. 10	4pm	
Sat.	Apr. 30	10am	

There are two astronauts in a rocket. One says to the other, "Get Ready, it's almost time for launch." To which the other says, "Launch?! I haven't even had breakfast yet!"

I used to wonder if Elton John liked lettuce, then realised he's more of a rocket man.

*Q: Where did the spinach go to have a few drinks?
A: The Salad Bar!*





NEW MANAGER, KATE VERCOE, HIT THE GROUND RUNNING

Kia Ora Koutou! I am delighted to have joined this hard working and creative team in the work they do to enhance the wonderful community and environment that is the valley and surrounds. I lived in the Valley for 20 years before recently moving over the hill to Port Chalmers. I was sad to leave behind my roots in the valley so am super pleased to be back here in a working capacity and to be a part of the mahi and kaupapa that this community inspires.

It has been a hard couple of years for everyone and my aim is to help The Valley Project regroup and come out the other side of this pandemic better and stronger than ever. My 40 odd years in education, hospitality, event management, operational management and community development will hopefully stand me in great stead for the challenges ahead!

I look forward to meeting many locals (the ones I don't know that is!!) over the coming months and hearing what it is that they most value about this community and the challenges we face. Ngā mihi nui. -- *Kate Vercoe, kate@northeastvalley.org*

LONGTIME VP STAFF MEMBER, CHARLOTTE WILSON, BIDS HEARTFELT ADIEU

After arriving back in Dunedin in 2010 following work as a primary school teacher in Vietnam for a number of years, I was employed part-time at North East Valley Normal School as the ESOL teacher and ran the Valley Club, an afterschool programme for children considered to be "at risk". Here they received some kai and homework support, as well as opportunities to participate in a range of activities and to develop positive relationships with adults. I attended North East Valley and then DNI as a kid and my mum grew up in Opoho (down the road from Alison Holst, who she watched making her first mud pies over the fence!) I had a strong connection with the Valley and working with the Valley community really felt like home. I had heard about The Valley Project and what a great initiative it was. I offered to help out with the kids' games area for their Christmas Party held at DNI. Following that event I was asked if I would be interested in a short-term position and I have never left. I felt like I had found my niche!

When I first started, I was just there to support then coordinator, Jane, for a few hours a week. My role became more defined and grew as time went on. Because we felt like we were there to be led by the needs and aspirations of the community, a lot of it was organic. Often one thing would lead to another as different needs were expressed and connections were made; a parent support group would branch out into a migrant women's group; a chat on the veranda about bikes would develop into a weekend bike education day. In response to so many people in the community reaching out to get help with making their homes warm and dry, we started the Cosy Homes Flash Mob where we coordinated groups of volunteers to go out and do basic DIY, window insulation, and draft stopping. One of the first families that we helped had recently moved from Samoa and their house was so cold that their children found it warmer to play outside! They were so pleased with the difference the flash mob made to their home,

they joined us! And so we grew as people wanted to share their newfound coziness with others. I have been so privileged to work with so many amazing colleagues, volunteers, and executive

members over the years. I have loved being able to be responsive and help the community to be creative and proactive. These and so many other great projects were wonderful examples of the Valley community rallying to meet its own needs and I was really proud to be involved.

While I've been employed at the Valley Project I have met and married my wife and we've had two children. I was pregnant with our son while in my role as Community Worker. I came back from maternity leave when he was 12 weeks old, bringing him to work with me. Marty, who had replaced Jane as manager, gave me lots of jobs like packing the KaiShare boxes and managing the Valley Voice printing, which all happened on site at the time, so I could work while jiggling a baby in a front pack. I also helped establish a parents' group where young parents could meet together and chat while their babies and young children played. We visited Ross Home regularly so that some of the

residents could interact with the little ones. This meant a lot to some of the residents. One lady who was 100 and blind, cried when she held one of the babies saying that she never thought she would hold a baby again in her lifetime.

Although I am very sad to be finishing my time at The Valley Project, I have no doubt that with Kate at the helm and the incredible staff, exec, and volunteer team behind her, the Valley Project and our amazing community will continue to thrive and go from strength to strength. I will miss so many of you in our wonderful community. If I haven't managed to say good-bye to you face to face, rest assured that I will still be around at times (you can take the girl out of the Valley but...!) and please know that I have valued your contributions and company so much over the years. -- *Charlotte Wilson*

You will be sorely missed, Charlotte. From all of us at the Valley Project, thank you for ten dedicated years as a community superstar!



ten years



KRYSHA BRZUZA, NEWISH EDITOR EAGER TO CONNECT

Howdy! Krysha (KRIH-SHAH) here. I'm the one responsible for the recent changes you may have noticed in the Valley Voice formatting and the newsletter's advertising programme. Having a Media Arts background, I simply couldn't help myself!

