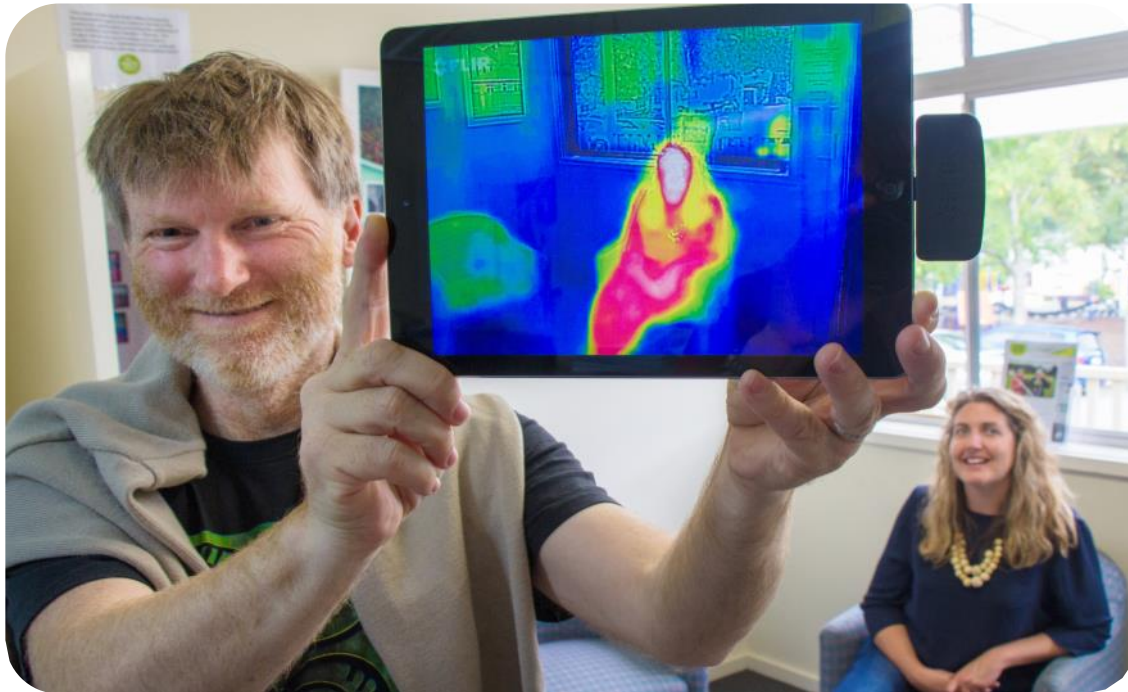


Cosy homes a hot topic



Valley Project home performance assessor Michael Gaffney demonstrates how a new thermal imaging camera pictures hot and cold areas, with community worker Anna Parker clearly showing up as hot. The camera will be used to help assess how homes will perform during winter. • read more on page 4

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Fundraising market for Syrian refugees

A GLOBAL fundraising market to provide driving lessons for Syrian refugees in Dunedin is one Opoho resident's way of doing something for her people.

Afife Harris, who immigrated to Dunedin from Lebanon in 1990, is organising the market to be held at Dunedin North Intermediate at the start of next month.

Stall spaces are open to everybody in the community for \$20 to sell items such as food, second-hand goods, books, crafts, etc, says Afife. Entry to the market will be by donation.

Driving lessons will give refugees the ability to move around the city independently, and it is also important they know how the driving system works in New Zealand, she says. "You don't want to be dependent on other people. People need to have some space and privacy." She has done a lot for the community and sees this as an opportunity to help people of her own culture. To book a stall or find out more contact Afife on 473 8944 or email multiculturewomansgroup@gmail.com.



Afife Harris with the Dunedin Women's Multicultural Group which meets at the Valley Project community rooms on Friday. Pictured behind, from left, are Debbie Shum, Ruby Mombi, Freya Clemens, Somayeh Ali Tavakoli with Bahar (1) and Linda Fung.

WHEN: Sunday 3 April
WHERE: Dunedin North Intermediate school

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Valley Project farewells manager



WHEN I moved to Dunedin in 2013 I ended up on Cardigan Street. As we were moving in, Martin Phillips from The Chills came to pick up his mail and gave us a welcome to the valley.

that I have made in this community development role will last and that together we can remember the good times and good work as I make a new transition back to my Canadian life.

I am proud to have worked for the Valley Project and have met many friends along the way. I wish this community all the best in the future and look forward to seeing new developments and projects and keeping in touch via social media.

I would like also to wish continued success to the executive and staff who will be dealing with the changes that come when a team member leaves.

I have faith that the passion for this community felt by them, volunteers and community members will continue to make the valley the welcoming, colourful and character-filled place that it was when I embarked on this adventure three years ago.

