

PICK, PULL, PLUCK... PRESERVE! FRUIT HARVEST SEASON OFF TO PLUM-BELIEVABLE START

We are now deep into raumati/summer which means the harvest season is upon us! The bees, flies, ngaro huruhuru, and other pollinators have long finished their hard work disseminating pollen from tree to tree—anthers to stigma—and are busy away in their hives. Since then the trees have taken up the mantle, plums have been ripening by the day, and apples and pears are not far behind.

All of us involved in the Ōtepoti/Dunedin Community Fruit Harvest are keenly aware of the significance fruit holds at the intersection of diverse ecological communities, both human and non-human alike.

At the generous facilitation of our tree-owners, we pick fruit from anywhere in Ōtepoti/Dunedin and redistribute the harvest to communities through Pātaka Kai/food pantries, to community kitchens, and preserving workshops. *(Continued page #4...)*



WE ARE ASKING FOR YOUR HELP TO STRENGTHEN THE VALLEY PROJECT'S IMPORTANT COMMUNITY DEVELOPMENT MAHI!

Your support, however modest or grand, will assist us in our continual efforts towards a thriving community, thriving environment, and thriving organisation. Sustaining the production of this Valley Voice publication is one of our key objectives. Each issue costs over \$3k for printing alone, with additional production costs on top.

Thank you now and forever for your kindness!
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HOW ARE YOUR NEW YEAR RESOLUTIONS GOING?

Resolutions are usually about change in personal behaviour, with an 8% success rate. Instead, try reframing your goals as a *theme* for the year, and one that benefits your community, e.g. sustainability, education, safety, technology, etc.

VALLEY PROJECT RECEPTION HOURS

262 NORTH ROAD, NORTH EAST VALLEY

Monday - Thursday 9am - 2pm | Closed Fridays and public holidays

- 📁 gifts
- 📄 placement of notices
- 🌱 seed library
- 🍴 event hireables: marquees, tables, PA system, dishes
- 🗑️ trap hire
- 📰 newspaper advertising
- 🗝️ room bookings
- 📄 laminating
- 🖨️ printing & photocopying
- 🍎 food assistance



Subscribe to full-colour digital copies of the Valley Voice and/or OpenVUE newspapers:
tinyurl.com/VPnewspapers



Join the Valley Project Community Business Directory! Listings are entirely free!
northeastvalley.org/directory



2025 VALLEY VOICE SCHEDULE

ISSUE #:	#2	#3	#4	#5	#6	#7	#8
CONTENT DUE:	Mar 5	Apr 23	Jun 4	Jul 16	Aug 27	Oct 8	Nov 12
DISTRIBUTION DATE:	Mar 29	May 17	Jun 28	Aug 9	Sep 20	Nov 1	Dec 6

VALLEY PROJECT COMMUNITY ROOMS FOR HIRE

FRED HOLLOWES COMMUNITY ROOM has a max capacity of 30 and is equipped with a kitchenette (microwave, sink, jug, dishes/cutlery, serving wares, fridge, etc.) tables & chairs, whiteboard, TV, and more.

TE PŪTAKE ROOM is suitable for small meetings of up to 10 people.

Available all hours over weekends and after 5pm on weekdays.

The room is equipped with a kitchenette, heat pump, and TV w/HDMI.

CLINIC/QUIET ROOM is ideal for the provision of health and social services, or other one-on-one sessions.

Check the bookings calendar on our website for availability (www.northeastvalley.org/services/community-room-bookings), then book by emailing reception@northeastvalley.org.



Fred Hollowes Room	Te Putake Room	Clinic Room
\$25 (inc. GST) p/hour	\$23 (inc. GST) p/hour	\$13.50 (inc. GST) p/hour

A QUICK NOTE FROM OUR MANAGER

Ngā mihi o te tau hou ki a koutou katoa/Happy new year to you all! I hope 2025 brings joy, connection, and purpose for you. The Valley Project team are all back on deck and looking forward to the year ahead. We have many events and activities in the planning stages and have started recruiting volunteers to support the first of these: a Community Dinner and Winter Warmer! Both are free of charge to attend. We hope you'll join the fun—and get to know some of your neighbours, too!

The Ōtepoti Community Fruit Harvest is well underway with plums, plums, and more plums being picked and redistributed out to the community. Thanks to our wonderful coordinators Angus and Karena, as well as all the volunteers, funders, KiwiHarvest, and our project partner, Our Food Network. I am grateful for all of the support this season. Look out for opportunities to volunteer with this project, or to participate in preserving workshops, and to later press juice at a harvest festival.

Remember to sign up to Kai Share if you need some food support, or pop into our office for free frozen meals. Thanks again to KiwiHarvest and the Dunedin Bowling Club who provide kai to our community. -- *Jen Rodgers* | vpmanager@northeastvalley.org

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scott.willis@parliament.govt.nz

Powered by Parliamentary Service. Auth: Scott Willis, Parliament Buildings, Wellington.

what's ON?

Let's Celebrate

with our neighbours



Scan the QR code to find out more

Neighbours Aotearoa 1-31 March 2025

NEIGHBOURS AOTEAROA

neighboursaotearoa.nz
@NeighboursAotearoa

Neighbours Aotearoa is about creating stronger, more connected neighbourhoods across the country. Have an idea, big or small? Share it at neighboursaotearoa.nz and inspire others

Neighbours Aotearoa is about connecting neighbourhoods across Aotearoa. Every March, we encourage people to take a small (or big!) step to get to know their community better. Whether it's two neighbours connecting for the first time over the fence or a whole street coming together for a clean-up, it's all about creating meaningful connections that spark future relationships. Last year, we saw record participation, and this year, as we celebrate 15 years of Neighbours Aotearoa, we hope to grow participation even more.

Come along to a community picnic where you can get to know your neighbours and make new friends. On **March 22nd at 11am**, Dalmore Reserve is where you'll want to be! Kids and dogs absolutely welcome!

Bring your own food, or a dish to share, or both! While you're there, take a stroll along the nature trail, browse the seed library, and check out the Dalmore Reserve Community Garden. We'll do some posy making and have a lolly scramble, too!

Get a hold of Dunedin's community connector if you have any questions or if you would like to organise an event or activity of your own: rebecca@neighboursaotearoa.nz

Dalmore Reserve, 20 Allenby Ave. Liberton | 11am Saturday, 22 March



SOCIAL BOWLS, THURSDAYS 6-8pm

Come along for a roll and a bit of fun before the season ends. The NEV Bowls Club will continue to run Thursday night social bowls until the end of March. All ages and abilities welcome! Just \$5 per person, including sausage sizzle. Open bar. Darts. Friendly faces!

139 NORTH RD. | BOWLSNEV.CO.NZ | [BOWLSNEV](https://www.facebook.com/BOWLSNEV)



the VALLEY project

Join the Valley Rōpū Reo

Mondays, starting 17 February 2025
5.15 - 6pm
Fred Hollows Room, The Valley Project, 262 North Rd
Tel (03) 473 8614

Ngā mihi o te tau hou Pākehā, a time for new beginnings!

Are you thinking about learning some te reo Māori in 2025? Come along to the Valley's new rōpū reo starting Monday 17 February.

We'll be starting at the beginning, looking at some grammar, learning a couple of waiata, karakia, and talking about tikanga. The weekly class is open to all and free. **Nau mai, haere mai!**

save the dates

Crop Swap	Sun. 23 Feb
Community Picnic	Sat. 22 Mar
Crop Swap	Sun. 30 Mar
NEV Garden Orientation	Sat. 5 Apr
Harvest Festival	Sun. 27 Apr
Crop Swap	Sun. 27 Apr
NEV Garden Orientation	Sat. 4 May
Waste Diversion Day	Sat. 10 May
Winter Warmers	Sat. 7 Jun
NEV Garden Orientation	Sat. 14 Jun

Follow our Facebook for official event info and notices.

- project@northeastvalley.org
- www.northeastvalley.org
- [facebook.com/valleyproject](https://www.facebook.com/valleyproject)
- [@valleyproject](https://www.instagram.com/valleyproject)
- (03) 473 8614
- P.O. Box 8118, Dunedin 9041
- 262 North Road, North East Valley, Dunedin



The North East Valley Community Development Project (The Valley Project) is a registered charitable organisation that builds community connections and promotes the wellbeing of local families and whānau. If you like what we do, you can donate at:

givealittle

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.

We'd love to hear from you! Send us your local photos, stories, announcements, etc. Next deadline for newspaper copy is 5 MARCH, 2025. Submissions later than this date cannot be guaranteed space. Please keep your contributions to 300 words or less. Advertising information available on the VP website.

(...continued from front page.) Our aim is to enhance community food access, support healthy diets, and reduce food waste.

As of mid-February, an incredible 812kgs of fruit has already been picked (mostly plums, but some apples) from 21 properties throughout Dunedin. 53 hard-working volunteers have devoted 60 volunteer hours thus far, and there are still two months to go in the season.

Karena Garratt joins the Harvest team for another year as a co-coordinator. She has a passion for food rescue and healthy food for all. She enjoys being a part of this project, especially the redistribution of collected fruit. Despite having a nice garden space of her own, she has yet to grow anything of significance and appreciates visiting gardens within the community to gather inspiration.

Angus Sinclair-Thompson has newly joined the Harvest team, also as a co-coordinator this year. He has a passion for ecological stewardship, sharing food, communing with trees, and is currently training towards a qualification in arboriculture. If you see Angus around, he's always keen to talk gardens.

