

VALLEY VOICE

North-East Valley
Community Newsletter

A Publication From The North-East Valley Community Development Project
voice@northeastvalley.org – 262 North Road NEV – (03) 473 8614

November
2014

Volunteer drivers bring enjoyment to the elderly



Maybank Club volunteer drivers Jan Stewart and William Torr love their role in the community

SEEING ELDERLY people enjoy themselves at the Maybank Club rather than sitting at home isolated and lonely, gives volunteer driver William Torr a lot of satisfaction.

William volunteers two or three times a week to pick elderly people up from their homes and drive them to and from Ross Home to attend the day-long programme. "I enjoy driving in its own right, but it is nice to be able to help people and put something back into the community.

"You see an old person sitting there and you have absolutely no idea what they have gone through. Some people are amazing. When you are driving, people will talk to you and tell you all sorts of things."

The programme, known as the Maybank Club and run by Presbyterian Support Otago, takes up to twenty-five elderly people three days a week, from 10am to 3pm. Maybank co-ordinator Marilyn Withnall says they are desperate for more volunteer drivers. "We have to transport up to twenty-five people, and cars can only take two or three people at a time."

The programme has two cars volunteers can drive, or they can use their own car with a small reimbursement for costs. Whatever time people

can commit, whether it's one morning a week or a few days, will be extremely welcome, Marilyn says.

Old age can bring isolation for many people, she says. Loss of a driving licence means loss of independence, their friends die off and families are often out of town or busy.

The Maybank programme gets people out of their homes and gives them an opportunity to socialise and make friends. They are given morning and afternoon tea, a two-course lunch and have lots of activities throughout the day, such as gentle exercise, crafts, cooking and intellectual stimulation.

If you can volunteer your time to drive contact Marilyn on 473 0890 or maybank@psotago.org.nz.

–Edith Leigh

Weekly shopping trip

FOR THOSE at home with no transport a weekly community shopping trip runs to Pak'n Save in South Dunedin every Thursday morning. Driver Peter McDonald says there is room for more shoppers. He picks up and drops people off at their homes. He can also stop at other shops, such as pharmacies.

To find out more contact the Valley Project office on 473 8614, or call in at 262 North Rd.

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Free sausages go down well with community



Phil Chapman and two-year-old Freida enjoy a sausage at the Valley Project sausage sizzle at the start of October. The event was a great opportunity for the community to come and meet the project team and enjoy one of the delicious sausages supplied by the Deep Creek Deli. Project manager Marty Cancilla says the sausage sizzle was a great success with 50 people stopping by.

Meet the exec: 'Supportive community' in NEV

WELCOMING, INCLUSIVE and close-knit are just some of the words Kyoko Nakamura uses to describe the North East Valley community.

After moving to the valley at the start of the year Kyoko began volunteering at the Valley Project, helping to keep the project's website up-to-date. Before long she found herself nominated for the NEV Community Development Project executive board, a role she is enjoying. "I want to support other people, but this community is also supporting me."

Kyoko loves the community gardens and is learning Māori, which is similar to Japanese and much easier for her than English, she says. Kyoko has lived in New Zealand for more than twenty years after emigrating from Japan.



Executive board member Kyoko Nakamura at one her favourite North East Valley haunts — the community gardens.

Valley radio on air



Be sure to tune in to 105.4 FM every Tuesday at 5pm to listen to the half-hour Valley Radio show. Project manager Marty Cancilla will be featuring valley music and talking to guests about what's happening in the valley.

Free books and games

AN INFORMAL book exchange has sprung up in the Valley Project community rooms. Anybody is welcome to come and browse our free books shelf, or drop off unwanted books — but please no out-of-date books and only those in a reasonable condition.

Community worker Charlotte Wilson is also looking for donations of games to start up a game library for community use.



Tegan Hedley (8) with an armful of books

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Ka puarani o te reo farewells community rooms

KA PUANANI o te reo is moving on after more than two years at the Valley Project community rooms.

The Māori immersion class runs one day a week for pupils who speak Māori but attend mainstream English-speaking schools. Teacher Komene Cassidy says it is a way for children to maintain their fluency in Māori. The children attend from five different schools, including North East Valley Normal School. In their own schools they often “take a lead role in things Māori”, he says.

The class is moving to a new room at Tahuna School, where they won't have to pack their activities away into boxes at the end of the day. The community rooms, however, have been fantastic, Komene says. “We have really enjoyed our time here. We have met different staff over the years and they



Children and teachers from Ka puarani take a moment to pose for a photo as they pack up to move to a new home in town.

have been really helpful and friendly.” The community rooms are available at low cost to community groups. Bookings are made through the North East Valley Normal School office on 473 8246.