From the first day I clocked in at the Valley Project it was evident my experience with the organisation was going to be a life-changer. It was also immediately noted that my role as editor and communications coordinator was heavily dependent on networking. Indeed, establishing connections within this community is a primary goal. How that's done will surely be a continuous, multifaceted endeavour. I sincerely hope you, the community, can meet me halfway!

There's so much to celebrate about our 'Valley' family of ~10,000. I've been a resident as a young adult indulging in the renown lifestyle of the Dunedin student. Now I see the region from the eyes of a career-minded mother of two. No matter the stage of life us Valley-ites are in, there's beauty to admire, business to support, talent to recognize, skills to utilize, interests to share, and community to develop. I aim to help bring out the best in our pocket of the planet. -- Krysha Brzuza, voice@northeastvalley.org

IT'S ALL GOOD...

Despite the rocky year or so the Valley Project has braved, our wee crew is still as motivated as ever to collaborate with the community. There's a shared sense of sweet relief as new manager, Kate Vercoe, settles in. She's got a force about her that has us jumping for joy! Charlotte's leaving is a little less painful for us, and even for Charlotte herself, knowing we've now got a local legend on our team. Upwards and onwards!

From left to right: Kate Vercoe, Krysha Brzuza, Aleisha Lunam-Easson, Charlotte Wilson, Emily Peterson, and Clare Cross.



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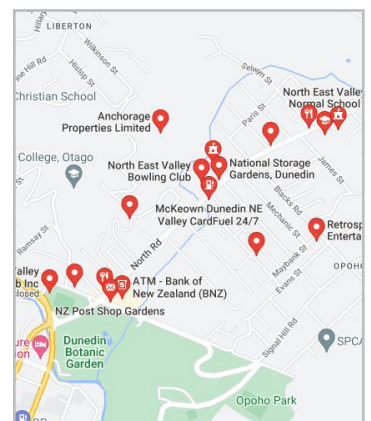
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ALL SAINTS FRUIT AND VEGES

Recently moved into a flat or finding it harder to stretch the food budget? Then give the All Saints discounted Fruit & Veges weekly ordering a go! This is a non-profit venture, run by volunteers who feel passionate that everyone should have access to local, fresh produce. We are so lucky to have a distribution point right here in the Valley (or if the pick-up times clash for you then their Dunedin North collection point is also super close). Pre-order a variety of value packs online or in person one week ahead, and pick up on Thursdays.

Order: www.allsaintsdsn.org.nz/all-saints-fruit-and-veges/

Pick-up: St Martin's Anglican Church,
194 North Rd, NEV, Thursdays 4.30 - 6.30pm

Facebook: @dnfruitandvege



Let's connect
through kai 🌸

PRESERVING PARTIES FOR NEIGHBOURS DAY

This year Neighbours Day Aotearoa is celebrating community in the theme of *Kai Connections*. It's about engagement over growing, sharing, and eating food. Not wanting to promote large gatherings (thanks, Covid), the organisers have been thinking creatively about how we can do this, including online workshops on how to make sauerkraut!

As we are in peak harvest season, perhaps you could hold a small preserving party with surplus local produce, then share what you have made with your neighbourhood or with our Valley Pantry. The Valley Kai team is working on Vouchers to gift the first 10 households that manage this to cover your preserving staples cost. To be in, get in touch: valleykai@northeastvalley.org

Also get in touch with us if you're not sure how to preserve but want to learn. We are preparing resources, and hoping to match up beginners with mentors. Alternatively, we would love to share your favourite seasonal recipe on our Facebook page (@valleyproject).

If you haven't already, read about the 10-day campaign back on Pg. 5 for more info. Also head to the official Neighbours Day Aotearoa website for full details: www.neighboursday.org.nz/



COMMUNITY FRUIT HARVEST

If your fruit tree is dripping with fruit and you need help harvesting and/or sharing it, please email Tammie at ourfoodnetwork@gmail.com.

EASY, HEALTHY MEALS ON BUDGET

This month our nutrition student intern, Rowan, will be highlighting some of the basic staples that can be found in your pantry and all of the different uses they can offer. We will be posting cost-effective recipes that can provide tasty, nutritious meals for your household whether you're flatting, with family, or even having to isolate at home.