Ka kite North East Valley, I will miss you.
—Marty Cancilla

A couple of days later the neighbours came over with a delicious cake and we knew that we had picked the right part of Dunedin to settle in.

After two more moves within the valley I have really fallen in love with this community and will find it difficult to say goodbye.

I want to thank the people in this vibrant and motivated community for helping to make my job easy. As the manager of the Valley Project I feel immensely privileged to have worked with many of you and to have partaken in local events and projects.

I would like to think that some of the efforts

Disc golf discs for sale as Valley Project fundraiser

HAVE YOU been enjoying the new disc golf course at Chingford Park? The Valley Project will be selling 'Piwakawaka' discs as a fundraiser for \$15 each (RRP \$25)

The Piwakawaka is a NZ-made disc which is a slightly understable golf disc designed for new disc golf players and players with lower arm speed. For advanced players it is an excellent mid-range approach disc. To pre-order a disc email project@northeastvalley.org or phone 473 8614.

Discs can also be hired for \$2 each from the Valley Project office at 262 North Rd. The proceeds from hired discs are split between the project and Disc Golf Dunedin.



The Valley Project is a registered charitable organisation

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readers 7400 approximately
advertising (03) 473 8614

copy deadline 15th of the month prior
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Opinions expressed in the articles are those of the authors and not necessarily shared by the editor, or any member of the Valley Project team. Submitted articles may be edited at editor's discretion.

CreekFest aims to raise awareness

CREEKFEST IS celebrating the launch of the Love the Lindsay campaign that seeks to improve the valley residents' awareness of Lindsay Creek so that we can all enjoy and care for it.

After living in an Asian mega-city my family and I have thoroughly enjoyed returning to live in North East Valley over two years ago. After facing traffic nightmares, open sewers, and environmental disasters on a daily basis, we suddenly find ourselves surrounded by many beautiful natural resources – green bush-clad hills, Mt Cargill, and of course Lindsay Creek. We also love the sense of community that living in a valley provides. North Rd is probably one of the most walked streets in Dunedin and it's common to see people stopping to enjoy the creek as it passes under the North Rd bridge at Craighleith St.

Love the Lindsay seeks to build on these features of valley life by restoring Lindsay Creek as a focal point. We want to see the creek ecosystem protected so it can be a safe environment for migratory native fish and other species such as tuna (NZ long-fin eel) and koura (fresh water crayfish). We want to see spaces along the creek where it is normal and safe for children to play and people to gather. We want to see Lindsay Creek become a source and a sign of community wellbeing.

So what can you do? Contact the Valley Project if you would like to be involved and share your ideas. Like us and share ideas via our Love the Lindsay Facebook page. Or organise your neighbours to 'adopt a spot' or a section of the creek in order to keep it free from rubbish.

—Steve Tripp (Valley Project exec board member)

WHEN: CreekFest, Sunday 20 March
WHERE: Discovery Walk, noon, Pentland St Playground; Festival, 1pm, Chingford Park

Vouchers on offer for Neighbours Day

NEIGHBOURS DAY celebrations are on the weekend of March 19 and 20. The celebration is a community-driven campaign that promotes the idea of neighbourliness. The idea of this neighbourly connection is to not only to strengthen our community but also to make it a resilient one.

The Christchurch 'All Right' campaign that is helping people rebuild emotionally after the earthquakes stresses the importance of connecting with people to be happy and healthy, and knowing who you live near in case you need their help.

The Valley Project is encouraging people to connect with their neighbours by organising a neighbourhood event for their street. We would like to support the community by providing \$50 Gardens New World Supermarket vouchers to the first six people to get in contact with us about their event. The most 'neighbourly' event of these six will also win a free skip for a week on their street.

—Charlotte Wilson (Valley Project community worker)

Albany Street Medical Centre

Dr Matthew Hamilton
 MBChB, Diploma in Child Health
 BSc Biochemistry (Distinction)

Albany Street Medical Centre is delighted to welcome Dr Hamilton to the team

Dr Hamilton has started at Albany St Medical this year and is very keen to welcome new patients to the practice. Originally Canadian, I have completed all of my medical training through the Dunedin Medical School, having worked as a biochemist specialising in cancer research before immigrating in 2001. I live in North Dunedin with my wife and our three children. I look forward to meeting and getting to know you over the coming years.

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Be warmer and cosier this winter



Cosy Homes home performance advisor Beverly Ohline

BEVERLY OHLINE is looking forward to helping people find ways to make their home warmer, drier and healthier this winter.

She recently completed her level 2 training to become a certified home performance assessor and will be helping the Valley Project provide 30 free assessments to people and families in need.

"We all know the components for healthy homes: adequate heating, insulation, ventilation and moisture control, but often the complexity and costs to make changes seem overwhelming."