Do you have any overloaded fruit trees or would like to get involved with picking them? Please get in touch with us via email: harvest@ourfoodnetwork.org.nz, or text: 0210 273 1251, or message us on Facebook at **Community Fruit Harvest Dunedin Ōtepoti**.

In anticipation of the inevitable shifting seasons, we will also be hosting a series of preserve-making workshops to fully utilise our bountiful harvests, to ensure access to fruit year round, and because preserves are simply yummy! Workshops will be held bi-monthly and will have a maximum of ten spaces. We will use fruit from the previous week's pickings. Keep up to date on our Facebook page or email us if you are interested in reserving a space now. The next workshop is February 24th at Yours Cafe, starting at 6pm.

On April 27th we will be hosting a harvest festival in the Valley to celebrate the work of pollinators, trees, and people alike. Expect harvest and community stalls, preserves, games, workshops, and talks. If you have any ideas to share or would like to participate or contribute in some way, please get in touch via the above channels.



North East Valley COMMUNITY DINNER



Saturday, 22 February

Food Provided

5:00 - 7:30pm

(Dinner served at 5:30pm)

Valley Baptist Community Centre
270 North Road, North East Valley

Join Us for a Night of Connection and Fun!

Connect with others in your community and enjoy a delicious meal together. You're welcome to bring something to share if you wish!

Bring your friends, family, or just yourself and make new connections in a warm, welcoming atmosphere.

Live music supplied by Spectrum
#SpectrumBand

Koha welcome

Bring your takeaway containers for any leftovers.



Thank you to our sponsors



Crop Swap NEV

Bring your excess garden produce or kitchen wares: fresh baking, homemade dips and relishes, eggs, preserves, flowers, seedlings, bulbs, cuttings, gardening or cook books, honey, homemade jams and pickles, bottling jars... so many possibilities for sharing!

We come together as a connected community to share what we have and learn together. Bring your curiosity for growing or producing healthy local kai. Everything is free and we take home anything leftover at the end of the crop swap.

First monthly swap:
Sunday, 23rd Feb. 3-4pm
Valley Project, 262 North Road, North East Valley



STAYING GROUNDED WITH DANDY YELLOW FELLOWS

Dandelion roots have been used for centuries in traditional medicine for their many health benefits. Packed with vitamins, minerals, and antioxidants, dandelion roots offer natural remedies for various ailments, and promote overall wellness.

Dandelion tea is easy to make, but first make sure that the plants have not been treated with any chemicals before harvesting them. The following information is based on centuries of anecdotal experience, but is no substitute for medical advice if you have a health condition. Dandelion root is typically used as an infusion (instructions at the end of this article).

AIDS IN DIGESTION: Dandelion root is known for its beneficial effects on digestive health. It acts as a mild laxative, helping to relieve constipation, and promotes regular bowel movement. Additionally, dandelion root stimulates appetite, and increases the flow of bile, which aids in the digestion of fats. For this purpose, it's usually drunk before a meal.

REDUCTION IN WATER WEIGHT: If you're feeling bloated, dandelion tea can provide relief because it acts as a diuretic and increases urine output.

LIVER HEALTH: Dandelion root has long been thought of as a "liver tonic" in folk medicine. Preliminary studies suggest this is due, in part, to its ability to increase the flow of bile. It's also rich in antioxidants, which reduce liver inflammation, and protects against cellular damage. The polysaccharides in dandelion are known to reduce stress on the liver.

IMMUNE FUNCTION: Dandelion roots contain a variety of antioxidants, and have antimicrobial properties which strengthen immune function, helping the body defend itself against infections and illnesses by reducing inflammation and oxidative stress.

PROMOTES WEIGHT LOSS: Dandelion root can aid weight loss by acting as a natural diuretic, helping the body eliminate excess water and reduce bloating. Additionally, its mild laxative effect can promote a healthier digestive tract, which is helpful for efficient metabolism.

IMPROVES KIDNEY FUNCTION: With its diuretic properties, dandelion root can improve kidney function by flushing out excess salt, water, and toxins. This can reduce the risk of urinary tract infections and kidney stones.

REDUCES INFLAMMATION: Dandelion roots are rich in compounds with anti-inflammatory effects, such as polyphenols and taraxasterol. Taraxasterol can help regulate your white blood cells and keep them from triggering inflammation unnecessarily. Regularly consuming dandelion root can reduce inflammation in various parts of the body, potentially helping with conditions such as arthritis.

ENHANCES SKIN HEALTH: Due to its detoxifying and anti-inflammatory properties, dandelion root may improve skin health. By reducing oxidative stress, it can prevent premature skin aging, while its antimicrobial properties help clear acne and other skin conditions. To use it, apply a cool dandelion root infusion to the skin to reduce redness and irritation.

PROMOTES HEART-HEALTH: Dandelion root promotes heart-health by lowering blood pressure and cholesterol levels. Its diuretic effect reduces fluid retention, which eases blood pressure in the cardiovascular system. Antioxidants in the root help reduce LDL cholesterol, which leads to healthier arteries.

RELIEVES CONSTIPATION: Thanks to its mild laxative effect, dandelion root relieves constipation and promotes regular bowel movement.

HOW TO MAKE DANDELION-ROOT TEA: It can be made using fresh or dried roots from your garden. You can also get the roots already prepared at your local health-food store. Wash them thoroughly. Chop the roots into small pieces for a strong infusion. Boil two cups of water in a saucepan, then add the dandelion roots, letting them simmer for 10-15 minutes. Strain the tea to remove the roots, and let the infusion cool before drinking. If you prefer a slightly sweeter or spicier flavour, add honey, ginger, or lemon to taste.

Dandelion root is more than just a common garden weed; it has many health benefits which can support various aspects of wellbeing. Always consult a health-care provider before using dandelion root for health purposes, especially if you're on medication, pregnant, or have a chronic health condition.

-- Merylei Guthrie



WELCOME WORKING BEE FOR NEWCOMERS TO THE NEV COMMUNITY GARDEN



LEARN ABOUT ORGANIC AND SUSTAINABLE WAYS TO GROW YOUR OWN KAI, MEET NEW PEOPLE, GET INVOLVED IN THE COMMUNITY, ENJOY GETTING IN TOUCH WITH NATURE



**NEV COMMUNITY GARDEN, BEHIND NEV VALLEY NORMAL SCHOOL
248 NORTH ROAD**



WELCOME SESSIONS FIRST WEEKEND OF THE MONTH. CHECK OUR ONLINE CALENDAR FOR THE NEXT DATE!



TEL. (03) 473 8614

DALMORE RESERVE COMMUNITY GARDEN WORKING BEES

Sat. 22 Feb. 10am	Sat. 22 Mar. 10am	Sat. 26 Apr. 10am
Sat. 8 Mar. 10am	Sat. 12 Apr. 10am	Sat. 10 May 10am

N.E.V. COMMUNITY GARDEN WORKING BEES

Sat. 22 Feb. 9:30am	Sun. 16 Mar. 1pm	Sat. 5 Apr. 9:30am
Sun. 2 Mar. 1pm	Sat. 22 Mar. 9:30am	Sun. 13 Apr. 1pm
Sat. 8 Mar. 9:30am	Sun. 30 Mar. 1pm	Sat. 19 Apr. 9:30am



KAITIAKITAKA IN OPEN VALLEY URBAN ECOSANCTUARY

Open Valley Urban Ecosanctuary (Open VUE) relies on volunteers to provide support by offering their time, skills, and expertise. There are many wonderful ideas coming from the residents to promote and increase biodiversity within the Valley. However, as with most volunteer-based organisations, Open VUE has quite a few challenges associated with getting these ideas to fruition due to low volunteer turnout.

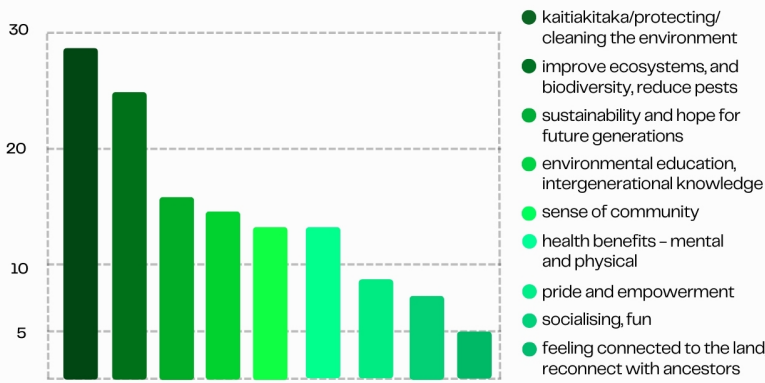
Funded by The Otago Museum Trust Board Curious Minds platform, Open VUE launched a participatory science project in June 2024 called Kaitiakitaka in Open Valley Urban Ecosanctuary. The goal is to sustainably continue community-led conservation in an effort to expand biodiverse spaces for our wonderful native populations. In this social science project, students from DNI worked with Open VUE, University advisors, and Social Impact Studio to create a survey that investigated the motivations and attitudes around community volunteering for local conservation projects within North East Valley.

A big thank you to all who participated in our recent survey; we were able to garner quite a bit of information from our community.

