

Strong community grows school



North East Valley Normal School principal John McKenzie chats to pupils, from left, Dennis Taylor-Kristel (10), Anahera Lewis (10) and Raylene Butler-Gage (7) at playtime in the school playground.

THE SCHOOL roll has almost doubled at North East Valley Normal School during the past five years, an increase its principal attributes, in part, to the strong sense of community in the valley.

The school roll has climbed 91 percent from 124 pupils in 2011 to 237 this year. It's a rise that has prompted the school to ask parents what they value about the school to ensure it doesn't lose its special qualities as it grows. Principal John Mackenzie believes a number of different factors have influenced the school's growth, including upgrading the school's appearance and developing a transition-to-school programme for 4-year-olds.

The establishment of the community gardens and the community rooms on the school grounds have also been a real bonus, John says.

"The Valley Project, especially, has increased the sense of neighbourliness. People like living in the valley. They find that it is alive and healthy, and great for kids."

A strong community also helps children to engage at a higher level in their schooling, he says. One of his first challenges when he arrived was to point out to the community that children at the school were achieving well above expectations.

• continued on page 4

For local expertise and timely personalised investment advice...

...contact **Lyn Howe**, your local Authorised Financial Adviser



(03) 477 7464
lyn.howe@forsythbarr.co.nz

FORSYTH BARR RTM Firm
0800 367 227 • www.forsythbarr.co.nz

Disclosure Statements are available on request and free of charge.

Gardens
Physiotherapy
& Pilates



26 Bank St, North East Valley

ph 473 0144

www.gardensphysio.co.nz

Free Parking, ACC & Private Clients

Activity • Life • Balance

Ray White

Ray White **Know How**

Colleen and Jane are
AS LOCAL AS
THE WORLD'S STEEPEST STREET
AS WISE AS
24 YEARS COMBINED
REAL ESTATE EXPERIENCE

Colleen Townsend
Chartered Salesperson
Proven Results. 100% Licensed REAA 2008
m: 027 226 5482
o: 03 477 3660

Jane Bokser
Chartered Salesperson
Proven Results. 100% Licensed REAA 2008
m: 027 473 6221
o: 03 477 3660



VOTE **1** FOR DUNEDIN CITY COUNCIL

Steve Walker

GETTING THINGS DONE

CONTACT

tel: 027 850 5603

email: walkersteve4@gmail.com

like & follow me at

facebook.com/
stevewalkerforcouncil

AUTHORISED BY STEVE WALKER, 23 VICTORY PL, DUNEDIN

VALLEY BUILDER
Licenced & Qualified
Carpenter
Jonathan

021-299-1007 or 473 8189



Do it once Do it right

shop • eat
your local guide

Black's Road Green Grocer

fresh and affordable



Corner Blacks Rd and North Rd
027 257 3242

Don't feel like cooking tonight?



YourProChef.nz

quality handcrafted meals
fresh or frozen
meals delivered or pick-up

6 Cornhill St
(just behind the butcher shop)
022 6575 846



TASTE NATURE
ORGANIC GROCERY
STORE & EATERY

NATURAL WHOLEFOODS IN BULK
FREE RANGE MEAT & EGGS
ORGANIC PRODUCE & PRODUCTS
GARDENING SUPPLIES & MORE

131 High Street, Dunedin - Open 7 days
www.tastenature.co.nz



YOUR LOCAL BUTCHER

Retail • Wholesale
Homekill

shop local
support our advertisers

• p2

Help to harness volunteer passion

A UNIVERSITY of Otago geography student intern is helping the Valley Project to develop its resources to engage volunteers and to consult with the community about its key goals and aims.

Coordinator Anna Parker says the consultation will help shape our priorities as we look for new funders.

The project also wants to find better ways to harness the passion and energy of our people, she says. "We get people coming in who want to be part of making a difference in our community. We want to develop a comprehensive database that helps us connect people with each other in areas they are interested in."

Student Sarah Mitchell has already begun work to develop an online form for potential volunteers, and to create a "volunteer map" that will show people what is already happening in the valley community and where volunteers are needed.

Her internship is part of a humanities initiative to strengthen ties between the university and communities. Sarah will be at the project for 13 weeks.



Geography student Sarah Mitchell will be at the Valley Project for 13 weeks helping with a community consultation and to develop systems to help harness volunteer energy and passion.

Four new members welcomed to board

A WARM welcome to the Valley Project board who were elected at the annual general meeting at the end of June.