Each home assessment gets a report analysing the efficiency of the home, where problems exist and what improvements can be made, including short-term low-cost options and more long-term ideas. Education is also a big factor, says Beverly. For example, renters may be limited in some improvements but if they know how to spot signs of mould and leaks they will have the knowledge to choose a better house to rent next time round.

The link between cold damp homes and health problems is well established in research. Cold homes have been linked to heart and respiratory problems especially in the elderly, respiratory illness such as pneumonia and asthma in children, rheumatic fever, colds and flu and mental health problems.

Beverly says she has always dreamed of building an 'eco-home', but learning the ins and outs of home performance has been the next best thing. "It's almost like being a detective to try and figure out where the problem comes from. This course has made me clean up problems in my own house."

Free assessments on your home's winter performance

The Valley Project is offering 30 free home assessments (valued at \$310) to people who fit the following criteria:

- are resident in the North East Valley, Opoho or Pine Hill areas
- have a community services card*
- live in a house built before 2000
- have somebody under 17, over 65 or with health problems living in the house
- are renters or home owners

*people who don't have New Zealand residency should check with us to find out if they are eligible

To register or find out more email project@northeastvalley.org or call our office on 473 8614.



to help create a warm and healthy home

- dry clothes outside
- don't use unflued gas heaters
- use lined curtains that go to the floor
- open windows regularly to remove moisture & prevent damp and mould
- use draught stoppers, tighten hinges & catches to stop heat loss
- if your shower fills a 10l bucket in less than a minute, fit a flow restrictor to cut hot water costs significantly

Thermal images useful

A THERMAL-IMAGING camera and tablet purchased by the Valley Project will help home performance assessors get a better picture of where heat is being absorbed or lost in a home.

Assessor Michael Gaffney says the camera is connected to a tablet that gives a colour depiction of heat and cool areas in a home. The camera can be used as an investigative tool, such as showing how effective curtains are and if heat is being lost around them, or if previously fitted wall insulation has slumped.

Welcome to students in the valley



A warm welcome to students living in the valley this year. These students from Aquinas College spent an afternoon volunteering at the North East Valley Community Gardens. We have also had students from Toroa College volunteering at the gardens and the Valley Community Workspace.—Photo: Marty Cancilla

Metalwork space planned

A NEW venture to undertake metalwork is planned for the Valley Community Workspace. Workspace member Steve Ward says he and Bob Cahill are in the process of setting up a light engineering metalworking space. The space will be used for ventures such as helping with other projects underway in the building, rebuilding bikes, and helping people in the community who may need small repair work done. The idea behind the metalwork space is to allow them to work on projects, but also to help generate some income for the workspace at 11 Allen St to meet their ongoing costs. The pair are just waiting to hear from the building's insurer as to any requirements they may need before they can start working. They hope to have the metalwork space open for five half-days per week. For more information contact Steve on 425 8959. There is still space available in the workspace if people are interested in setting up other operations within the building.

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Free computer classes on offer



Free computer classes organised by the Women's Multicultural Group have started in the Valley Project community rooms on Tuesday mornings. The tutor is Rob Teiger from the Council of Social Services.

The classes are free and laptops are provided by the Valley Project. Class time is 9.30am to 11am. All welcome.

For more information contact Afife on 473 8944.

Volunteers for community patrol needed in valley

MORE VOLUNTEERS who are willing to act as eyes and ears for the police are needed by the North Dunedin Community Patrol.

Patrol volunteers go out about once every five weeks, on Friday and Saturday nights from 9pm until 1am or later. They attend the police 'line-up' during shift change at Dunedin Central Station, and check on schools, parks and other areas as asked by police. Volunteers work in pairs and do not get out of their car.

Secretary Marie Sutherland says the work is "amazingly interesting".

"My family say to me 'what are you still doing going out at all hours of the night?' and I say 'well, it's not every week and it's much more interesting than watching TV'."

To find out more or register your interest contact coordinator Colin Lind on 473 7174.

Letters to the editor

Concern about disc golf

I WOULD like people to know that the disc golf course recently placed in Chingford Park is causing damage to the trees in the form of broken branches and impact damage to bark.

I have seen frisbees dislodged after getting stuck in branches by having other frisbees thrown, bringing down leaves. Chunks of bark knocked off trunks are the size of a two dollar coin and branches of a metre length are hanging off.

The pleasure of visiting Chingford park seems to have played no part in the decision to erect a number of metal baskets in the various groves. Whether they have been placed there to take advantage of ricochet potential or to increase challenge is unclear. What other situation can be cited where the intentional hurling of hard plastic missiles at trees would be considered rational or innocent? Even if people do not believe in the psychological trauma this is inflicting on the trees, it is without question causing damage and liable to lead to tree die-off.