Keep an eye out on the Valley Project Facebook over the coming weeks as we dive into how to make healthy, easy meals on a budget. @valleyproject

Here's a scumptious recipe from Rowan's Tamariki Lunchbox workshop a couple weeks back:

CARROT CAKE BLISS BALLS

3 medium carrots	½ cup dates
1 cup sunflower seeds	1 tsp cinnamon
1 tbsp coconut oil	½ tsp ginger dried
1 cup oats	Desiccated coconut for rolling



Place carrots in food processor. Blitz until finely chopped. Add remaining ingredients, excluding the desiccated coconut, and blitz until the mixture comes together into a large ball. This may take up to five minutes. Using a teaspoon or cookie dough scoop, form balls. The mixture will be quite sticky (because of water content of fresh carrot), but the texture improves once you coat them in coconut. Get the kids involved with this final step. They will love the mess! Roll the balls in desiccated coconut and then eat up! Refrigerate any extra.

TIPS FOR REDUCING FOOD WASTE

Rebecca Harris offers her top tips for using a freezer to reduce food waste:

Buy food in bulk when it's cheap and freeze it.

Split meat into smaller bags or containers.

Keep sliced bread in the fridge or freezer to stop it going mouldy.

Freeze juiced lemon halves. They're great for zest or use instead of ice cubes.

Keep a bag in freezer with vegie scraps to make stock.

If food is close to its best-

before date, freeze it.

Keep freezer reasonably full for max power efficiency.

Remember even things in the freezer have a shelf life so date, label, and eat them before they get freezer burnt or damaged.

For even more tips, see Rebecca's video:



JARS, JARS, JARS

Do you have surplus clean, lidded glass jars perfect for being filled with preserves? We'll take them off your hands! Please drop any off at the Valley Project Tues - Thur, 10am - 2pm so they can be redistributed. Thanks!



And in conjunction with Our Food Network, we are updating their database of volunteer pickers and preservers. If you want to help, please email valleykai@northeastvalley.org

FINDING KAI AND THE ART OF SCROUNGING ETHICALLY

As harvest season falls upon us it's fun to take a summer treasure hunt to find the currants, plum, apples, quinces and hazelnuts on community land around the Valley. In the wild verges you might find blackberries, elderberries, or gnarly crabapples. In a couple of places walnuts fall.

We like to think of foraging as a part of the bigger food picture, more a concept of 'sharing' than 'free'. Our foraging adds variety rather than bulk. You could add foraged berries to a bag of cheap 'seconds' fruit from the farmer's market, dry some thin crabapple chips to toss in with the pears from helping harvest a neighbour's tree, or cook wild blackberry with your garden rhubarb (it improves them both!) We're amazed looking back on just how much inexpensive food we've had in our household, and the variety, just by combining many sources. -- *Kuini*

COMMUNITY ORCHARDS: 1000 FRUIT AND NUT TREES PROJECT

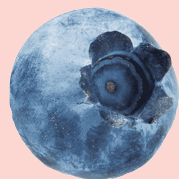
Transition Valley 473 began in 2009 as part of Transition Towns, an exciting worldwide network of resilient communities growing food to share, with verges and lawns full of fruit and veges. We asked, "how can we look after our community in the future, when food and its transport become increasingly expensive?" Along with the many groups feeding into the wider food picture, such as the NEV and Dalmore Community gardens, Gardening Grannies, Our Food Network, All Saints Fruit and Vege Co-op, Kaishare food rescue, and locals harvesting fruit trees for owners who can't, Transition Valley 473 established the *Community Orchards: 1000 Fruit and Nut Trees Project*. It's a lofty goal our Valley is still working towards.

We've learned heaps along the way, mainly that fruit and nut trees take lots of time and energy, from obtaining permissions from the reserves departments and neighbours, finding funding for trees, stakes and the annual mulch, organising workshops and workdays, fixing vandalism, keeping in touch with reserves managers and contractors... Yikes.

We'd love to see more community fruit and nut orchards. Do you have a nearby spot to suggest?

There aren't a big number of fruit trees overall, and they're still babies when it comes to production, so before you strip a community tree of its ripe fruit, please be aware:

- Share the fruit - just take what you need for a meal so more can enjoy it.
- Pick just the ripe fruit, and try not to break branches.
- It's give and take - if you take some, how can you give back over the year? It has taken a lot of community energy to plant and nurture these trees over the years for us to benefit from. So if you are enjoying the fruits of this labour, here are some ideas of how you can give back over the year:



- Join the locals who care for their community orchard. Weed, mulch, plant, and tend an understory. It's social and fun; but even caring for one tree nearby will be helpful.
- Grow plenty and share your own. We can help you get started, even if you're renting.
- Join the local fruit harvest group. Contact Tammie: ourfoodnetwork@gmail.com
- Ask owners of garden trees, and offer something back.
- Cook up surplus apples and share some in our food pantry.