In addition to gaining an understanding of some of our community's reasons for wanting to participate in local conservation volunteering and what they believe are the benefits to North East Valley, we also learned what prevents them from being able to participate. It should come as no surprise that the top two responses were "lack of time" and "occurs when unavailable". However, the third most popular reason was "a lack of information," which is something we can definitely work on! We also gathered responses from community members on the best way to disseminate information regarding volunteer opportunities with Open VUE. Our top one was "social media". Followed closely behind by "email" and "Valley Voice."

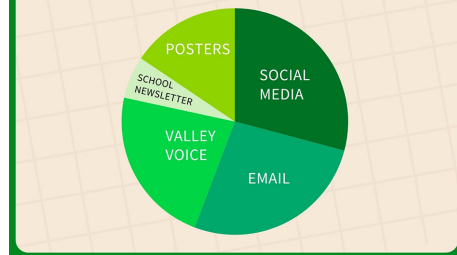
We also received some other interesting ideas of "banners at the site" and "radio advertisement." If you have any other ideas on how to get information out to the community regarding volunteer opportunities or you'd like to sign up to our volunteer list, please contact us at OpenVUE@northeastvalley.org or call 473 8614. To see all of the results of our North East Valley community-wide survey, please visit www.northeastvalley.org or scan the QR code. -- Jennie Wagner-Gorton

What do you believe are benefits from continued participation in conservation projects?



These frequencies represent how many times a similar sentiment or response was mentioned. Some responses were mentioned multiple times, reflecting common themes such as a cleaner environment, improving ecosystems, mental health benefits, and the importance of community.

Top 5 Preferred Methods for being Informed of Volunteer Opportunities



MOVE IT MARCH WITH LOCAL SCHOOLS

We love seeing tamariki and their communities trying new ways of travelling to school, so this March the DCC and local schools will be running the Move it March campaign to encourage the use of active transport. Move it March begins March 3 and runs throughout the month. Expect to see heaps of activity on WEDNESDAY, MARCH 12 which is Walk to School Day. This year's theme is *Be Bright, Be Seen!*

Children are encouraged to walk or wheel (skate, scoot, cycle) to school! NEVN, Ōpoho, and Sacred Heart are participating throughout Move it March. Sacred Heart walking school bus will be featured on the DCC's social media channels. Schools in the area will be getting visits from Scout, the active travel mascot.



dunedin.govt.nz



AVIAN INFLUENZA: STAYING SAFE AND ALERT

Avian influenza (also called bird flu) is a contagious viral disease that affects both domestic and wild birds and is caused by avian influenza viruses. If you see three or more sick or dead wild birds in a group, Ministry for Primary Industries advises to report it immediately to Biosecurity New Zealand's Exotic Pest and Disease Hotline on 0800 80 99 66. Sick or injured wildlife should be reported to the DOC wildlife hotline 0800 362 468. Do not handle the birds.

It's important to report findings of sick or dead birds so the cause of death can be determined. This minimises the risk of spreading disease if an exotic disease (new to New Zealand) is found.

Provide as much detail to Biosecurity New Zealand as you can, including:

- a GPS reading or other precise location information
- photographs or videos of sick and dead birds
- species of affected birds
- note how many are sick or freshly dead, and the total number present

For comprehensive information on avian flu, DOC preparations, vaccines, and ways you can help, go to www.doc.govt.nz/our-work/wildlife-health/avian-influenza/

BREAKING NEWS: FORMER CHINGFORD STABLES ROOF SLATE NOT FROM LOCAL QUARRY!



The old roof on Chingford stables, replaced in 2020. Photo: Shelley Morris

Almost five years ago, shortly after lockdown, I wrote a story about the re-roofing of the Chingford stables. At that time the roofer, John Meegan, thought that the old slates he was removing, installed in the 1880s or 1890s, could have come from a local slate quarry. Slate is relatively rare in New Zealand but one of the few places it was quarried was the Ballachulish Slate Quarry in the Kakanui Mountains west of Herbert, North Otago, from where it found its way onto various Otago roofs. However, imported Welsh slate was also popular and relatively cheap in the late 1800s.

Slate is mudstone that has recrystallised into splittable sheets. The minerals that make up slate can vary a lot, even within one quarry, let alone between countries, so there was no easy way of telling where the original Chingford slate had come from. Unless... unless we could determine when it had crystallised—Welsh slate crystallised a couple of hundred million years before North Otago slate.

Hidden deep within the atoms of the Chingford slate lay the secret to its

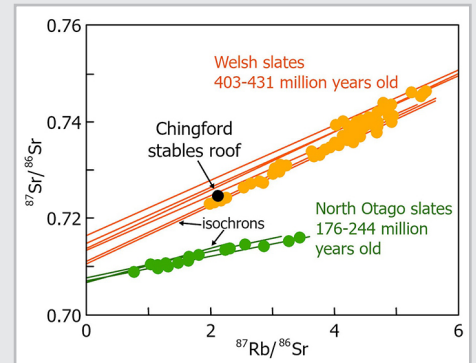
origins. A quick nuclear physics lesson: Some atoms are radioactive, meaning that every now and then one of the particles in the nucleus of the atom flies away. A particular form of rubidium called ^{87}Rb (because it has 87 protons and neutron particles in its nucleus) is one of these. Occasionally an electron flies off the nucleus of an ^{87}Rb atom and it becomes a strontium atom called ^{87}Sr . Rubidium is fairly common in minerals that make up slate, and the change from ^{87}Rb to ^{87}Sr happens at a known rate, so if you can measure how many ^{87}Rb , ^{87}Sr and ^{86}Sr (garden variety strontium that's always been strontium) atoms there are, you have an atomic clock and can tell how long ago a rock crystallised. Clear as mud(stone)?



P92338, with peg. Photo: Nick Mortimer

John Meegan gave me some of that old slate in 2020, and it found its way into the hands of Dr Nick Mortimer at GNS Science (of local Dr Rock fame). Nick added the rock sample to GNS's rock database, christening it P92338, and then ground it up into a fine powder. A few years later a bag of that powder was slipped in with other rock samples sent to Bruce Charlier at Victoria University in Wellington for dating. He whizzed it through his mass

spectrometer, a big fancy machine that can determine what elements are in a substance. It spat out some ^{87}Rb , ^{87}Sr , and ^{86}Sr values for little old P92338, which Nick then plotted up on a graph, comparing it with values from other Welsh and North Otago slates.



P92338 plotted with other Welsh and North Otago slates. Clearly not from around here.

The lines that groups of samples plot along are called isochrons (iso = equal, chron = time). The older the rock, the more ^{87}Sr it has, and the steeper the isochron line. And, hey presto, P92338 clearly plotted on the Welsh line, not the North Otago line. The little snippet of rock had given up the secret of the former stables roof's origins; it wasn't local but had travelled halfway around the world to keep out the Ōtepoti rain. Those flakes of Wales now lie in a landfill, some Spanish cousins having taken over the job of keeping the stables dry. -- **Helen Jack**

The full results of the isotope dating have been formally published as Nick Mortimer, Sarah Gallagher, Bruce Charlier and Helen Jack, 2024, A non-local source for slate on the roof of Chingford Stables, Dunedin, New Zealand (note). *Journal of the Royal Society of NZ.*

HEALTHY HOMES AND VALLEY PROJECT TO TEAM UP

How warm, dry, and energy efficient is your home?

Aukaha Healthy Homes drop-in clinics are coming soon to the Valley Project!

Yes - summer is here! What better time to start getting your home ready for the winter. Make the most of the free heat from the sun. Take the opportunity to open your curtains wide to let the warmth of the sun into your home and dry out any dampness left over from last winter. Let the moisture out by ventilating your home regularly—open the windows and doors to let the breeze through for at least 15 minutes every day, both morning and night. This will help to reduce any built-up moisture and keep your home healthier and drier.

The Valley Project has been collaborating with a range of Healthy Homes providers to help you learn more great tips to reduce your energy costs, make your home warmer and drier, and improve the health of your whaanau. We'll be running some drop-in clinics in the months leading up to winter to make it easy for you to ask questions from the experts and get your house ready before the winter cool arrives.

Keep an eye on our social media for more info as it is finalised. Alternatively give us a call or email community@northeastvalley.org if you'd like to receive an invite directly.



Aukaha



DUNEDIN NORTH PROBUS CLUB



Probud Club of Dunedin North completes another great year. A continuing increase in new members over 2024 was very pleasing. Currently our club has 43 members—a good mix of ladies and gentlemen ensures a good social environment.

Two very interesting and perhaps timely guest speakers in the last two meetings of 2024 were received very well by members present:

Mike Young, teacher and club member, had a very long association with St Johns Ambulance service. He gave a great screen presentation on the origins away back in the 12th Century, and on the many iterations St Johns has gone through to the present day, and then his own experiences during his service. He related some of the more unusual call-outs he had, including some very funny stories of his time in the service.

Karl and Ashlee, members of Westpac bank management specialising in scamming, gave a very complete presentation on prevention; an overview of just how sophisticated scammers are, the latest scams, what Westpac and the banking sector are doing to tackle these issues, and what help is available for those who have become victims of scamming. They screened video and stills with valuable information, and related a few tragic stories. We learned scamming typically increases around the Christmas season.

There was no speaker for our final meeting for 2024 in December, however four of our newer members gave a little cameo of their lives and times before joining Probud, which was a great way for the rest of the club to get to know these members a little better... and vice versa!

Our annual Christmas Luncheon was held at Rope and Twine, directly after our December meeting—again a very popular choice to finish 2024, and was also well attended.