I have not been hit by a frisbee yet, but it is hard not to feel apprehensive when emerging from the more secluded spots. Despite placards that warn of this possibility it is unclear what recourse is in place to prevent or compensate injury in that event.

I propose that the course is situated in the wrong place and should be removed to a

more suitable situation away from people and trees.

Alice Rose, NEV

Proper procedures followed

Disc Golf Dunedin would like to acknowledge and thank everybody who has helped make the course at Chingford Park such a huge success. We spent 18 months designing, consulting, writing, fundraising, redesigning, and finally installing a course we are all proud of.

Prior to installation, we had multiple meetings with the Dunedin City Council, erected two separate temporary course instalments to test the course, hosted a public information meeting, consulted with the Department of Conservation, and consulted with DCC to develop a license which included the mandatory public submission/commentary period. The course has a three-year licence which comes up for review in 2019.

The overwhelmingly positive community response to the disc golf course has been truly rewarding. The course gets families into and enjoying the park, offers a new low-impact recreational activity for all ages, and helps a diverse group of people feel invested in park stewardship. Disc golf volunteers are funding and building a gravelled path under the avenue of chestnut trees on the (often damp) side lawn.

Disc golfers are instructed to always give way to other park users. By design, none of the

'flight paths' intentionally cross walking paths. Basket number 5 was moved as a result of an issue raised.

Parks are there to be used and enjoyed by the whole community. As evidenced by the participation in the this new free recreational activity we believe the disc golf course to be a great community asset.

Disc Golf Dunedin

Disc golf course a great asset

I'VE RECENTLY moved up the valley to near Chingford Park, and I'm very pleased to live so close to a disc golf course. I try to get out on the course whenever I can.

I've never been much of a sportsman, but I have found disc golf to be a great entry level sport that anyone can participate in, no matter what your skill or fitness level. It is particularly heartening to see so many kids using the course.

I'd like to thank the Disc Golf Dunedin club and all the course sponsors, including the Valley Project, for bringing such a great, free and fun amenity to Chingford for the public. I can only hope that in 20 years' time the Chingford Park course is as successful and popular as the Queenstown Gardens course is now.

Ben Miller, NEV

• *Further letters in support of the course were received but could not be published due to space restrictions—Editor.*



Electric fishing in the Lindsay

WITH CREEKFEST coming up we wondered what fish are living in Lindsay Creek/Puke-haukea.

Handily, Mr Jack is a Department of Conservation ranger, so we set off on a family electric fishing mission to Chingford Park to see what we could find.

An electric fishing machine is a stick with a hoop on the end that sends a mild electric current through the water. This stuns the fish just enough for them to float out from their hidey holes under rocks and weedy banks.

By the time they come to, a few seconds later, they are in a net with several pairs of human eyes peering in to investigate the catch.

The result? Firstly, 30 little brown trout: not surprising or exciting. While you will find a statue beside the Gardens duck pond celebrating the release of trout into the Water of Leith in 1869, the local native fish weren't so thrilled with the new arrivals. Trout love to munch on native fish, and that is half the reason why many native fish species are endangered today.

On a much happier note, we also caught a few freshwater crayfish (koura) and two very slippery longfin eels (tuna). When they were babies, just 60-75 mm long, these eels had swum all the way from the sub-tropical Pacific Ocean and up Otago Harbour, to settle in our own Lindsay Creek. They will hang out



Daniel Jack electric fishing in Lindsay Creek

here in the valley for several decades, hiding during the day and feeding at night. Then they'll head back out to sea, to somewhere up near Tonga to breed and then die.

While these remarkable eels can be found all over New Zealand, their numbers are declining because of commercial fishing and because there are fewer places for them to live.


Want to find out more about the creatures that call Lindsay Creek home? Join us at CreekFest on Sunday 20 March for a stream discovery walk and creek workshops.

—Helen Jack



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Care around school buses urged

BY THE time you read this the quiet period in the valley and surrounds will be well over and normal business will have resumed. I look forward to another year based at the North Dunedin station.



Community constable **Brendan Thomson**

By way of an update, Constable Louise France has moved from Dunedin and I have been appointed to this position on a permanent basis. That will no doubt bring a few smiles to some readers and a few tears to others, depending on what side of the social fence you sit on. I'm

proud to continue serving this geographically spread out and diverse community as I have for the past 18 months.

Some of you will remember one of my previous columns regarding vehicle speed while passing a stationary school bus displaying 'school' signage. This has once again reared its head, especially on North Rd, so be prepared for some enforcement if your speed is checked in excess of 20km/h.

In 28 years of policing, I have only dealt with one child fatality due to being struck by a motor vehicle, but that is one too many. Believe me it is a sight that will never leave you.