Have a wonderful fruitful season. More on preserving to come! -- *KJ & Kuini*



HARVESTING APPLES AND PEARS

Did you know Dunedin can grow a range of apple varieties that ripen from late January until end of June? (Check out Habitate's orchard planner for Dunedin: <https://bit.ly/35eJ9Fx>) You might be wondering WHEN is best to harvest off a tree near you.

Well the ultimate guide is your taste buds! Or, the birds and bees taste buds, as they will often start feeding off the fruit when it's ripe. Other indicators can be when the fruit lifts off with a light touch, when the green part fades to a yellow/white (not all cultivar, but many), when the seeds are brown (again, not all but many). Size is NOT a great indicator for apples: we have some varieties that are pretty much full size but still months away, and smaller varieties that we've already eaten.

It is best to pick apples and pears with a gentle lift (rather than pull), so the stem bends back on the spur (the short branch that has fruit). They should pop off really easily. Be careful not to break the spur off, too. Sometimes it pays to hold it with your other hand to support it. These fruiting spurs can remain productive for several more years.

Pears are a bit different in that although they do ripen on the

tree, they ripen in a way that is not best for us! From the inside out they go brown and mushy. So they are picked prior to this, when full-sized, and they should also come off with a gentle lift - popping off when the fruit is lifted horizontally. Williams' Bon Chretien is ripe in February but many pears are months away.

The WBC pear is a good example of a tree we usually pick all at once. They have a short shelf life so we mostly bottle them in one batch after being off the tree for a week or so. Some varieties will hang well for an extended period (often when the weather is cooler later in the season e.g. Merton Russet apples we pick and eat as we need). Fruit with better access to sunlight within the tree can be significantly earlier. This is one reason to stagger the harvest.

Handle fruit carefully to avoid bruising and to increase shelf life. Refrigerate or process as soon as possible (except those pears that ripen best off the tree).

Keeping a record or a mental note of ripening times is handy. Although the growing season can feel quite different year to year, ripening times don't usually fluctuate more than a week or two. -- *Rory Harding*

<https://georgestreetchard.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.universallrhythmz.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 Finnbarr ☎ 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. Fri 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 Otago Museum cafe, Thurs, 1–2pm. More at ☎ enablinglove.nz or email Joshua for venue: ✉ enquiries@enablinglove.nz

FRUIT & VEGES NFP

Fresh fruit and veges at wholesale prices with All Saints Fruit and Veges. Small, med, family weekly bags. Order at St Martins, 194 North Rd, Thur, 4.30pm, or sign up online: ☎ fruit.vege.allsaintsdsn.org.nz

LEGAL ADVICE

Free legal advice at Community Law Otago, available by apntmt. 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

NEED A JP?

The Valley Project have a JP service every Saturday from 11am - 1pm.

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 Facebook 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.

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 Facebook 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

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. Facebook @DunedinArcheryClub
☎ http://dunedinarcheryclub.co.nz

BELLEKNOWES GOLF CLUB

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

Come & enjoy our fantastic 9-hole golf course on Lawson St. Spectacular views over the city. Call Secretary, 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

KIND LIVING

Relaxing massages for mind and body, aware yoga and self-leadership coaching. Valley dwellers and friends are invited to ask for a special discount on their first massage. Visit ☎ kindliving.co.nz or contact ☎ Uschi 027 360 0238

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 TOURNEY

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. [0274 463 358](tel:0274463358) Marilyn

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](tel:034736256)

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 [0471 2163](tel:04712163) or dunedinsteinerplaygroup@gmail.com

MAINLY MUSIC

Leith Valley Church, Malvern St, Wednesday 10am, \$4. Contact: Fran [0467 9208](tel:04679208) (Leith Valley Church Phone No) or [027 456 1188](tel:0274561188)

MT CARGILL GIRLGUIDES

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

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](tel:0278802365)

OPOHO SCOUTS

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

PRESCHOOL MUSIC

At Opoho School, 9am–9.30am, Fri, during school term. Room #3. Gold coin. Drop in. [0473 8019](tel:034738019)

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](tel:0211509165) 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](tel:02040795727) 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, [0471 6166](tel:04716166) 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](http://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](tel:0273418312), [0473 0832](tel:04730832) 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: [0455 5266](tel:04555266) 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. [021 357 565](tel:021357565) dvalavanis@aol.com

NATIVE FRENCH TUTOR

Conversation, preparation for exams, for adults and children. Hourly rate. [021 107 5814](tel:0211075814) or sanfeillet@gmail.com
French Up Your Life!