Probud New Zealand has celebrated its 50th Anniversary having started in November 1974. This is a very important milestone. Our Club gathered for a photo to recognise this occasion after our November meeting. This will be archived with a list of members names and Probud registration numbers. The value of this is important for Probud members in the future. Various other activities were discussed—a dinner was mooted but members were happy to go with the traditional Christmas lunch in December.

Probud is a great way to meet others in fellowship and to enjoy a variety of speakers. Both ladies and gents, retired or near retired, are welcome at Probud Dunedin North.

For further information about joining, contact Peter Begg: 027 321 4973 or email peabee@xtra.co.nz

In support of schools, the University of Otago and Otago Polytechnic, Enterprise Dunedin are calling out for Dunedin families to open their homes and their hearts to international students. From experiencing a different culture, creating lasting friendships, to showing off your backyard, being a host is truly rewarding. Hosts receive pastoral support and financial compensation. For more programme information and to sign up, visit: www.dunedinnz.com/study/homestays

They could have gone anywhere, but they chose to come here.

Host an international student and give them a Dunedin whānau experience worth writing home about.

dunedinnz.com/study/homestay

dunedin
STUDY

Need a painter?



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MEANINGFUL CONNECTIONS IN AN INCREASINGLY DIGITAL WORLD

In an age of TikTok dances and contemporary beats, a unique dance movement is flourishing in Europe. The Balfolk movement, which re-imagines traditional dances for contemporary audiences, has continued to grow throughout Europe and beyond. This cultural revival is driven by dedicated dancers and musicians who breathe fresh life into century-old dance traditions, proving that these dances can still captivate modern participants.

Balfolk offers something uniquely different from other dance forms. Rather than focusing on individual performance, it creates an inclusive community experience. Dancers interact with multiple partners and are part of a larger whole. It is about preserving the past by creating a vibrant, living tradition for the future. Whether you are dancing a gentle Valse or a lively Bourrée, the emphasis remains on connection, shared joy, and the satisfaction of dances well danced.

At the heart of Balfolk Dunedin is a small group of performers known as 'The Posies': four young performers who bring these traditions to life. Their repertoire spans from the graceful formations of English Country dance to the spirited rhythms of French regional dances. You can see The Posies at two upcoming events: the first Balfolk Minibal of the year (a relaxed afternoon of social dancing) at Toitū Otago Settlers Museum on Sunday, February 23rd at 2pm sharp (FREE admission), and at the South Dunedin Street Festival on Saturday, March 8th.

For those inspired to join the dance community and learn more about Balfolk, Balfolk Dunedin classes led by Kate Grace have resumed this month. Classes are offered at different times to suit various schedules: Monday evenings, and Tuesday mornings and evenings. Each session has its own focus:

MONDAY CLASSES: Introduce common group and partner dances from the European Balfolk repertoire. These multi-level sessions welcome dancers of all abilities, creating a supportive environment where beginners and experienced dancers learn and grow together.

TUESDAY CLASSES: Explore a diverse mix of historical dances, Balfolk dances, European contredanses and English Country dances. Newcomers are encouraged to first attend a beginner class to build a foundation in the basic steps and movements.

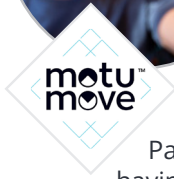
All dances are accessible to newcomers while offering enough variety to keep experienced dancers engaged.

For more information about classes, events, and the local Balfolk community, visit www.balfolk.co.nz. You can also contact Kate directly at balfolkdunedin@gmail.com.



CHANGES ARE COMING TO PUBLIC TRANSPORT

To get ready for the new National Ticketing Solution, called Motu Move, expiry terms and conditions for Bee cards are being updated around the country. Otago is programmed to change to Motu Move in 2026.



It will allow you to pay using contactless credit or debit cards, and digital payment methods such as Apple Pay or Google Pay on your phone or smartwatch, while still having the option of a pre-paid Motu Move transit card.

Otago Regional Council will make sure it gives you plenty of notice about when we are moving to Motu Move, and what happens with your Bee Cards once the new system is in place.

As we move closer to Bee Cards being phased out in Otago, ORC will be asking all Bee Card users to use up their remaining balances. This will make the transition across to Motu Move easier for everyone.

ORC will keep you updated about the Otago rollout. In the meantime, enjoy using your Bee card – it's still the best and most convenient way to pay for your bus!

Find out more about Motu Move at www.motumove.govt.nz.

View the updated Bee Card terms and conditions:

www.orc.govt.nz/beecardsandcschanges.

WE'RE ALL IN THE SAME TEAM

A bus safety campaign reminding people that we're all in the same team and not to ignore bad behaviour has been launched by the Dunedin Youth Council, Joint Dunedin Students Council, and Otago Regional Council.



The Joint Dunedin Students Council and Dunedin Youth Council raised youth safety concerns, wanting to work with ORC to improve safety and raise awareness. Together, we've come up with an advertising campaign by youth for youth and the wider community, with the aim of encouraging good behaviour and knowledge of reporting. As well as being a driving force behind the campaign, some of the students are also fronting the advertising campaign, alongside well-known Highlander, Jona Nareki.

Dunedin Youth Council Liaison Malak Tamimi says, "As the Dunedin Youth Council, addressing safety and accessibility concerns in the central city and bus hub has been a priority for us and our peers over the past few years. Since May 2024, we've been working alongside the Otago Regional Council with the goal of making bus stops and buses safe and welcoming for rakatahi. Together, we aim to promote positive behaviour and meaningful changes that reflect the needs of Ōtepoti's rakatahi and wider community."

Joint Dunedin Students Council spokesperson Adam Salisbury says, "It has been clear that there is a level of concern, particularly for youth, surrounding safety on and around public transport. The inner-city area should not only be safe, but a positive environment for young people. It's imperative that we have an understanding of how to report an issue, paired with promoting positive behaviour on our buses."

ORC General Manager Planning and Transport Anita Dawe assures most public transport customers are very respectful, "but if people do encounter any issues, we want them to be able to give a red card by knowing how to report and to feel empowered to do this."

"We want people to let us know if something happens that makes them uncomfortable. If any situation is potentially criminal or dangerous, the Police should be contacted in the first instance. We want everyone to have a positive experience when using the bus."

People can report to ORC by calling **0800 672 8736** or via orc.govt.nz/bussafety. In emergency call **111**, or 105 for non-urgent Police matters.

DJ AUTO THINK TANK

Q: HOW OFTEN SHOULD YOU GET WHEEL ALIGNMENTS? HOW DO YOU KNOW WHEN IT IS OFF? IS IT PART OF WOF TESTING?

A: A wheel alignment adjusts the angles of your vehicle's wheels to manufacturer's recommendations to ensure it travels straight and evenly. Alignments are recommended once every 6-12 months. They can involve adjustments to ride height (chassis to road), toe angles (inward/outward), camber (lean under/over), and caster (tilt of steering axis).

Theoretically, every large bump, brake, or hard corner you take can wear or move the suspension of your vehicle and affect wheel angles. The key job of the suspension is to keep the flat section of the tyre flat on the road in as many circumstances as possible.

In past times, many manufacturers opted for small tyres with higher sidewalls. These have a lot of flex when driving and tend to wear slower, even if alignment isn't perfect. In an attempt to reach higher performance and handling benchmarks, as well as improve (pedestrian) safety standards, modern cars have elected lower profile (bigger) tyres. This sort is far more prone to edge wear, unfortunately, which is why regular alignments are important!

Unless you have lasers for eyes, there is no easy way to *actually* see poor alignment in terms of angles. Severely misaligned wheels are usually due to impact or major component failure.

It's time for a tune-up when you've encountered a road hazard, if uneven tyre tread is visible, your steering wheel vibrates, your vehicle pulls to the side, and/or your steering wheel is off-centre while driving. The general rule at DJ Auto is that the more expensive it is to replace your tires (~17-22"), the more you should care about your alignment.

And yes, wheel alignment can be failed for WOF in cases where the inspector can feel it and deems your vehicle unsafe to drive. In our experience, this is rare as most WOF inspections don't test drive the vehicle very far, though some bent or deteriorating component will be spotted during the underbody inspection.

Email or text us with any questions and we will do our best to provide answers via this publication: dud.dj.automotive@gmail.com or **021 331 528**.

-- The DJ Auto Family

NZ's PREMIUM AUTOMOTIVE CENTRES

134 NORTH ROAD, NORTH EAST VALLEY, DUNEDIN



Happy New Year to the Valley community! The year has certainly started with a hiss and a roar - there seems to be a lot of buyers around including people relocating to Dunedin. I've had over 60 inquiries for one particular home and as I write this it looks like

there will be several formal offers. If a property is priced to meet the market, is well presented and well marketed, then it should attract good interest and sell relatively quickly. Preparation and planning make the difference!

Market Statistics – Last 12 Months Ōpoho, NEV, Mount Cargill & Upper Junction

Number of Sales	87				
Median Sale Price	\$495,000	1 yr ago \$498,000	3 yrs ago \$580,000	5 yrs ago \$394,000	
By number of bedrooms	1 \$420,000	2 \$450,000	3 \$500,000	4 \$575,000	5+ \$670,000

Downsizing? Words of Advice.

According to Infometrics, 17.8% of Dunedin's population is aged 65 years or older. Many of these people will be considering 'downsizing' from the large family home - typically to something smaller, warmer, and more 'easy-care' and ranging from a smaller home/unit to a retirement village or rest home.