On another note entirely, someone or several people have been rather active with a black vivid marker pen in the Dalmore

area. Two vehicles have been 'tagged' along with a garage door. A group of young girls is suspected at this stage but if you have any information regarding any person or persons with an unhealthy artistic flair with a black vivid marker please contact me.

For readers who are new to the valley, do make a point of getting to know your neighbours even if you are only planning to reside in the area for a short time. I'm in no doubt that it's the people who make this area a special place to live and work. A friendly smile and a quick chat across the fence never goes amiss.

That's all from me this month. Be careful on our roads and look after each other.

—Brendan Thomson

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Ollie



AGE: 9 month old male

BREED: black & tan Vizsla-cross

PERSONALITY: lively & goofy

LOVES: running and playing

Ollie is a gorgeous young pup, who is a complete goofball according to his age, but he has a lovely friendly nature and the beginnings of an obedient, well-trained dog.

He needs an active family as he's very energetic and can get bored easily. He loves running around and playing fetch with a ball.

Ollie will benefit from firm but fair training. Take care if you have small children, he can be a boisterous boy and might easily knock them over if they're not expecting his eager affection. Please come and meet him as soon as possible, he'll be very enthusiastic and happy to meet you.

Cooper



AGE: 6 year old male

BREED: long-haired black & white cat

PERSONALITY: a real smoocher

LOVES: gentle pats & warm sleeping spots

In contrast to our many of our neglect cases, Cooper has actually lived a very charmed life with wonderful elderly owners who loved him dearly.

Sadly their circumstances changed and in shifting to a retirement flat they found they had to say goodbye to their good friend.

Cooper is a very handsome, sweet and well mannered gentleman. He can be a little shy on first meeting, but when he gets to know you he is the friendliest cat in the world. He chats, purrs, smooches, and just loves snuggling into a polar fleece blanket.

Can you give Cooper a home forever?

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The valley's own history book

THERE IS no way I could write a better account of the valley's early history than what exists in the book *Ferguslei to Hawthorne: The story of the development of North East Valley* by Carole Hendry.

I feel honoured to have met Carole, who I find so modest yet remarkable, considering her achievements and contributions to the community.

The book lays out the original '10-acre blocks' beginning with Ferguslei (by the Gardens corner) through to Hawthorne (by Normanby). It describes iconic houses, businesses and people, and the clusters of settlements and their development along the way. The valley "is the only suburb in Dunedin where you know there's a beginning and an ending," says Carole, and this naturally contributes to its 'community feel'.

Descriptions in the book portray what the earlier area was like. From the presence of "five hotels up the valley, little shops arose", where clusters of "communities started to develop as they expanded" on these blocks, which originally were quite distinguishable from each other.

In matters of purchasing property, "Lindsay Creek had a huge influence ...

being close to wood and water" which were essential at the time.

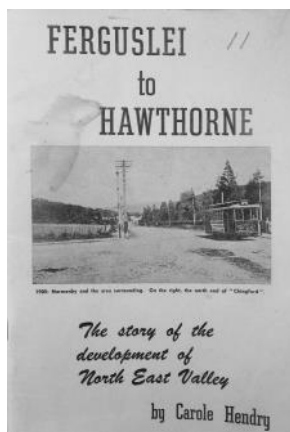
As Carole worked on the book "it slowly emerged that the excellent work being done by those at the Valley Project community rooms today is actually mirroring what happened in those early days. This was of course in a much more limited way and yet was the foundation of the community spirit in the valley."

Like the notable Mrs Bainbridge, who ran a shop that became a central 'go-to place' where locals could share the latest news and happenings of interest.

Full of details, however small, which 'give it life', the book is a fascinating read of earlier times. Carole took the time to collate personal stories, verbatim, which she then meticulously made sure were verifiable – quite an exceptional process.

Unfortunately the book is out of print but can be read at Dunedin Public Library.

Fiona Dun-Frae*
*pen-name



Walk of the Cross on Good Friday

Mark Easter this year in a memorable way with the North Dunedin Churches *Walk of the Cross* and Sunrise Service. On Good Friday March 25 the traditional *Walk of the Cross* begins at 10.30am with a time of reflection gathered around the cross at North East Valley Baptist Church at 270 North Rd.

The cross is then carried to the Dunedin Botanic Gardens where the "Seven Last Words of Christ" are read and suitable songs sung.