The new board members are: Nolan Hill, Fraser Hunter, Nerissa Kaa, Jim Ross and Rob Thomson.

Previous members who will be continuing on the board are: Dean Griffiths, Margaret Hillerby, Kirstin Flockton, Steve O'Connor, Anna-Marie Stewart, Matthew Tofia and Steve Tripp.

The board chair is Margaret Hillerby, the deputy chair is Steve Tripp, the secretary is Steve O'Connor and the treasurer is Fraser Hunter.

Valley Project video

A video that highlights the amazing valley community and what the Valley Project does has been highly popular on social media, where it has been watched by more than 6000 people. The video was funded by the Department of Internal Affairs and filmed and edited by Stash Mediaworx. To view the video go to our Facebook page or our website www.northeastvalley.org

Valley Project office hours: Tuesday–Friday, 9am–4pm, closed Mondays and school holidays



The Valley Project is a registered charitable organisation

If you like what we do you can donate at www.givealittle.co.nz/northeastvalley

valley voice editor Edith Leigh
distribution 3700 copies per issue
online www.northeastvalley.org
readers 7400 approximately
advertising (03) 473 8614

copy deadline 15th of the month prior
T (03) 473 8614 **M** 021 214 4075
E voice@northeastvalley.org
f facebook.com/valleyproject
t [@valleyproject](https://twitter.com/valleyproject)

262 north road
north east valley
dunedin 9010
postal address
p o box 8118 • dunedin 9041

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.

\$1.5 million fundraiser underway

PLANS TO replace dilapidated and condemned buildings have seen the Otago SPCA launch an ambitious \$1.5 million fundraising campaign. Chief executive Sophie McSkimming says the non-profit organisation has had to close off buildings and other areas during the past few years and the re-build project is vital for them to keep their animal welfare work going.



SPCA Otago chief executive Sophie McSkimming, left, and business development manager Kirsty Thomson play with new puppy Chaz, who is awaiting adoption, outside the condemned education building at the Opoho centre.

The education centre, animal isolation units, holding pens, veterinary examination room, hospital units, laundry and food storage areas all need replacing.

A highly successful black-tie dinner and charity auction, SPCA Otago Trust seed-funding of \$500,000 and great community support have helped the organisation to almost hit the halfway mark.

SPCA business development manager Kirsty Thomson says their Give-a-Little page has raised almost \$25,000, and many community members have been coming in to organise their own fundraising events for

the SPCA ranging from quiz nights to making and selling jewellery.

"All those little bits add up, which is great."

Plans are underway to hold an open day at the centre next month to give people a behind-the-scenes look at the centre to see for themselves what needs to be done.

More than 1500 animals were cared for at the Opoho centre last year. As well 940 de-sexing operations were organised, 370 animal welfare complaints were investigated and animal education programmes were provided to 3435 school children.

—Edith Leigh

Workspace AGM

Join the Valley Community Workspace for soup before our Annual General Meeting on Tuesday 23 August.

Lots has happened since we formed an incorporated society just over a year ago and we have exciting ideas for the future.

To see the agenda, a brief report and a couple of amendments to our rules, visit our website valleyworkspace.org Nominations for the executive committee are also invited. All welcome. Soup will be served at 5.30pm and the meeting will start at 6pm at 11 Allen St.—Kristen Bracey

Hoist available at community workspace



What has four legs and holds things up? The new hoist at the Valley Community Workspace. Pictured is Ian Rees using the hoist to prepare his car for a warrant of fitness. The hoist can be booked on Saturdays.

eat • drink
your local guide



now open

YOUR FRIENDLY NEIGHBOURHOOD BAR

TIPPLER'S
BAR & CAFE

11b North Rd
473 1795

Self Service T.A.B - Pokies - Sky TV and Sports Betting

Open 7 Days
Ph. 473 1795

Supper Happy Hour 4-7 Fridays
Bar Draw, Meat Raffles Fri/Sat/Sun
Self Service TAB, Sky TV, Pensioners'
Happy Hour 10:30-3 Tuesdays

Happy Hour 4-5pm every day!

FILADELFIO'S

GOURMET PIZZA
RESTAURANT & BAR

Filadelfio's Restaurant & Bar
@ the Gardens

The best gourmet pizza
experience in Dunedin.
Accompanied with
fine wines and ales.
Ph. 473 6232

ROSS CAFE

Yummy cakes! Great coffees!