SPANISH LESSONS

Learn Spanish in a fast and fun way. All levels and wide time availability. [021 284 7836](tel:0212847836) 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. [022 683 1592](tel:0226831592) 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](tel:02108622922)

trading corner

BABYSITTER

10 years of childcare experience. Full drivers licence. Have worked with twins. [021 697 9194](tel:0216979194) Kelly

BABYSITTER

High school student available for babysitting evenings and weekends. [021 905 9911](tel:0219059911) after 4pm.

BABYSITTER IN NEV

Children of all ages. Experienced

26-year-old. Wide hourly availability. [021 284 7836](tel:0212847836) or email luana.suarez62@gmail.com

CAKE BAKER

Home-baked cakes large/small for your pleasure. Made to order. Price list available. [0473 0159](tel:04730159) (evenings)

CITIZENS STREETFOOD

Citizens Food Truck offers steamed bao buns, loaded fries, burgers, salads, vegetarian and gluten-free options, and more. Find us parked weekly just outside the Valley Project. Check social media for schedule. Mobile catering available. citizens.co.nz [@citizensdunedin](http://citizensdunedin) info@citizens.co.nz

COMPUTERS

I fix computers! Low rates, great service, Windows, Linux, Mac, Android. [021 048 0012](tel:0210480012) Matt

GARDENER

Gardener available, light weeding/trimming, winter rose pruning. Very experienced, \$30/hr, [0473 0159](tel:04730159) (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. [021 713 3094](tel:0217133094) Hannah

GARDENER/LANDSCAPER

Backblokgardens.nz. Section clearing, tree pruning/shaping, planting, custom planters, retaining walls. [021 023 44 938](tel:02102344938)

HAIRDRESSER

Retired senior hairdresser providing service for seniors. Your home or mine. Dunedin North only, [Helen 467 9644](tel:034679644) or [021 104 1011](tel:0211041011)

JESCARGO CARPET REPAIRS

Domestic and commercial carpet repairs. No job too small. 100% local. All enquiries welcome. [022 012 1194](tel:0220121194) jescargo_carpet@outlook.com

LOCAL COMPUTER TECHNICIAN

Installs, maintains, and troubleshoots hardware & software. Contact Jeff at Control Focus [03 395 6565](tel:033956565)

ROHDE DECORATOR

Interior/exterior. New and existing. Painting and decorating. Trade qualified and experienced. Rohdiepaint@gmail.com [021 083 48207](tel:02108348207)

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

Classifieds continued on next page....



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

GLENDAVEN 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

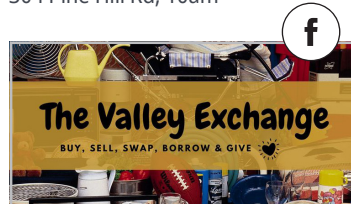
50 Signal Hill Rd, 10am

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



Try posting to The Valley Exchange Facebook Group!

INTERESTED IN ADVERTISING WITH CLASSIFIEDS?



To add or update a listing please email voice@northeastvalley.org before the 20th 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**



CENTRE STILL ASTIR DESPITE CHURCH CLOSURE

The Valley Baptist Community Centre continues to be an important hub for family and community enhancing activity even if things are a bit quieter under 'red settings'. In August 2021 the NEV Baptist church congregation made the very difficult decisions to cease church services and to stop operating as a church fellowship. Since then, the lease of the premises has been held by the NEV Baptist Community Trust made up of local people who are committed to seeing the buildings used as much as possible to meet the needs of our local community.

Among the cornerstone activities at the centre is the SPACE programme. Space supports families through the first exciting year of parenting. Parents and babies gather weekly over 30 - 40 weeks to explore parenting focused on their children's development, and gain confidence to parent in a safe, affirming environment. For parents with slightly older children, a number of play groups operate from our premises. The Trust run playgroup, operating on Wednesday mornings, is rebuilding with an emphasis on providing a safe and stimulating place for under-two's (older preschoolers also catered for), and a supportive networking opportunity for parents. A Farsi language playgroup and a private group for home educators and their wards also use the facilities.

Several community groups are part of our centre family, including a ukulele group, a folk dancing group, a weaving group, and a Steady As You Go class (all currently paused for the red level). You can also sign up for Yoga, Tai Chi or Kung Fu classes, get computer lessons, join the toy library, and drop into a mental health support café. Plunket runs regular antenatal classes at the community centre, Barnados hold family conferences, the Otago Community Hospice hosts workshops, and families often use our hall for birthday parties. If you would like to find out about any of these, please send your questions to trust.valleybaptist@gmail.com.