Community dinner

GOOD COMPANY, bring-your-own food and local music in a relaxed atmosphere is the simple formula for a successful community dinner. Last month's Spring Fling hosted at NEV Baptist Church featured local musicians Grant Ramsay (aka Swampy) and Marty Cancilla. Marty played some laid-back acoustic rock to create a convivial atmosphere as people arrived. Grant played some of his original pieces as people tucked into a sumptuous range of homemade desserts.—*Steve O'Connor*

Bike fix-it-day for kids

A COMMUNITY bike fix-it-day to celebrate cycling and promote safe cycle use will be hosted by Transition Valley 473 at the Pine Hill Community Centre on Saturday, 6 December, from 10am to 2pm. We will help people tune up and fix their children's bikes for summer. There will be a chance to swap, trade and give away bikes and parts. No charge, but donations accepted.—*Peter McDonald*

Cop that: Don't make it easy for burglars



WELL, ANOTHER month has passed and we are another month closer to Christmas. Some of you in the community will be sitting exams, and winding up or down for the end of the year.

For those of you that are leaving the city to return at a later date,

please secure your belongings and property. It is at this time of the year that criminals are hell-bent on committing burglaries on unoccupied dwellings.

Don't think that with daylight saving and the nights drawing out that these crooks will not be out and about looking for anything that is not nailed down. I'm not saying adopt a siege mentality, but let's all take prudent steps to look after what is ours and adopt a commonsense approach. Take the extra few

minutes to close the garage door, check the car is locked, valuables removed, and above all your house doors and windows are secured.

A short time ago I called on an address to give crime prevention advice to the victims of a recent house burglary. To my surprise, as I gave my customary pound on the front door it swung open giving me access to the living room area which contained the LED TV, play station and other assorted prizes. Having announced my presence I eventually made contact with a sleepy tenant who appeared from a downstairs bedroom. Nothing more to be said other than refer to the previous paragraph.

That's all from me this month. School is back in business so let's be vigilant around those areas, especially at pick up and drop off times. Little ones don't think like adults so let's watch out for them.

Be careful on our roads and look after each other.—*Brendan Thomson*



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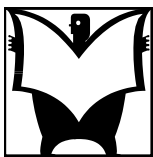
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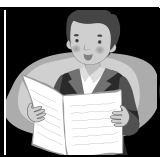
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Art exploration leads to exhibition for kids



A new art easel triggered an avalanche of art exploration and an art exhibition from children in the Casa classroom at Montessori at the Gardens. Head teacher Eline Vonk said the children loved showing their parents and grandparents around the exhibition held in mid-October. Parents became involved with setting up still-lives and bringing in new art ideas for the children to try. "They have just blossomed. I have noticed even children not so drawn to art really enjoyed more technical art such as rubbing on bubble wrap, using the cold glue gun and spinning art."—Edith Leigh

Valley artists to feature in Community Gallery

ORGANISING AN art exhibition with a group of friends has been a lot of work, but he can't wait for the opening, says North East Valley artist Greg Kerr.

Titled *Insight* the exhibition at the Community Gallery on Princes St will feature a wide range of artists both in age and style, Greg says. He describes his own work as an eclectic collection of acrylic painting, sculpture made using found materials, and bone, wood and Oamaru stone carving. Nature is a dominating theme in his art, which also has a surreal aspect. When he is not creating, Greg is a stay-at-home dad for his three-year-old son and he loves gardening. The exhibition opening night is on Tuesday 4 November at 5.30pm. It runs for three days. All welcome. —Edith Leigh



North East Valley artist Greg Kerr makes a few adjustments to a sculpture to feature in an exhibition at the Community Gallery this month, while Jess the dog looks on.

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Zumba class starts up



Seven-month-old Lily McCann enjoys the party atmosphere at a Zumba class

FUN, FITNESS and lots of laughter is what a new Zumba class started by the North East Valley Playgroup is all about.

Instructor Liana Barrett says Zumba is a great way to get fitness levels up, but it also makes people feel good afterwards. Zumba is a mixture of low-intensity and high-intensity moves which create an interval-style, calorie-burning dance fitness workout. The music and moves are Latin and World rhythms.

"It takes a couple of classes to get the hang of it but once you are away it is a lot of fun. The important thing is to move the way your body likes to, so if we go left and you go right it's no problem."