Most downsizers face two common challenges:

- **Decluttering** - how to get rid of several generations of 'stuff' - including many cherished memories. This can be daunting both physically and emotionally. This must be confronted at some stage but do it in a planned way over a manageable period of time. Set goals, and if you're not quite ready to let something go, then put it in a labelled box, either to come back to, or as a last resort, leave in a rented storage facility. But be warned, the family may not thank you for this! If this is all too much then there are people who can assist you with decluttering.
- **Timing the shift** - there's nothing like being a cash buyer to put you in a strong position if you find your ideal property. However, when is the right time to sell the current home and what happens if that ideal property doesn't come up? Worse still, what happens if you sell at a low point in the market and then must purchase in a rising market? Coordinating this transition can be problematic. If you're dealing with a trusted, experienced real agent then they should help coordinate the planning, negotiation and transactions to facilitate a reasonably smooth transition.

If you or a family member are considering downsizing here are a few words of advice:

1. **Do it before you need to** - the process of finding a new property, decluttering, getting your home ready for sale and shifting inevitably takes time. It can also be physically, mentally and emotionally draining. I've seen many people postpone the inevitable with their head in the sand, until the decision is made for them. This is normally due to sudden health issues or the disability or death of one of the partners. This often requires extended family members to step in and make tough and timely

decisions for Mum and/or Dad; it's not an ideal situation but is something that I'm sure many of us have experienced.

2. **Do your research** - this includes understanding your options and may involve visiting retirement villages, attending workshops, viewing show homes, etc. This will further help clarify your direction.
3. **Make a plan** - downsizing can be a relatively pleasant and stress-free process when you're in control. Brainstorm with family members and understand what they think. Often, they see things more clearly and objectively than you due to being a step removed. You may also need to seek advice from trustees, your accountant, your lawyer and perhaps even your GP. Understand what is realistic and achievable given the resources available. Write down a timeframe with key milestones.
4. **Get a property appraisal** - an experienced real estate agent should be able to provide you with a detailed appraisal of your home so that you know what it is likely to sell for. They should also be able to advise on cost effective things you can do to maximise the sale price, and what things are not worth doing. I've often told clients not to waste money on things that are unlikely to add value to the home.
5. **Gather your team** - this may involve family members to help tidy up the house or sort through boxes of 'stuff'. If you're stuck, it's even possible to hire a de-cluttering specialist. And remember, your 'team' members are more likely to help if there's realistic time to do what needs to be done. People lead increasingly busy lives these days so don't expect even close family members to be 'on tap'.
6. **Have an open mind** - sometimes your 'ideal' property just doesn't exist at the price you're prepared to pay. Be open to compromises. For example, a two-level home with a lift may be a better buy than a similarly sized single level home; or maybe it's not vital to have two full-sized bathrooms or a double garage.
7. **Do it before you need to..**You get the point!

Learn About Property

This year I'm doing lots of articles, guides and videos on a range of topics such as Buying Your First Home, Making an Offer, Due Diligence, Tips on Selling, Downsizing, Investing etc. There will be lots of quality, relevant information. If you're interested in receiving this please contact me (details below) with your name, email address and contact phone number; and tell me if you're interested in a particular topic.

Find out your Property's Value...for Free!

Instant estimate vs real value? Online property calculators and many 'appraisals' can give you a quick estimate, but they often miss out on key factors like recent renovations, neighbourhood trends, and the condition of your home. These tools are just a starting point - for a full picture, you need a personal, expert review.

I'll visit your property, assess its unique features, and provide a more accurate understanding of your home's current market position. With Summer here, it's the perfect time to know where your home sits in the market.

Book your free in-person property review today. Then you can make a more informed decision for your next move.

Peter Gale is a long-time Ōpoho resident; and also the agent/licensee and advisor for NZ Property Solutions



Peter Gale | 021 608 107 | peter@nzps.co.nz



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ART CLASSES

For all levels. Casual attendance welcome, tutor Rose Shepard, community rooms, 10am–noon, Thur. ☎ 027 406 4154 📞 467 9993 ✉ Shepard@thistle.net.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

WANTED: BASSIST/MULTI-INSTRUMENTALIST

NEV duo looking for someone with good feel for music who plays bass and poss synth/guitar/percussion. Broad influences but make our own music (songs + jams) in weekly sessions; swap demos and see! ☎ Paul 027 544 6126

CELLO LESSONS

All welcome. What works for you is best! Some instrument hire options available. NEV based. 4 years cello teaching experience & a performance degree. Also open to performance opportunities. ☎ Ellen 027 430 7739 ✉ ellen.walters@gmail.com

DIAL-A-PIPER

Available for any functions including birthdays, weddings, funerals, Haggis Address, etc. Feel free to contact me to discuss your function. Can travel. 📞 03 473 0045 or ☎ 027 473 0060 ✉ thepiper50@gmail.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

FOLK CLUB OPEN MIC NIGHT

Songs, tunes and convivial company every Thursday from 7.30pm. Come and join the supportive circle to play or listen. Dunedin Folk Club, 80 Lovelock Ave. ✉ info@nefc.org.nz

GROUP DRUM LESSONS

Learn to play djembe, cajon, percussion with a focus on enjoyment, finding your sound, and jamming. Jamie: ☎ 027 550 2858 ✉ drumwithjamie@gmail.com

KIDS ART CLASS

Thinkit Art, dynamic after school term art classes for 7–15 year-olds. Focused on enriching creativity & exploring who you are as an artist. Book now! Kiri Scott Artist: 📷 @thinkitart ☎ 021 118 9882 ✉ @thinkitartfeuerstein.art ✉ Thinkit.fie@yahoo.com

MAINLY MUSIC

Leith Valley Church, Malvern St, Wednesday 10am, \$4. Contact: Fran 📞 467 9208 (Leith Valley Church) or ☎ 027 456 1188

PAD-MAKING WORKING BEE

Interested in plastic-free period products? Like to sew? Learn to make sustainable period products for you and whānau. Contact ✉ christine@sewonderperiodcare.org

PIANO LESSONS

Beginner and advanced, all ages, all welcome. Your place or mine. Places available on Tuesday. Rates tba. Text ☎ 021 0842 5948 in first instance. Marian Poole: RMTNZ, ATCL, PhD, Music Journalist.

REHEARSAL SPACE WANTED

NEV Band looking for long-term rehearsal space. Reliable, mature, considerate. Currently a duo with weekly jams. Demo available. ☎ Paul 027 544 6126

SHE CHOIR DUNEDIN

A non-auditioned, collaborative choir welcoming women, non-binary, and gender queer people. Rehearse Wednesdays, term times, 6.15–7.30pm at DNI. No prior contact or experience needed. Just turn up and sing with us! ✉ shechoirdunedin

SINGING FOR FUN

For social and practice. Meet in Musselburgh at 10am on Mondays. Singing at aged homes approx. every 6wks. At present mixed group of 6–8 ladies + 2 men. 📞 Graham 03 929 4834

STAND-UP COMEDY

Open mic at Inch Bar, Tuesdays and Wednesdays. 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 call/text Mary for more info: ☎ 027 929 9813

community

ALZHEIMERS OTAGO

Concerned about your memory loss or supporting someone with dementia, we are here for you. Free support for individuals, carers and families. 📞 03 471 6154 ✉ Still.Me@alzheimersotago.org.nz 📧 www.alzheimersotago.org.nz

BALMACEWEN LIONS CLUB

Meets 2nd & 4th Mondays at Otago Golf Club: 125 Balmacewen Road Dunedin. New members welcome! Contact Secretary Russell Hancox: 📞 03 467 5126 (evenings)

BIKE WORKSHOP

Get help, use our workshop. Bikes available for koha, 3–5:30pm Tues, and 9.30am–12.30pm Sat. Valley Community Workspace, 11 Allen St.

BOOKBUS LIBRARY

Gardens New World, Fri. 11am–12.15pm + North Rd./Watts Rd...

Thurs. 1.30–2.45pm + Signal Hill Rd./Farquharson St., Thurs. 3.15–4.30pm + Pine Hill Rd./Forrester Ave. Thurs 6–7pm.

CITIZENS ADVICE BUREAU

Free, confidential, independent information & advice. Know your rights, how to take action and how to access the services you need. For ANYONE about ANYTHING! 📞 03 471 6166 or 0800 367 222 📧 www.cab.org.nz 📍 CABDunedin 155 Princes Street

COMMUNITY ACCOUNTING

Dunedin Community Accounting provides free accounting training & advice for non-profits in Otago. For more info: ✉ kiaora@dca.org.nz 📧 www.dca.org.nz ☎ 0800 113 160

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 FREE. Ash: ☎ 022 615 6115

DALMORE RESERVE COMMUNITY GARDEN

Join us fortnightly at the garden on Allenby Ave., Pinehill. All welcome. Tools provided. Check Facebook for dates/times or ✉ dalmorecommunitygarden@gmail.com

DUNEDIN CURTAIN BANK

Got a StudentID, Community Services card, or SuperGold card with CSC? See us at 174 Princes St. 9–4pm Mon–Thurs. or apply online: 📧 dunedincurtainbank.org.nz

DUNEDIN NORTH PROBUS

Retired/close to retirement? Could you benefit from meeting others? Enjoy social outings? Now accepting women's membership! NEV bowling club, 10am, 2nd Monday p/month. ✉ Peter: peabee@xtra.co.nz or 📞 455 1256 or 📞 Don 473 7544

ENABLING LOVE

Looking for friendship and social connection? 18–65yrs welcome to weekly coffee group. Croque-O-Dile Cafe Botanical Garden, Thurs 1–2pm. Visit 📧 enablinglove.nz or email Joshua ✉ enquiries@enablinglove.nz

FERN COLLECTIVE

Accepting new clients. Self referrals welcome. Open to all ages, all stages of life. Empathetic support for individuals & families facing unique challenges of neurodiversity and more. Let us support your journey w/practical tools & resources. ✉ ferncollectivenz@gmail.com

LEGAL ADVICE

Free legal advice at Community Law Otago, available by appointment. Legal advice by qualified lawyers...

practical solutions. Appointments now available at the Valley Project on Tuesdays from 11am. 📞 03 474 1922 or ✉ reception@dcl.org.nz

NEED A JP?