-- Steve O'Connor



Farsi Language Playgroup is for those wishing to immerse their young ones in the language. Playgroup runs fortnightly on a Sunday afternoon.

farsi.playgroup@nevbctrust.org



Runs every Wednesday during school terms with a great range of planned, fun activities for ages 0 - 5yrs. While still having 3 - 4yrs play, the playgroup is currently focusing on a programme for the crawlers & toddlers. Check it out, meet the team, and make new friends over a cuppa.

nev.playgroup@nevbctrust.org
Wednesdays, 9am - 12pm

DUNEDIN CITY TOY LIBRARY

Huge range of toys and games for kids aged 0 - 7 years old. New members welcome!

dunedincitytoylibrary.co.nz
Wednesdays, 3.30 - 4pm
Saturdays, 10 - 11.30am



Programmes for first-time parents. Now taking registrations for next two seasons of sessions: babies 0 - 4 mths, start 4 May or 29 July

www.theparentingplace.nz
space.valleybaptist@gmail.com
021 150 9165

COM2TECH

DIGITECH DROP-IN (FREE)

Learn basics of using your tech apps & programs. Wed. 10.30am - 12.30pm at Valley Project or Wed. 3.30pm - 5pm at Valley Baptist

NORTH GAME DEV CLUB

Intermediate tamariki build their own video games. Class currently full. Register now for next term. Tues. 3.30 - 5pm at Valley Baptist Community Centre

TECHTIME

Primary ages 7+. Work on IT tutorials. Wed. 3.30 - 5.30pm at Valley Baptist Community Centre

amy@com2.tech
Facebook: @Com2Tech
027 256 9182

THINGS CAN GET MESSY AT OPOHO PLAYCENTRE!

Luckily we have a brand new washing machine to help keep us clean. A huge thank you to Air Rescue Services Ltd (<https://www.airrescueservices.co.nz/>) for giving us a grant for the washing machine and clothesline, and to Impact Roofing & Plumbing (<https://www.impactotago.co.nz/>) for installing the washing machine for us.

Messy play is a great way to explore sensory materials that are captivating for young children, and offers limitless opportunities for learning. Children grow their capacity to concentrate, develop hand-eye coordination, expand their communication skills, and learn about different materials and textures. With minds that are naturally curious and hands eager to explore, messy play is satisfying and inspiring for youngsters. And the bonus of doing it at Playcentre is the mess isn't at your house!



Playcentre is a friendly, welcoming play space for 0-6 year-olds and their whānau/caregivers. Come along, make friends, learn, and grow. Ōpoho Playcentre is open weekdays (except Tuesdays) 9am - 12pm following school term times. 28a Signal Hill Road. We offer 3 free visits and under ones can attend for free! Say yes to mess (and a whole lot of other fun...)! <https://www.playcentre.org.nz/centre/opoho/>



SACRED HEART TERM 1 ROUND-UP

Welcome back! The 2022 school year is well underway at Sacred Heart. We've already celebrated Chinese New Year by creating good luck lanterns in the colours gold and red. We also created dragons and learnt to 'dragon dance'. We've shared prayers with Father Aiden. And a very special guest came for a visit - a scientist called 'Unhygienic' who specialises in "Omi" (Omicron). She taught us all about the important hygiene rules we need to be following to keep the spread of germs down. A big shout out to our Learning Support Coordinator, Annabel, for taking on this special role. The children not only found the scientist

hilarious, they learnt a lot, too, and have become very good at keeping up their hygiene to combat Covid. We've also voted in our student council! Congratulations to the elected students! They will get the chance to help lead 'change' within our school.

Lent—Ash Wednesday & Shrove Tuesday—are coming up at Sacred Heart. It's a very special time in our school year. Saint Patrick's Day celebrations and activities are also scheduled.

If you are interested in finding out more about joining the Sacred Heart community, email principal@sacredheartdn.school.nz, or phone the office on (03) 473-8362 to make an appointment.



Back-to-School Backpack Checklist



SCHOOL IS BACK IN ACTION!

And we at Otago Family Chiropractic have been looking at how some of the kids in the neighbourhood are carrying their packs. We have four easy checks to ensure your kid is carrying their pack effectively and reducing the stress it puts on their growing spine.

1. Backpack should be no heavier than 10% of their body weight
2. Pack the heaviest items closest to the spine
3. Make sure it sits just above the buttock
4. Opt for a backpack with thick and wide shoulder straps

We are offering FREE spine checks for all kids in your neighbourhood! Get in touch to find out why kids see a chiropractor. If enough interest is generated, we may organise to hold an on-site clinic.

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(...continued from front page) optimisation, support the economic development of our region, and most importantly, you'll feel empowered as a member of the community while simultaneously strengthening it.