Classes are at the North East Valley Baptist Church at 11am on Mondays, \$2 entry. They follow the morning playgroup and everybody is welcome, with or without children.

Forty years for centre

ISLINGTON EARLY Childhood Centre is celebrating forty years in North East Valley this month with a barbeque and children's entertainment.

The centre is a rare gem in this day and age as it is community owned and governed. Parent involvement is crucial to running the centre and parents work alongside teachers, which creates a strong sense of community.

Established in the early 1970s by the Dunedin Collective for Women at a time when working mothers had few childcare options, the centre (formerly Frame St Pre-school) was a pioneer in early childhood education. Today we remain a non-profit organisation with a long history of providing quality education to pre-school children. Whanau and teachers work together to create a safe, fun and educational environment where children feel secure in their sense of belonging.

Please come and celebrate forty years with us on Saturday 8 November, from 1pm to 3pm at the centre. There is an open invitation to the community and past, present and prospective families. We want to hear from the many generations who began their educational journeys with us. —Anna Parker

Free pilates classes

THE VALLEY Project has two sets of three free pilates classes from Gardens Physiotherapy to give away. To enter the draw go on to our Facebook page at facebook.com/valleyproject and tell us why the valley is such a great place to live. Winners will be drawn on 17 November.

New owners at Gardens Physiotherapy

Advertising feature

A FRESH start has James Montgomery, the new owner of Gardens Physiotherapy, excited about the year ahead.

James and his wife Katie took over ownership of the business in early September. They are both extremely excited about the move to the north end, a place where they have previously worked and lived.

As the new owner, James is keen to build upon the success of the North Dunedin-based Physiotherapy practice. He enjoys the holistic approach the clinic has towards maintaining the health of their patients including exercise prescription, injury prevention programmes and clinical pilates.

James' experience in a wide range of sports is a valuable asset. As well as being a keen hockey



player and off-road marathon runner, he works closely with various local sports enthusiasts, elite Otago and New Zealand cricketers, and Southern Hockey players. As the physiotherapist for the Otago Volts he has contributed to their recent success with his work ethic both on and off the field.

It is no surprise the practice is looking to develop its sports physiotherapy model, which fits in well with the existing sports medicine focus at Gardens Medical Centre. James' expertise and knowledge in the sporting world will see the clinic excel in this area. Under new owners, Gardens Physiotherapy hopes to build on a successful start. —Nick Beard

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Church service hymns sung in five languages

THE MULTICULTURAL society in North East Valley is strongly evident at the Pacific Island Presbyterian Church, where the congregation sings hymns in five languages most Sundays.

The church began life with a Samoan group in 1979 in the old St Stephen's Presbyterian Church in Howe St but in 1992 the congregation purchased the former Church of Christ buildings at 160 North Rd, where the Samoans were joined by a Cook Islands group. Today, members also include Niueans, Tuvaluans and pagagi.

There are combined services in English at 11am on the first three Sundays of each month, which feature multilingual songs of praise. Rev Nimarota Lale says the church tries to be as inclusive as possible, so while prayers, Scripture readings, sermon and some hymns are in English on the first three Sundays, the service always features one Samoan hymn, one in Cook Island Maori, one Tuvaluan and one Niuean. The words are projected on a screen with an English translation so everyone can understand what they are singing.

English binds the congregation together as a common language, but using hymns in five languages



Children from the Sunday School and teenagers from the Youth Group present musical items, read from the Bible and lead prayers on White Sunday, 12 October, a day to celebrate the importance of young people.

means everyone can feel they are praising God in their own tongue, says Mr Lale.

On the fourth Sunday of each month there is a 9.30am Cook Island service and an 11am Samoan service but no English service.

For more information about the church services contact the session clerk, Mrs Keni Moeroa, on 454 4927 or email kenimoeroa@xtra.co.nz, or Rev Lale on 454 2909 or email lalenima@gmail.com.

—Geoffrey Vine

Bonnet workshop a giggle



After a couple of hours cutting, stitching and glueing, but mostly giggling and trying on various combinations of flowers, ribbons and feathers, we went home with a lovely Jane Austen bonnet made out of a modern straw hat. The bonnet-making workshop was part of the preparations for the Jane Austen Ball. Email info@frenchdancing.co.nz to join our mailing list for future Jane Austen events. —Kate Grace

Pear tree planted



Blossom and bounty will feature at the formerly barren berm outside the home of North East Valley resident Janet James after the planting of a community pear tree. This has been a fruitful co-operation between residents, the Dunedin City Council and Transition Valley 473. Hopefully this will be the first of many such plantings in the neighbourhood. Thanks to Kristen Bracey for making this happen —Kaitrin McMullan

Pop-up artist

SIMPLE, STYLISED, abstract work with the use of repetitive symbols are features of this month's pop-up artist Vanessa Paton. She works mainly with pastel and pen, using gold and fine black pens. Art is her way of relaxing and feeling good, Vanessa says. She has made art since she was seven years old.