NOTICE: The Valley Project JP services are moving to Dunedin City Library on 1 March, 2025. 11:30am–1:30pm Saturdays. Affidavits, document certification, KiwiSaver withdrawals, immigration, etc.

NEIGHBOURHOOD SUPPORT

Create safer, more caring communities. For info and local contacts: ✉ coordinator@nsotago.nz 📞 03 456 0857

NEV COMMUNITY GARDEN

North East Valley Community Garden, directly behind NEV school. Pay us a visit! We meet every wknd: 1st & 2nd Saturdays 9.30–12pm, 2nd & 4th Sundays 1–4pm.

NEV JUSTICE OF THE PEACE

Pine Hill resident, Colin Lind, available for JP services. Flexible days and hours. 📞 03 473 7174 ✉ colinlind@hotmail.com

NORTH DUNEDIN SHED

Open Mon, Wed & Sat mornings, 9–1pm.35 Bonnington St., over the bridge. 📍 North Dunedin Shed Society Inc.

ŌPOHO BOOK CLUB

Seeking new members that love reading, enjoy good discussion, and meeting new people. We meet once a month on a Tuesday evening. Susan ☎ 027 2202 704

ŌPOHO CRIBBAGE

A great card game! Do you play or would like to learn? ☎ Text Paul 027 3100300

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. Meets most Sunday afternoons. Entrance at 20 Allenby Ave, Pine Hill. 📍 Wild Dalmore Reserve ☎ 021 206 3593

employment

SUPPORT POSITION NEEDED

Seeking person w/initiative to assist young disabled man 8–9am and/or 8.45–9.45pm: personal care and/or household tasks. Must be physically strong as transfer assistance required. Successful applicants have the ability to expand hours. Position in NEV. Applications + CV + references to ✉ Tessa.Brown@ccsDisabilityAction.org.nz

WORKBRIDGE

FREE specialised service assisting work-ready people with any health conditions, learning difficulties, or...

injuries to find suitable employment. Vocational prep provided – CV's, cover letters, job search, interview skills, placement. Once employed, support continued 12 months more. ☎ 0508 858 858 📧 workbridge.co.nz

fitness & health

ADULT YOGA CLASSES ŌPOHO SCHOOL

Fiona Johannessen, experienced yoga teacher of all ages & levels. Needing time to focus on breathing and moving mindfully? This might be for you! Tues. 7.30–8.30pm (school term). \$10 casual rate. All levels welcome. ✉ Fiona: sweetfee77@gmail.com

BALFOLK DANCE CLASSES

MONDAY CLASS BLOCK 1

Evening Class: 5wk block starting Monday 24 Feb. 7–8.30pm, Ōpoho Scout Hall, 128 Ōpoho Rd.

TUESDAY CLASSES

Morning Classes: Beginners, 9.30–10.30am. Beyond Basics, 10.30am–12noon.

NEV Community Centre, 270 North Rd.

Evening Classes: Beginners, 6–7pm. Beyond Basics, 7am–8.30pm. Ōpoho Scout Hall, 128 Ōpoho Rd.

Block/5 consecutive classes \$40. Casual attendance \$10.

✉ balfolkdunedin@gmail.com
📧 www.balfolk.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, Lorraine Lobb: ☎ 027 465 1516

CONTRA DANCE

Every Monday 7.30–9pm. Valley Baptist Community Centre, corner Calder Avenue. \$3. No partner required. ☎ 0211854566

DUNEDIN BMX CLUB

Race night, Forrester Park BMX track, 5.30pm, Thursdays.

'EVERY BODY' HOLISTIC MASSAGE

Now based in Ōpoho! Swedish relaxation - deep tissue - myofascial release. Queer-friendly, trauma-informed & disability support - led by your needs. \$90/hr. ☎ Tamsin 022 1240 525 for info or to book.

FOLK DANCING FOR FUN

Valley Baptist Community Centre, 270 North Road, 10–11.30am, Fridays, \$4. ☎ Yvonne 455 2406, ✉ stureid1@yahoo.co.nz

FRUIT & VEGES NFP

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

GASP! DANCE TRUST

Inclusive dance for people with/without disabilities. Unique performance and exploration for all abilities. Seniors (+16 yrs): Mon. 6–7pm & 7.15–8.15pm. Juniors (under 16 yrs): Tues. 4–5pm. New Athenaeum Theatre, 23 The Octagon. ✉ gaspdance@gmail.com

KUNG FU

Fitness, discipline and self defence. 7–12 years Wed 5–6pm or Sun 3–4pm; teen & adult classes, Wed 6–7.30pm or Sun 4–5.30pm. Sacred Heart School, 63 North Rd. Contact Kenneth ☎ 021 0242 38 ✉ Dunedin@shaolinkungfu.co.nz

MESSAGE FOR WOMEN

with Uschi Heyd. Book your session online 📧 www.kindliving.co.nz or call/text ☎ Uschi 027 360 0238 Mention the Valley Voice to receive a 10% discount on your first massage.

MEDITATION COURSES

Awakening to Self-Love: half-day retreat 1st March. Mindfulness Works 2.0: 13th March. Autumn Equinox Retreat - Creating Balance in Your Life: 21–25 March. Go to 📧 eventbrite.co.nz/ and search "Kovido Maddick"

MEDITATION FUNDAMENTALS

Discover the ART OF WISDOM. 12wk courses consist of 'Theory and Practice.' One cannot go without the other. Koha participation, run all year, and are level based. Contact Colleen Robb: ☎ 021 0228 7258 ✉ ciga.nz.dunedin@gmail.com

NEV BOWLING CLUB

139 North Rd. New members welcome. Come along and have a go. Bruce ☎ 027 432 8649 or Michelle ☎ 027 408 2603 ✉ nevbowls@xtra.co.nz

ORTHO-BIONOMY

In pain or discomfort? Had surgery or injuries? Ortho-Bionomy is a gentle way to help you in maintaining balance or accessing your resources during your recovery! For info & bookings: 📧 juliafast.nz

PARKRUN

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 Mondays, Ōpoho Church Hall 1.30pm Tuesdays, and St. Thomas Hall in Pine Hill 11am Thursdays.

TANNOCK GLEN

Torrison St. Ōpoho. 3.5 acre garden of the Dunedin Rhododendron Group. Members of public invited at any time. Dogs permitted on lead.

THREE LEFT FEET

Social dance group. No experience or partners necessary. Folk & traditional European dance. \$5 or \$7.50 per couple, Nga Maara hall, 6–7pm Thursdays. ☎ Marilyn 027 446 3358

WEKA WELLNESS

Community mental health sessions, Mondays 6–8pm at WEKA hub, 31 Stafford St. level 2. Follow us on FB to keep updated 📧 WEKADUNEDIN ✉ wekadunedin@gmail.com

ZEN MEDITATION

Traditional Zen for experienced & beginners. All welcome. 7pm Thur. Quaker Rooms, 15 Park St., Dunedin North. Koha please. 6wk beginners courses through the year. 7-day retreat on Quarantine Island annually. ☎ Glenn 473 6256

for families, kids, and teens

AURORA TAMARIKI EARLY YEARS CARE AND KINDY

Childcare for 0-5yr-olds inspired by Rudolf Steiner & Emma Pikler, offering homely rhythms, seasonal songs/stories, and natural space for children to learn and grow. Organic vegetarian kai provided. 351 Pine Hill Road. 📧 auroratamariki.co.nz

DUNEDIN CITY TOY LIBRARY

Vibrant toy library for children 0–7yrs. Huge range of toys, puzzles, ride-ons, dress-ups, & games. Valley Baptist Community Centre, 270 North Road, 3.15–4pm Wednesdays and 10–11.30am Saturdays.

DUNEDIN RUDOLF STEINER PLAYGROUP

Te Whare Ako Marie. A sanctuary for creative play for children from birth to kindy. A place of peace and friendship for parents. Groups meet weekly, term time. Contact us for times and days ☎ 471 2163 or ✉ dunedinsteinerplaygroup@gmail.com

INTERGENERATIONAL PLAYGROUP

Bringing together multi-generations, supporting communities, and nurturing relationships through play. Every Friday at 11am in the Maybank Room in Ross Home, 360 North Rd.