Open 7 Days 10.00 am - 4 pm

Ross Home 360 North Road
(inside the main entrance and foyer)
Competitively priced,
come and join us!

support those who
support our community

shop • eat
your local guide

Wallace
DESIGN

Interior design &
furnishing

chalk paint supplier

Hours: 10am–4pm
Wednesday to Saturday
201 North Road, North East Valley
473 9449

It's your 'local'
Garden Centre
It's **VERY**
affordable
It helps youth
employment



Open 7 days
10 am–4 pm
146 Norwood St,
NEV
Ph 473 1334

A Presbyterian Support Otago service

Better
Business
Accountants

CHARTERED ACCOUNTANTS
Investment House • 462 Moray Place
77 5867 • www.betterbusiness.co.nz

When
you're busy
looking ahead,
we've got your back.

**YOUR AD
HERE**



from \$26 per issue

Phone Valley Voice editor
Edith on 473 8614
voice@northeastvalley.org

advertising makes this
newsletter possible

• p4

Big Latch On aiming for record

THE VALLEY Project will be a host for the Global Big Latch On this year. We will be providing a relaxed, comfortable space to breastfeed and mingle with other mums.

We will latch on at 10.30am to see if we can help break the record of nursing mothers around the world simultaneously breastfeeding at specified venues at the same time.

The Global Big Latch On allows women to gather together to breastfeed and offer peer support to each other. It is a community development initiative that raises awareness

of breastfeeding, encourages the formation of support networks between breastfeeding women and aims to normalise breastfeeding as a part of daily life.

Friends and family are welcome at the latch on and we will provide yummy snacks and beverages. Join us between 10am and 11am at the community rooms on Saturday 6 August. There is easy parking and a ramp for pram access out the front.

The Valley Project is a registered BURP (Breastfeeding Ultimate Refuel Place) venue.—*Charlotte Wilson (Valley Project community coordinator)*

• continued from page 1

Strong community plays an important role in school growth

ANOTHER FACTOR contributing to the school's growth has been a dramatic reduction in turnover rates. In the past, families would come and go, but this transience has almost disappeared, John says.

"It is very rare for a family to leave now." Even when families buy their first home they will often stay in the valley.

While the school was originally built to cater for up to 500 children, he wouldn't like to see it grow to that size, however.

"I would be happy for the school to settle at around 250 to 300 children. That means you have got good resources, but you don't lose that personal touch. At the moment I can mostly remember everybody's name, their parents' names and something about their family. Once the school gets beyond 350 it is hard to do that."

—*Edith Leigh*



Looking forward to the Big Latch On event on 6 August are mums Jennifer Lawn (left) with Caleb Garden (1) and Shar Heenan with Hoani Dacker (1).

More gardens needed for tour

More gardens are needed for an upcoming fundraising garden tour.

Organiser Mary Waymouth says she is not looking for "perfect" gardens, but gardens that have any creative or interesting element.

All sorts of gardens are wanted, whether they are mainly grown for food, house chickens, are large, small or mostly containers.

"I am looking for a range of gardens that will inspire people and give them ideas for their own gardens at home," says Mary.

Gardens on the list so far include a small garden created from scratch, a garden specialising in hellebores, and a rambling cottage garden that grows vegetables organically, plants to attract bees and re-use and re-cycle waste on the property.

If you would like to discuss including your garden in the tour please contact Mary on 473 8065.

The garden tour is a planned fundraiser for the Valley Project.



Keen valley gardener
Mary Waymouth

Outstanding community service recognised

AN OPOHO resident's outstanding contributions to community have been recognised by the Rotary Club of Dunedin North. Afife Harris has been awarded the prestigious Paul Harris fellowship.

Club president John Campbell says the award recognises those who have gone "above and beyond" in their efforts in the community.

Since Afife moved to Dunedin 25 years ago she has raised between \$20,000 and \$30,000 for the community. In the valley she started the popular Women's Multicultural Group, which is a support network for women in Dunedin. The group meets every Friday morning at the community rooms. She also set up a free computer class at the community rooms and organised a free English class to help non-native English speakers improve their language skills.

Afife says she is honoured to receive the award. "I love to do this for my community — this is me," she says.

The Paul Harris Fellow is named after the founder of Rotary. The club makes a donation to the Rotary Foundation in the name of those people selected.—*Edith Leigh*



Community stalwart Afife Harris, pictured with Rotary Club of Dunedin North president John Campbell, was awarded a Paul Harris fellowship in recognition of her contributions.

TRADE DIRECTORY

For home, garden
and business

Easy... HOME RENOVATIONS

We have a great team of experienced tradespeople. We'll give you **ONE PRICE** for your project, manage it through to completion & we even clean up! Get the best job, on time and on budget! Call for a **FREE** quote.