Church Services Directory

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; 5th Sunday, 2pm.



Working Bee Dates for October

Working Bees alternate between Saturday mornings and Sunday afternoons

Sunday 2 November	1pm–4pm	Sunday 16 November	1pm–4pm
Saturday 8 November	9am–noon	Saturday 22 November	9am–noon

Community Garden

Classifieds

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James St & North Rd, 9.15am, Mon,
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OPOHO EUCHRE GROUP

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FREE FITNESS CLASS

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School, 9.30am, Sat, bookings essen-
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0517.

RECLAIMING THE NIGHT

Walking group, meet DNI car park,
6.30pm, Wed. Ph Jennifer 473 1694.

STEADY AS YOU GO

(Age Concern) Gentle balance and
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WOMEN OUT WALKING

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MEET NEW PEOPLE

NEW TO THE VALLEY?

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CHAI AND CHAT

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two weeks, Ph 021 035 2392,
www.meditatenz.co.nz

QIGONG CLASSES

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

FREE LITERACY COURSE

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

LEARN ENGLISH FAST

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

ART CLASSES

For all levels, casual attendance wel-
come, tutor Anneloes Douglas, com-
munity rooms, 10am-noon, Thur. Ph
467 9993 or 027 307 7034,
anneloes.douglas@xtra.co.nz

CAN YOU HELP?

ENLIVEN DAY CLUB

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

MENTORS REQUIRED

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

NORTH DUNEDIN SHED

Working bees, Bonnington St, two
shifts, 9am-12.30pm and 12.30pm-
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10am to 2pm
Saturday, 8 November
26 Malvern St, Glenleith

KNITTING SQUAD

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

ART FIBRE DUNEDIN

Bring tea and whatever you want to
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month at the community rooms.

EMPLOYMENT

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14-year-old, National
Certificate in Babysitting, involved in
St Johns. Ph Kyra Murdoch 473 7087.

COMPUTER SERVICES

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Ph Dave 473 9542 or
davescomputer@actrix.co.nz

WORK WANTED

Anything considered, such as labour-
ing, cleaning spouting, etc.
Ph Glen 020 4023 2337.

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ing, ph 926 6774, or email
neslepaks221@hotmail.com

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\$160/wk, refs available, Ph 022 010
2232.

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Art group all about supporting each other



Friendship, motivation and constructive criticism are some of the benefits artists experience while painting at the North East Valley Friday Art Group. Members bring along their own projects and materials to work on during the informal session. Many of the group used to attend fine arts courses at Kings High School, but once this closed after the loss of government funding, they decided to continue meeting regularly. Pictured here are (anticlockwise from right) Julia McNaughton, Janet Smith, Mary Thompson and Alison Belton.

'Flash and dash' makes BMX an exciting sport

BMX RIDING is all about fun and learning great bike-handling skills, says keen BMX-er Brent Rutherford.

The Dunedin BMX club meets every Thursday for a race night at the Forrester Park BMX track. BMX is a family-oriented sport and the age span at the club ranges from four years to fifty, says Brent, the club secretary. BMX builds riders' confidence and their skills, especially for younger children.

"It is an exciting sport. It's all flash and dash, and over in about forty seconds. You have to get around the track as fast as you can."

The club has been steadily growing and now has more than sixty riders, compared to three years ago when there were about thirty. They are keen to encourage more girls into the sport.

Balance bike competitions for under-fives have been a popular initiative introduced by the club to attract young riders to BMX. Two balance bike competitions last year attracted about thirty youngsters, Brent says.

Improvements to the track are carried out by the club,



The Dunedin BMX club, based at Forrester Park, wants to encourage more girls like Anika Gill (7, left) and Peyton Wafer (7) into the sport.

as they strive to maintain a challenging course. They are also in the process of beautifying the track surrounds by planting grasses with the aim of making it a family-friendly area for picnics and watching races. The BMX track is always open to the public. Thursday night races

start at 6pm.—Edith Leigh

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