ISLINGTON EARLY CHILDHOOD CENTRE

Independent NFP. High-quality education for 2–5yrs. Small sessions up to 20 children. Well-resourced play space & nature playground. Mon–Fri 8.30am–2.30pm. Book a visit: 📧 islington.org.nz ☎ 03 473 7490 ✉ islington.ecc@gmail.com

KIDS CREATIVE WRITING

1-1 tutoring for 8-14yrs. Emphasis on creativity whilst ensuring positive engagement with reading...

and writing. I have a BA in English & Creative Writing. Published poet and librarian. ✉ Holly creativewritingdunedin@gmail.com

MT CARGILL GIRLGUIDES

Pippins, brownies, guides, & ranger groups in the valley. ☎ 0800 222 292 or ✉ info@girlguidingnz.org.nz

NEV NORMAL SCHOOL PTA

Monthly meetings at Valley Project on a Thursday evening. Anyone interested in being of service to this wonderful school is welcomed. ✉ nevn.pta@gmail.com

NEV PLAYGROUP

0–5yrs, variety of experiences to enhance child development and meet other local families. Free morning tea and lunch provided for adults. Please supply child's morning tea. Valley Baptist Community Centre, 270 North Rd, 9.30am–1.30pm Wednesdays. ✉ nev.playgroup@nevbctrust.org

ŌPOHO SCOUTS

Keas, 4–5pm, Tuesdays; Cubs, 6pm–7.30pm, Thursdays; Scouts, 6–8pm, Wed. Ōpoho Scout Den. ✉ Shane: opoho@group.scouts.nz

ŌPOHO PLAYCENTRE

Nurturing play space for 0–6yrs, where children and whānau attend together. Child-led learning through play. Make friends, play, learn, & grow. 3 free visits. 28A Signal Hill Rd. Mon and Wed–Fri, 9am–12pm, school terms. 📍 opoho.playcentre ✉ opoho@playcentre.org.nz or ☎ 027 880 2365

SPACE FOR YOU AND YOUR BABY

Programs run by registered ECE teachers supporting families through their 1st year with new baby. School terms at Valley Baptist Community Centre. ☎ 021 150 9165 or ✉ space@nevbctrust.org

SUNDAY SCHOOL

Variety of classes with stories, crafts, songs, and more. Ages 4–18yrs, 9.30am Sundays (term time only) DNI (tech area). All welcome! No charge. ☎ 020 4079 5727 or go to 📧 dunedinchristadelphians.org

further education

BEGINNER ENGLISH FOR CHINESE

Join our beginner English conversation group for senior Chinese new to English language. Shared meal. Small contribution to costs. Great way to improve simple conversation. No English necessary. Tian: ☎ 029 02 0009 68 📧 254783519@qq.com

COGNITIVE ENHANCEMENT

Thinkit Feuerstein is a cognitive enhancing program for individuals with learning differences. Enriching thinking & learning skills for ages...

Classifieds continued next page... 📄

5+ to adults. Private sessions held in NEValley/Dunedin schools. Tutor Kiri Scott, certified practitioner in Feuerstein method. ☎ 021 118 9882 🌐 www.icelp.info ✉ Thinkit.fie@yahoo.com

COM2TECH DIGI DROP-IN

Community-led group offering range of free classes to upskill communities in communications technology & online safety. 10am-12pm Mondays at Valley Project. ✉ office@com2.tech 📧 com2.tech 📱 com2tech ☎ 027 256 9182

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 or 📞 473 0832 ✉ 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: 📞 455 5266

LEARN GERMAN

With a native speaker. Whether it's for school, business, holidays, hobbies, movies, or casual convo, let's get creative with your learning! ☎ 022 189 4564 creativemethodes@gmail.com

MATHS MADE EASY

Experienced maths teacher, recently retired. Primary and secondary certified. Montessori trained. Private tutoring at your home or mine. Zoom option. Different strategies to help your child achieve success. Diane ☎ 021 357 565 ✉ dvalavanis@aol.com

NATIVE FRENCH SPEAKER

wanted to help me improve my French. Txt Pauline ☎ 027 717 0282

REO MĀORI

Reo Māori teaching or tutoring for adults. Groups or individuals. John Birnie: ✉ johnbirnie@hotmail.com or ☎ 021 236 3765

VOCAL TEACHER

All ages, all skill levels. Starts from \$30 a lesson. Studio on Vogel Street. Text for more info/to book: ☎ 022 122 3405

housing

ROOM WANTED

Respectful guy with broad interests looking for long-term room in warm, dry flat/house, ideally with only one other person. Refs no problem. ✉ hoani76@hotmail.com

WANTED TO RENT

1 bdrm self-contained cottage or flat with garden space, up to \$300pw. Tidy, reliable tenant. Can provide references. ☎ Stacy 028 464 9681

URGENT HOUSING NEEDED

68yo retired female teacher. Quiet, clean, tidy. Own furnishings for 2bdrm home, except whiteware. Can reduce contents to 1bdrm. Seeking smart-ish place, meets healthy home standards, heat pump. Max \$450, 1-2bdrm. Excellent refs. House-trained, mainly indoor placid/mature cats. Reliable long-term tenant. ☎ Caz 021 125 3709

trading corner

ALL-ROUNDER

Available for odd jobs, cleaning, gardening. Good references available. Chris ☎ 022 374 5970

BABYSITTER

10 years of childcare experience. Full drivers licence. Have worked with twins. ☎ Kelly 027 697 9194

BALDWIN STREET BOOK

Substantially revised and enlarged edition. 32 A4 pages, 8,000 words, 60 photos. \$20ea. Available from ✉ saddlehillpress@xtra.co.nz and Valley Project ☎ 027 248 0714

CHIMNEY SWEEPS

Top Hat Chimney Sweeps offering single flue cleans for \$100 or two neighbouring houses for \$85 each. FREE glass door clean. Replacement services on firebrick, door seal, and baffles. Text Luke ☎ 027 332 2915

COMPUTER REPAIR

I fix computers! Low rates, great service, Windows, Linux, Mac Android. ☎ Matt 022 048 0012

DAVE'S COMPUTER SERVICE

Troubleshooting & tuition. Low rates. Free optimisation software. ☎ Dave 022 635 9414

EXPERIENCED PAINTER

Bruce Interior Painter (B.I.P.). Int/ exterior, residential, commercial 20 years in industry. ☎ 022 171 5102 ✉ bip.painters@gmail.com

FARELLA ORTHODONTICS

Offering Valley residents complimentary consultations for children and adults. Cutting-edge tech. 30yrs clinical experience. Flexible financing options. ☎ 021 228 4895 🌐 farella.co.nz

FOODIES NURSERY

Flavour is Nutrition. Personal gardener using living soil solutions. All single seedlings have 40%... worm castings. Strawberry, tomato, chilli, ginger, turmeric, basil, and more. Instagram posts on Wednesdays. Open 9-2pm Sat. 7 Arnold Street ☎ 021 025 977 41

GARDENER

Very experienced. Light weeding/trimming, winter rose pruning. ☎ 03 473 0159 (evenings)

GARAGE WANTED

Dry and secure for single car, preferably Ōpoho or thereabouts. ☎ Douglas 021 1567 667 or ✉ dczeadin1@gmail.com

GARDEN SPACE AVAILABLE

Owner of good sized garden wishing to freely share it with someone who can benefit from and utilise the space for gardening. Contact: ✉ caitlin.lester@gmail.com

GARDENING SERVICES

YOUR PEACE OF MIND GUARANTEED With tree pruning, hedge trimming, weeding, lawn mowing, and more, we bring expertise and reliability to every visit. Whether a one-off spruce-up or ongoing care, enjoy peace of mind knowing your garden is in trusted hands. Free Quote! Glen ☎ 027 241 2288 ✉ godzone326@gmail.com

HAIRDRESSER

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

JESCARGO CARPET REPAIRS

Domestic and commercial carpet repairs. No job too small. 100% local. ☎ Jesa 022 012 1194 ✉ jescargo_carpet@outlook.com

LOCAL HANDYMAN & LANDSCAPER

Fencing, Decks, Retaining and all types of Concrete and Paving. For a free quote contact Liam George on ☎ 027 239 0220 or email ✉ Lg.contracting98@gmail.com

NEV LASER ENGRAVING

Want something personalised? Get it laser engraved. Wood, ceramic, acrylic & more. Call and see if we can help. 11 Allen St. ☎ Jeff 021 957 369

NEV LAWNS & GARDENS

Lawns, edges, hedges, gardens, bushes, trees, weeds and green waste removal. Consultation & quote: ☎ Keegan 027 474 1828 ✉ nevlawns@gmail.com

NORTON MOTO WANTED

1930's-50's Norton motorcycle or parts, especially sidecar. Also motorcycle books, pictures or photos, etc. from those years. Please phone ☎ 027 213 2474.