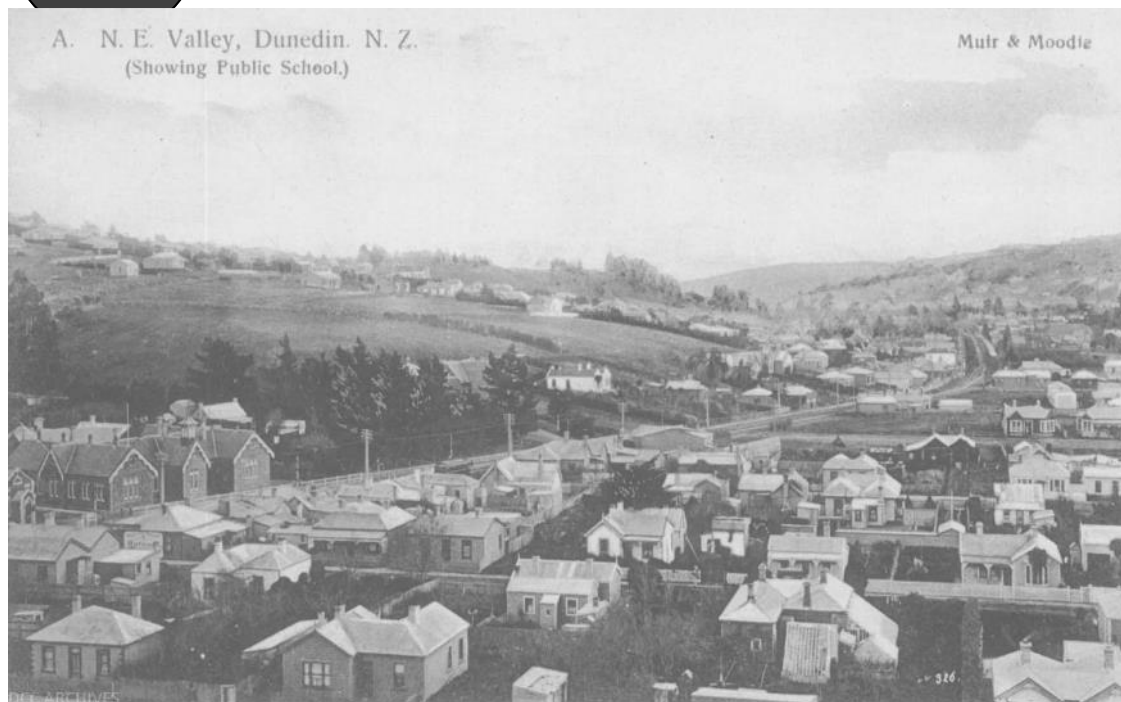
The event concludes with a note of hope at the bandstand, anticipating a better day on Sunday, before the crowd disperses to reflect on the meaning of Jesus' death for today.

On Easter Sunday morning a crowd will gather at 7.30am (a little later this year to catch the sunrise) where Minister Steve O'Connor will lead the ecumenical service of joy and celebration. This event is open to people of all faiths and none.

—Steve O'Connor



an early North East Valley postcard



A Muir and Moodie postcard showing North East Valley c1910. Photo courtesy of the Dunedin City Council Archives—visit 'dccarchives' on Flickr to see more photos from the archive.

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POP-UP artist

Pop culture & fashion inspire



Maraed and her 'Scribbles' at the Vogel Street Party last October.

MY NAME is Maraed Riley, I moved to Dunedin from Golden Bay in 2014. Scribbles started in 2015 when I began to focus on my art more in my spare time.

I quickly remembered how much I love painting so I joined the Otago University Art Society. This was a really fun experience as we were able to get involved in the Vogel Street Party where we exhibited our works and entered in the VS Fashion Show.

My main creative outlet is acrylic paintings. I love using vibrant, contrasting colours and most of my subject matter is animals. I get inspired when listening to music, and by fashion and pop culture. You may notice that in certain lights my originals sparkle a little; I am obsessed with metallic paints and the effects they have on the finished artwork.

I am now studying a Certificate in Fashion Studies at Otago Polytechnic. I would like to work towards owning my own business in the creative industry and to learn more about graphic design and mural art. If you would like to get in touch or see more of my works feel free to check out my Facebook and Instagram pages @maraed.scribbles, or contact me via email on maraed.scribbles@gmail.com—Maraed Riley

church services

Salvation Army, 43 North Rd, Nitechurch, 6pm

Sacred Heart Catholic, 89 North Rd, Mass 9.30am

Glenaven Methodist, 7 Chambers St, 11am

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

Anglican: St Martin's, 194 North Rd, 10.45am

St Thomas', Raleigh St and Pine Hill Rd, 6pm

Opoho Presbyterian, 50 Signal Hill Rd, 10am

NEV Presbyterian, 224 North Rd, 9.30am cafe service

St Mark's Presbyterian, 304 Pine Hill Rd, 10am

NEV Baptist, 270 North Road, 10.30am.

community garden working bees

top paddock behind North East Valley Normal School

Sunday 6 Mar
1pm–4pm

Saturday 12 Mar
Fifth birthday celebration
9am–noon

Sunday 20 Mar
1pm–4pm

Saturday 26 Mar
9am–noon

for families, kids & teens

COMMUNITY ROOMS

Did you know the Valley Project community rooms have baby change facilities and are a BURP breast-feeding friendly facility?