We'll take care of it for you!

Phone (027) 2217 536 OR email inquiry@1stop.co.nz

1Stop.co.nz
"Give us the job...we'll do the rest!"

A-Team Maintenance
Home/Building Repairs & General Maintenance

Marty Hillerby
Builder/Joiner

25 Cardigan St
North East Valley, Dunedin 9010
M: 027 6000 404
a-teammaintenance@outlook.co.nz

NEED A PAINTER?

INSIDE OR OUT! NO JOB TOO SMALL

Competitive Hourly Rates or Quotes

Contact **BRYAN**
Home: 473 7488
Cell: 021 108 1860

b.a.porteous@clear.net.nz

services
your local guide

Service to community for award



TWO SISTERS who are working towards their Duke of Edinburgh's Hillary Award will be helping out with Plunket and FoodShare at the community rooms for the next year.

Kloe Parsons (22) will be helping the Plunket nurse, Melissa Bull, on Mondays, while her twin sister Chelsie is helping with FoodShare on Fridays.

Kloe has been greeting families as they arrive for their Plunket appointment, looking after older siblings while their mother sees the nurse and keeping the community rooms tidy and welcoming.

Chelsie has been helping to sort and organise FoodShare boxes for distribution. "The people who come and help are amazing," she says. "They are really supportive of me and one another."

Girl Guides has been a part of the twins' lives since they joined a Pippins group at the former St Martins Hall when they were 5 years old. Kloe is currently a member of a Connect group, a relatively new GirlGuiding initiative for young female leaders, and Chelsie is a Pippins leader in Port Chalmers.

The Duke of Edinburgh's Hillary Award involves completing five sections: service, skills, adventurous journey, physical recreations and a residential project.—*Edith Leigh*



Kloe Parsons (top) and her twin sister Chelsie

GEMFIRE
DESIGN FOR CHANGE
WEB / PRINT / BRAND
CREATIVE GRAPHIC SOLUTIONS
GEMFIREDESIGN.COM

Your Local
Banking
Expert

Nicola Wilkinson
Ph. 473 0726
WESTPAC GARDENS

To find out what I can do for you,
feel free to give me a call and
we'll arrange a time for a visit

DARLING REALTY
Lincoln Darling Real Estate
SALES & PROPERTY MANAGEMENT
Need your property
SOLD or RENTED?
Call us for a free no-obligation appraisal
Call our team today
473-1721
21 North Road, Gardens
DARLINGREALTY.CO.NZ

PATERSON VALUATION
Registered Valuers and Property Consultants

Principal: SG WALDRON B.Com. B. Agr.Com. (VFM), ANZIV, SNZPI GOVERNMENT ACCREDITED AGENT

- RESIDENTIAL
- COMMERCIAL
- INDUSTRIAL
- HOLDINGS
- INSURANCES

477 5333 or 027 223 2457
pvaluations@hotmail.com
www.patersonvaluation.com

shop local
support our advertisers

• p6

Music, baking, tea and decorations all divine



Dances from the 17th and 18th centuries at the Midwinter High Tea held at the Valley Baptist Hall.

THE MIDWINTER High Tea was a very special afternoon and unusually sunny and warm for this time of year. The Valley Baptist hall looked very pretty with our communally made lacy bunting. Everybody looked very smart and the baking was divine.

We were spoiled by the music provided by the wonderful Fiddle Orchestra led by Anna Bowen. We enjoyed Clare Adams' wit and the lovely smiles of Marion O'Kane and Chanel O'Brien who made sure everybody had a nice hot cup of tea. We did some dances from the 17th and 18th centuries.

The next opportunity to dress up and be part of a wonderful event is our Jane Austen Ball in September.

There will be six evening dance classes and two Sunday morning workshops in preparation for the ball. Weekly dance classes will start on Wednesday 10 August from 7.30pm to 9pm, the cost is \$5. Sunday workshops on 14 August and 11 September will be from 10am to noon, cost \$10, at Nga Maara hall.

Contact Kate at info@frenchdancing.co.nz for more information.—*Kate Grace*

Giant garage sale at NEV Bowls Club



North East Valley Bowls Club manager Terry Scott and committee member Pete Thomson with a few of the donations for their upcoming fundraising garage sale on Saturday 13 August.

THE NORTH East Valley Bowls club is holding a garage sale as a general fundraiser to help maintain its facilities.