In simplest terms, the Valley Project is offering a platform for free marketing. No strings attached - we promise! Simply fill out the application form (www.northeastvalley.org/directory/log-in-sign-up) and then you'll gain access to controls to manage a directory listing. The only prerequisite is that the business or group operates from within the Valley area or already provides services directly to it. Don't be shy. Get your name out there!

The masterminds behind the directory build and our website renovation was team Turboweb. A personal connection to their Digital Content Coordinator and fellow resident of NEV, Jen Pearce, lead us to the web development firm in our sister Valley, Kaikorai. Action quickly followed. While Turboweb's developers enthusiastically developed, the Valley Project hit the streets and email lists to gather as many directory members as able amid holiday hoopla, summer closures, and ongoing Covid dramas. Charlotte Wilson, then Valley Project Community Worker, expressed how delightful it was to interact with the community in their element. It was a good reminder for all that the Valley Project is still here, still listening. Aleisha Lunam-Easson, Digital Directory Project Coordinator, did the bulk of the communications behind screen. If you don't already know her name, check your emails!

We're now sitting at a sweet 90 listings in the community directory. We expect this number to grow considerably as we add more businesses and organisations every week. The Valley Project owes a massive thanks to Turboweb for their commitment to our dream, and to the Ministry of Business, Innovation & Employment for the grant to make it a reality. What an immense effort it was by all parties involved. Now it's up to the community to get on board! So what are you waiting for!? Go check it out! Bookmark www.northeastvalley.org/directory today. Let it serve as a key to our community connectivity! -- Krysha Brzuza



James Sutherland and Charlotte Wilson hard at work creating a directory listing for Beam Me Up Bagels.



Managers of Croque-O-Dile in the Gardens café are happy with the decision to include their business in the directory.

trade directory

whaiaronga tauhokohoko

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SALVATION ARMY SHIFTING FOR BETTER THRIFTING

I remember how gutted I was that the Salvation Army op-shop was relocating out of the Valley. I was one of hundreds to sign a petition against it. Perhaps we were a tad overdramatic because shortly after we gained three op-shops in place of our one 'Salvo'. Within a year, the SPCA took over their location, Orphan's Aid moved in next door, and Cat Rescue set up shop less than a hundred metres up the road. Additionally, our beloved Salvation Army was given far more shop space in a location still within walking distance.

I'm sure you've noticed the George Street location has suddenly been emptied out. Panic not! Long after we've forgiven Salvo for leaving us the first time, you'll be pleased to know they're preparing a return to the Valley to join our oppie party! Once they're settled into the Salvation Army Hall, North East Valley will officially have the largest concentration of opportunity shops South of Christchurch! Grand opening is planned for 2nd of April, but keep an eye on their Facebook page for changes.

Captain Christina McEwen, Dunedin City Corps Officer, Director of Community Ministries, and Bridge Chaplain, tells us all about it. The decision to return to the Valley, "was partly a timing thing. The lease on the building we were using in Great King Street had come to an end and we took the opportunity to move into our North Hall. We own the building so we can do what we want with our premises. It used to run as a church so there is a sense of 'returning home' for us."

How does the new shop differ from the last? "One of the big differences is that we will have a lot more room for sorting donations. This is an exciting difference as we can process our own donations rather than relying on our Crawford Street site to top us up with stock when donations are low. We used to encourage donations to be taken to our main centre but we won't need to do that now. It will be much more convenient for our customers and the community having a shop that can cope with large quantities of donations, too."

And how will it differ from its competitors? Christina admits it's a hard question to answer. She explains, "we are our own brand and are excited to be moving into an area that already has other op-shops." Christina mentioned her fellow charity stores had been warned of their eventual return to North Road a while ago. They seemed to be excited about it, too. We agree with her that it'll be great for customers to have so much choice, especially those who love op-shopping.

As is the case for all charity networks, volunteers are always needed. Those interested are encouraged to meet the North East Valley team. The Salvation Army Op-Shop will be open six days a week, Monday through Saturday, so there will be plenty to do.

Christina asks that donations are dropped off during opening hours so they can be properly received and processed (a procedure *all* of the opportunity shops request of everyone). Their furniture store is no longer in operation so any furniture received will now be divided between and sold by their Princes Street and NEV stores. "With this new location having better parking and more room to process donations, it will be much more convenient for our customers." Christina and gang conclude, "We are very happy to be coming back to the North East Valley community." -- *Krysha Brzuza*



A TRIP AROUND THE TRACK

Hi, my name is Connor. I like cars.

In this issue of the Valley Voice I will be telling you about my laps at the Highlands Motorsport Park in Cromwell.