You are welcome to call in and make use of our facilities at 262 North Rd.

DUNEDIN TOY LIBRARY

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

FANTAIL TRAILS

Unstructured exploration in nearby nature for families with young children, on www.meetup.com/Fantail-Trails, or email gabrielle.david@gmail.com

MT CARGILL GIRLGUIDES

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

NEW PARENTS' GROUP

Coffee group for parents with babies, 10am–noon, Mon, community rooms. All welcome. Ph Charlotte 473 8614.

OPOHO PLAYCENTRE

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

OPOHO SCOUTS

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

PLAYGROUP

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

PREGNANCY YOGA

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

PRESCHOOL MUSIC

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

RUDOLF STEINER

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

SPACE PROGRAMME

Programme to support new parents through first year of child's development (Supporting Parents Alongside Children's Education). Day and time of sessions organised around the group, Valley Baptist Church. Contact Amy on space.valleybaptist@gmail.com or 473 0014.

TUNEFUL TUESDAYS

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

VALLEY PLAYGROUP

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

ZUMBA

All welcome with or without children, qualified instructor Liana, 11am–noon, Mon, Baptist Church hall, \$5, ph 021 299 1024.

trading corner

COMPUTER SERVICES

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

HOUSE WANTED TO BUY

Small, young family looking to buy first home in the valley they love. Sunny side up, 3 or more bedrooms. Not afraid if it needs a little TLC. Ph John & Rachel 022 0299 844.

PEASTRAW FOR SALE

\$10 per bale. Pick-up or small additional charge for delivery. A fundraiser for North East Valley Normal School. Contact nevpeastraw@gmail.com or 021 0849 9662 to order.

PREMISES WANTED

for music teacher/tattoo artist. Must have good lighting and toilet. Anything reasonably priced considered, e.g. sleepout, shop, room. Contact Wayne Meddings 021 105 7046.

SUN UMBRELLA WANTED

If you have recently upgraded your sun umbrella and are wondering what to do with your old one (which is still in good condition) we could use it at the NEV Community Garden. Contact Jenny at garden@northeastvalley.org

OPOHO PLAYCENTRE OPEN DAY

Free fun event for families with pre-schoolers. Come along and find out what playcentre is all about. All welcome.

10am–noon, Sunday 13 March at 28A Signal Hill Rd. For more information ph 467 9254.

COMMUNITY NOTICES

Community notices welcomed. Priority given to groups and activities based in the valley. Please keep notices brief. They may be edited at the editor's discretion. Email voice@northeastvalley.org



Classifieds and community notices (for non-profits)

CHANGING WAYS

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Beginners Pilates

Fridays 9.30am–10.30am

Levels 1-2 Pilates

Tuesdays, 11.30am–12.30pm

Fridays, 1.15pm–2.15pm

\$15 per session/\$72 six sessions
www.gardensphysio.co.nz

QIGONG

Free Introduction

10am Saturday 12 March
Community Rooms
262 North Rd, NEV

All welcome
contact Jay 027 584 4537
www.bodymindqi.com

fitness & health

BUDDHISM

Introduction, meditation, Q&A. Sun-
days in the valley. Interested?
Ph 473 6256 or 021 174 9290.

CLASSIC YOGA

Move, breathe & relax with profes-
sional yoga and meditation teacher
Uschi Heyd. Classes start in March,
www.birthcircle.org/yoga-classes for
more info.

CONTRA DANCE

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

DUNEDIN BMX CLUB

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

EXERCISE GEAR WANTED

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

FOLK DANCING FOR FUN

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

FREE FITNESS CLASS

Outdoor circuit training, NEV Normal
School, 9.30am Sat. All welcome. Ph
Knox Rehabilitation Clinic 474 0517.

HISTORICAL DANCE

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

LAUGHTER YOGA

Laugh yourself to health and happi-
ness. 5.15pm–6pm, Wed, Otago Poly-
technic H block, room 608.

LEARN TAEKWONDO

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

MEDITATION

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

OPOHO BOWLING CLUB

Dunedin's friendly little club on the
hill. Become part of our lawn bowling
community, club day 1.30pm, Mon.
Ph Paul and Bridget 471 0743.