SCRAP METAL COLLECTION

Seeking your scrap metal you have rusting away or cluttering up the shed, etc. Can do small to medium size loads. ☎ JT: 027 206 1725

PAVER/GARDENER

New paving. Relift & fix of old paving. Walkways, patios, and driveways. Gardening and lawnmowing services. Free quote! 📧 shecan.co.nz ☎ 027 363 0058 ✉ eve@shecan.co.nz

SPLIT FIREWOOD FOR SALE

Mixed grade & seasoned. \$120 per cubic meter. Pick-up only (Mondays, Wednesdays, Saturdays 9.30am-12.30pm) ✉ secretary@northdunedinshedsoc.org.nz

STORAGE UNITS

Located Pine Hill. 24-hr level access. Secure, dry garages 5.5m long x 2.8 wide x 2.3 high. 36 cubic metres. Plus new 20ft containers. Only \$200 a month GST inclusive (\$46wk). Cheapest in Dunedin. Household items, old car, etc. ☎ 027 213 2474

SUBSIDISED INSULATION

Many Otago homes are eligible for subsidised ceiling and underfloor insulation! Find out more: ✉ support@premierotago.co.nz or ☎ 022 592 1807

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)

WELDING REPAIRS

Gates, fences, balustrades also. Advanced welding courses. More info: Bob ☎ 027 206 4064

church services

ANGLICAN: ST MARTIN'S 194 North Rd, 10.30am

GLENAVEN METHODIST 7 Chambers St, 11am

HOPE CHURCH 304 Pine Hill Road, Sun.10am & 7pm 7 Chambers St, 11am

LEITH VALLEY PRESBYTERIAN George St. Normal School Hall, 10am

ŌPOHO PRESBYTERIAN 50 Signal Hill Rd, 10am

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

SACRED HEART CATHOLIC 89 North Rd, Mass 9.30am

SALVATION ARMY 43 North Rd, community worker only, Mark O'Donnell

FEA STOCK
15TH ANNUAL MINI MUSIC FEST SAT. 5 APRIL, 2025
12 NOON - 8:30PM
3 FEA STREET, DALMORE
📧 feastock | feastock@gmail.com
🌐 cosmicticketing.co.nz

To add or update a listing:
voice@northeastvalley.org

\$2 per listing per issue

Project bank account:
03-1726-0005606-000
Reference: **VVDonation**

ULTIMATE TEST OF ENDURANCE - 2024 CRUSH THE CARGILL REPORT

With 36 hours of stimulating racing to enjoy, this is easily my favourite event of the year. Let alone the fact that I get to enjoy not just one, but two mornings of Bethune's Gully birdsong!

Whether it was that someone failed to touch the trig, or the TrailRunningNZ sticker that appeared on the trig, something angered the mountain gods. We were belted with thunder, lightning, torrential rain and hail. Then, as the gods realized full-on drama wouldn't stop us, we were left with a few hours of drizzle.

These annual races atop the slopes of Mount Cargill are a great way to see the parable of the Tortoise and the Hare in action, as demonstrated many times in the following report.

CRUSH THE CARGILL 100-MILE RACE

Ten brave souls turned up for the second edition of the Crush The Cargill (CTC) 100-Miler in December. Matt Bixley DNF'ed (did not finish) after one lap, because he only enters to DNF, and Chris Bisley DNF'ed after just two laps, because he is still suffering PTSD from last year.

Phil Peterson—after a heroic effort of 16 laps with no vertical training in 2023—pulled out after five laps this race. A head cold got the better of him. Chantal Whitby was looking strong but pulled out after eight laps. She was just after some nighttime training.



The next casualty was Christoph Pinel who smashed 15 laps of the 19 required to pass. Christoph is a frequent flyer at the Crush The Cargill addiction clinic, so he will most definitely be back.

The final five battled through with a wide range of pain and delirium. Sebastian Potgieter stormed to the lead from the very start, with lap one done in 63 minutes. By lap three he had a 22-minute lead over Petrus Hedman. Petrus stayed remarkably consistent—while Sebastian slowed—and was the first home with a time of 27 hours and 54 minutes. Times don't really matter for this event, kind of like the Hunger Games—you either survive or you don't. Records matter, however, and Petrus was only 22 minutes off the record set by Chris Bisley in 2023!

The other survivors were—in no particular order as that doesn't matter either—Hunter Wight, Sebastian Potgieter, Andy Smith, and James Park.



Photos by Brad Spiers

CRUSH THE CARGILL 24-HOUR RACE

The weird thing about a 24-hour trail-running endurance race is you can turn up anytime... and people did. By the end of the 24 hours, 179 people had officially completed at least one full lap up and down the mountain.

A couple of speedsters turned up. George Hamilton (hare) knocked out four laps in 3.53 hours to take an early lead. 53 runners (tortoises) completed five laps (a marathon) or more, and so he ended up in 54th place. And by the end of lap eight, Chris Taylor had taken the lead for the men and wasn't going to give it up. Lucas Pollet-Villard stayed a close second place until quitting at the end of lap 12, leaving Chris with a commanding lead. At the end of his 15th lap he took to the couch and remained there for the final four hours.

Lydia Patillo (hare) had a commanding lead in the women's race, and by 2am she was four laps ahead on ten! If only she kept going! Steadily, Andrea Dale crept up to the same score, and could not be convinced of pushing for one more lap over Lydia's.

Enter Raechel Keepa. Raechel came down from Christchurch in her long flowing Aelen dress from Vanuatu. Wearing a frock and coming from a hill-less city, we didn't have her as a favourite. She kept plugging on and finished 11 laps to take the women's win.

The infamous *Crash* The Cargill team turned up with a cart designed to go both up *and* down the Stairs of Despair. We're not sure if it was the thunder, hail, or tequila that thwarted their efforts. They managed to get at least 64% of the ascent done before turning back.

A costumed player turned up donning a wetsuit, flippers, and snorkel, so we hurried to develop a new race category. Congratulations to Pascal for winning the Underwater Hockey category! After enduring his first lap in four hours, someone told him it is easier to walk

backwards when wearing flippers, so he did so for laps two and three, totalling a further six hours of trail time!

Because you are all wondering, Pascal was moving at a pace of 42min/km which is approximately 1.4km/hr. This is around 35% faster than a tortoise.

Congratulations also to Kōtare (6 years old), for finishing one lap as the youngest runner, and Carole (77 years young), for completing one lap as the oldest.

We used to have an Over-50 category. Now we have an Over-70 category. Congratulations to Ross Davies for winning the Over-70 with 10 laps!

In Summary, 11 runners completed 10 laps or more. 6 runners completed 12 laps or more:

Chris Taylor	15 laps
Kyle Cloete	14 laps
Josh Tripp	14 laps
Isaac Tripp	13 laps
Lucas Pollet-Villard	12 laps
Andrew Tripp	12 laps

(There's no nepotism here... trust me!)

The 2024 CTC races tallied 747 laps of Mount Cargill. That's 6349.5km travelled! Imagine going to Cape Reinga, then back to Bluff, then up to Cape Reinga, then back to Bluff, then up to Cape Reinga, then back to Bluff, then returning to Bethune's Gully.

425,790 meters were climbed. That's like going to outer space four times.

Massive thanks to those that helped out on the admin desk for over 36 hours! Additional thanks to New World Gardens, Todd Engineering, Inch Bar, Aerodaks, Tailwind Nutrition NZ, CurraNZ, Valley Project and to Grid Coffee Roasters—endurance events would not be possible without good coffee!



Thanks to everyone who turned up with such an awesome attitude! I love seeing all the smiles around the park and on my couple of runs up and down the hill. Keep it up! The world needs more smiles!

Funds raised go towards the work of the Valley Project, which includes initiatives that will make the birdsong even better!

-- Steve Tripp  [CrushtheCargill](#)

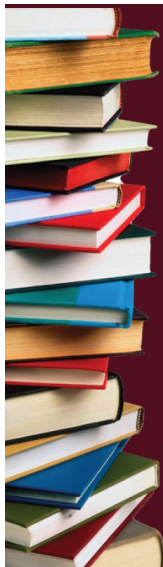


FREE FUN, ENTERTAINMENT, AND STALLS!

Come one, come all! The South Dunedin Street Festival 2025 is a free event connecting and celebrating Ōtepoti/Dunedin's diverse culture and community. Bringing people together and providing a platform for creating community resilience, wellbeing, and expression in our communities is what it's all about.

Experience the best our city has to offer as lower Kind Edward Street will transform into a vibrant multicultural carnival that showcases and celebrates our wider community. A myriad of community organisations and local groups will be sharing information and providing interactive stalls which encourage partnerships and pathways, supporting social connectedness and improving the quality of life of the community.

Be entertained by local bands, multicultural music, and dance. Learn about community groups and organisations. Enjoy free workshops and activities for hobbies and interests of all sorts! See you there **Saturday, 8 March**.



REGENT
THEATRE

The 24 Hour Book Sale

Friday, 28th February
Saturday, 1st March
10am to 10pm

Edgar Centre - More FM Arena

PROUDLY SUPPORTED BY: **nettil**
of Dunedin

UNMISSABLE ANNUAL BIBLIOPHILE'S PARADISE!

After four decades of holding the sale inside the theatre, the event outgrew the Regent, hence the move to the More FM Arena, Edgar Centre at 116 Portsmouth Drive. More room to move around! Free parking!

This larger location provides more room for the tens of thousands of books and items to be displayed, including 'niche' interest areas. Browse comfortably even at the busiest of times, and over one easily accessible floor.

The 97-year-old theatre is run by a charitable trust which relies on the support of the local community for its continued existence. A major part of this support is the 24 Hour Book Sale, the largest sale of second-hand books in New Zealand, and reputedly in the Southern Hemisphere. Every year since 1979, books donated by the public are sold by volunteers, raising considerable and essential funds.

PLEASE NOTE - Cassettes, CDs and records will not be available. A separate sale will be held mid-year on Saturday 26 July 2025 for CDs, Records, DVD's and music memorabilia.

Rachel Brooking MP for Dunedin

03 474 1973 | 544 Great King Street, Dunedin
Rachel.BrookingMP@parliament.govt.nz
f/RachelBrookingMP

Authorised by Rachel Brooking MP, Parliament Buildings, Wellington



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