My journey with Highlands started about three years ago when my parents told me that they had booked me in for a lap in a Ferrari supercar, but sadly they found out that I was too short to go on the ride. Then the next year they tried to book me in, I was tall enough, but as we got there it started to rain, so the staff at Highlands offered a refund and sent us away.

As the saying goes, 'third time's a charm,' and what a charm it was when the day finally arrived. When me and the rest of my family got to Cromwell there was a drizzle of rain and I was worried that we would have to wait 'til another time, again. But as we got there it suddenly stopped raining.

I actually found out a week before that an up-and-coming racing driver named Liam Lawson was at Highlands for a few days. I told my parents that we should book me in to do a lap with him. Just a day before he set the lap record in a car called a Rodin FZED. He originally set the lap record there of 1min 28.910sec, breaking that record in a time of 1min 23.7sec.

It was fun, to say the least. Two laps felt like one because it was so fast! When I checked the speedometer it read 180k!

That's all for now. See you next time when I come back with info about the F1-inspired Rodin FZED. -- *Connor Fa'asaga*

Note from the editor: Connor has been a volunteer receptionist for the Valley Project for over three years! He has recently graduated from King's High School and is considering a career in IT. Connor will be regularly contributing sports-related content to this newsletter as he is working off-site until it's safe to be front-facing once again.

Connor's
COLUMN

A BIT OF CHEER: TAPPING INTO THE HEADS OF OUR LOCAL AKONGA



LEITH, 7yrs, NEV NORMAL SCHOOL

If you had all the money in the world to buy something for your school, what would it be? Every class could have a class pet, like maybe a cockatoo or maybe small animals like mice. So we could learn more about animals. When you went up a class you got a new animal and had to do a lot of research on the new animal and when we left, we would know lots about different animals.



ISAAC, 9yrs, OPOHO

Have you learned or tried anything new lately? I learned how to build a pc at school. *Tell me something about your new teacher.* The new teacher is a man and making new running games (P.E.) *What do you look forward to this year?* To the chicks hatching at school and swimming lessons.



LIAM, 12yrs, DUNEDIN NORTH INTERMEDIATE

If you had all the money in the world to buy something for your school, what would it be? I think I would buy new tech stuff for DNI because we need more editing computers and camera gear.



EMILY, 11yrs, DNI

What do you look forward to in this new school year? Modules of cooking, sewing, art, music digital tech, and hard materials, and making new friends. *Any new experiences?* I tried writing real poetry and learning lots of new outside games. *What is one thing you'd change about your new class?* We would have desks with flip-up lids to store books and pencils. *Big spend for your school?* I would buy bean bags for everyone!



JULIA, 9yrs, SACRED HEART SCHOOL

What advice can you give to kids just starting school? I would say do your best and don't worry if you get something wrong because you will learn it some day. *If you had all the money in the world to buy something for your school...?* I would get Chromebooks for the juniors and a roller coaster! *What makes you proud of your school?* How everybody works as a team and we are all kind to each other and help each other if we are in need.



ARCHER, 9yrs, OPOHO

Does this school year feel any different from the last? Yes, I have a new teacher and my new teacher is a lot less sarcastic. *What makes you proud of your school?* It's an environmentally friendly school and my friends are there and they're gonna be going to the next school so I'll have some friends there, too. *What is one thing you'd change about the class?* We would get McDonalds every day.



KATE, 8yrs, NEV NORMAL SCHOOL

Has anything happened in your new class that made you laugh? Yes! There's this book and it's called Boy Overboard and there's a little girl named Bibi and she uses lots of funny words and one of them is something about camel snot.



JENNA, 8yrs, PINE HILL SCHOOL

What do you look forward to in this new school year? Playing touch rugby for school! *Tell me something about your new teachers.* One is very creative and one is a good runner. *What makes you proud of your school?* That everyone treats me with respect and they are super kind to me.



TYLER, 10yrs, PINE HILL SCHOOL

What's one thing you'd change about your class? I would like to have more books in our library space in our classroom. I love reading Des Hunt books so we could put some of them in there. *What do you look forward to in this new school year?* I really look forward to taking off these masks and hopefully getting to go on a school camp or trip this year. *Advice for new students?* Listen to the names being called out on the roll on your first day so that you can learn some names and begin to make friends.



ELSIE, 10yrs, SACRED HEART SCHOOL

If you worked for your school, who's job would you like to have? I would like to be a teacher and teach the seniors. I think they are less dramatic than the wee ones! *What makes you proud of your school?* We are such a small school but yet we still do a lot. We still get a lot of people to come along to our mission days and garage sales. We have a strong community. *What do you look forward to in this new school year?* Camp Queenstown - if we can still go that would be cool!



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