QIGONG

Interested in Qigong? Classes in Yuan
Gong, a style of Qigong. For Dunedin
teachers, classes and courses ph Ans
473 6114, 027 756 8383,
yuangongdunedin@gmail.com.
For NEV ph Jay 027 584 4537,
www.bodymindqi.com

SELF DEFENCE COURSES

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

SPAN NEV

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

STEADY AS YOU GO

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

THREE LEFT FEET

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

YOGA IN THE VALLEY

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

art, craft & music

ARTYFACTS

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

ART CLASSES

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

ART CLASSES

Continuous class, newcomers wel-
come, 1pm–3pm and 7pm–9pm,
Wed, St David's Church, \$15 per ses-
sion. Ph Friederike 482 2025.

KNITTING SQUAD

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

ART FIBRE DUNEDIN

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

DUNEDIN FIDDLE CLUB

Community rooms, 7.30pm, Wed.

NEV KRAFTERS

Craft group—all crafts welcome.
7.30pm–9.30pm, 2nd and 4th Wed
each month, Valley Baptist Church.

further education

COMPUTER CLASSES

Free class, 9.30–11am, Tues, Valley
Project community rooms, 262 North
Rd. Tutor Rob Tigear. Ph Afife 473
8944 for more information.

ENGLISH CLASSES

Improve your English. Tutor Nanette
McKendry. 9.30–11am, Thurs, Valley
Project community rooms, 262 North
Rd, free. Contact Afife on 473 8944 or
multiculturewomansgroup@gmail.com
for more information.

FREE LITERACY COURSE

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

ITALIAN CLASSES

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

LEARN ENGLISH FAST

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

LEARN ITALIAN

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

SEA OF FAITH

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

community groups

MEN'S PROBUS

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

THAI MASSAGE

Traditional, clothes on,
massage for health

20 years experience and Thai
trained, here in NEV

By apt only
Ph Heidi on 473 6256 or 021 174 9290

BIKE WORKSHOP

Get help to repair or tune-up your
bike, use our workshop, bikes availa-
ble for koha. 3.30pm–5.30pm, Tues,
and 10.30am–1.30pm, Sat, Valley
Community Workspace, 11 Allen St.

CHAI AND CHAT

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

DUNEDIN MAKERSPACE

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

ENLIVEN DAY CLUB

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

LADIES PROBUS CLUB

Meets 10am, Mon, 7 Mar, NEV Bowl-
ing Clubrooms, AGM. New members
welcome. For more info ph 455 6683.

LIONS IN THE VALLEY

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

MULTICULTURAL GROUP

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

NORTH DUNEDIN SHED

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

OPOHO EUCRE GROUP

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

PINEHILL COFFEE & CAKE

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

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Gardens to celebrate five years



Members of the North East Valley Community Garden founding group, Richard Tozer and Jenny Roxburgh reminisce about the early years of the gardens, as they help plan for the five-year anniversary.

FROM A bare, boggy paddock the North East Valley Community Garden has grown (no pun intended) in just five years to more than 40 beds of vegetables, herbs and flowers, along with a tunnel house.

Every weekend up to 25 people turn up for working bees, which always include a morning or afternoon tea and get to take home harvest from the gardens.

Gardens convenor Richard Tozer says leeks have been one of the most successful crops in the gardens and carrots and parsnips are always a "great standby". Some more unusual crops have included asparagus, artichokes, fennel bulbs and tomatillos.

In the beginning the garden site was so boggy vehicles couldn't be brought up to the site as they would get stuck in the mud. Much of the garden has been constructed using donated goods from drainage tiles and coils, to sheets or iron to line garden beds, to truckloads of soil from the Dunedin Botanic Gardens.

"All in all, it's been terrific really," says Richard.

Keen gardener Jenny Roxburgh says people of all ages, nationalities and garden experience, ranging from beginners to experienced gardeners, turn up and there are new people every week.

"We haven't lived here all our life and this has provided a real sense of the valley community for us. Without the gardens we wouldn't have got involved with other things like community dinners," says Jenny.

The five-year celebration will include a special morning tea and a barbeque. Everybody is welcome whether they are regular garden attendees or have yet to visit the gardens.—*Edith Leigh*

WHEN: Saturday 12 March, a regular working bee with a special morning tea at 10am, to be followed by a barbeque at noon.

WHERE: North East Valley community garden (the top paddock behind the school). All welcome.

what's on calendar

CreekFest

Show your love for the Lindsay. Discovery walk leaves from Pentland St playground at noon, Sunday 20 March. Festival with live music starts at 1pm, Chingford Park.

Neighbours Day

Organise an event on your street and get to know your neighbours. Contact the Valley Project on 473 8614 for help. Weekend of 19 and 20 March.

walk of the cross

10.30am, Good Friday 25 March, from North East Valley Baptist Church to the Dunedin Botanic Gardens.

global market

Food, crafts and second-hand goods. Help support Syrian refugees with this fundraiser to provide driving lessons. Sunday 3 April, Dunedin North Intermediate School.