Club committee member Pete Thomson says the club is a community asset. Its two greens are in use every day during the outdoor bowls season. The clubrooms are also used by many other community groups, such as men's and women's Probus groups and organisations holding fundraising quiz nights. "It's a busy place most of the time and of course there is a lot of maintenance and on-going work."

The club has more than 100 members ranging in age from 17 to over 80, says Pete.

"Many people in bowls have been active in other sports and they are looking for something to keep that club activity and sport

going, as well as that competitive element they enjoy."

Club manager Terry Scott says the bowls club offers great camaraderie and an opportunity to meet a lot of different people. The North East Valley club is unusual in that it has two greens and, along with its own club competitions, also hosts Dunedin and national competitions.

Donations of clothes, books, magazines and other trash and treasure will be welcomed. Contact the club on 473 9704 to arrange drop-off or pick-up. The garage sale on Saturday 13 August will also have homemade baking and preserves.

The outdoor bowls season begins in mid- to late September.—*Edith Leigh*

Drumming and singing workshop to be held in valley



Koffie Fugah and Jennifer Moss

DRUMMER KOFFIE Fugah is teaming up with Palmerston North musician, composer and educator Jennifer Moss to offer a three-hour singing and drumming workshop in the valley.

The pair travelled together with 13 others to Koffie's native Ghana so he could share traditional drumming and the part it plays in society there with others.

The workshop will be held on Saturday 27 August at Nga Maara Hall. The cost is \$25, or \$35 on the day. Contact Koffie on fugaro2g1@yahoo.com or 021 0268 0964 to register.

services
your local guide

Ready for change?



Experienced, professional counselling and therapy with individuals and couples. Enquiries Welcome

Sonja Antonsen,
Dip. Couns. MNZAC

sonjaacounselling@gmail.com
Ph 473 0429 or 021 269 8421



JANET MELBOURNE

BHSc (CompMed) ND Dip Herb Med
Mind Body Medicine Practitioner

No consultation fee for children up to 13 years

487 7974
021 0233 9778
herbmed@xtra.co.nz

the VALLEY project Valley Copy Centre

convenient
local
cheap

20% discount
for non-profits

Tuesday–Friday 9am–4pm

All proceeds go towards producing this newsletter

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

shop local
support our advertisers

Caring for animals
as if they are
human.



Phone
03 456 2345
manned by our staff
24/7

Humanimals
YOUR PETS' DOCTOR

44 Rankellor St, Dunedin
www.humanimals.co.nz
formerly Dunedin South
Veterinary Clinic



SPCA
OTAGO

Animals for adoption

Go to spcaotago.org.nz for information about the adoption process and fees.

Visit us at 1 Torridon St, Opoho, Dunedin or phone 473 8252



Please donate
to help us
rebuild our
facility

SPCA
OTAGO

Donate at www.spcaotago.org.nz or
www.givealittle.co.nz/cause/spcaotagofacility

Dexy



AGE: 15 month old female

BREED: white American bulldog with tan patches

PERSONALITY: a very sweet girl

LOVES: going out for walks

Dexy was handed over to SPCA Otago by her previous owner who lived on the move a lot and was unable to provide the right environment for this lovely dog. She's a young pooch who is still rather goofy and puppy-like most of the time. Dexy can be shy and unsure of people on first meeting, and may appear a little defensive through the wires of her enclosure, but upon entering and introducing yourself, she melts completely and will cover you with affectionate smooches. She is well behaved and walks fantastically on a lead, but unfortunately she's a little over-enthusiastic with cats, so we would not recommend a feline companion for her. She is a very sweet-natured girl and would give anything for a permanent home with loving owners who will take her for her favourite "walkies".

Waka



AGE: 4 year old male

BREED: long-haired white cat

PERSONALITY: self-important but very friendly

LOVES: eating and sleeping

Waka is a very handsome fellow with a strong personality. He is not really a 'cat lover' himself so he would prefer to be the king of an only-cat household. He is also deaf, but does not let this impede his outgoing nature. His beautiful long coat will need grooming from time to time to keep him lovely and soft — you'll find him a real pleasure to pat. He is a very smoochy boy indeed and would love a second chance at life in your wonderful home. Come and meet him today.



Looking for a new canine family
member?

We foster and re-home dogs that have been left unwanted at the DCC Pound.

Each dog is registered, micro chipped, vaccinated and will be de-sexed. We ask adoptive owners for a donation of \$230 towards these costs.

Foster homes needed. All essentials provided, fully fenced sections required.

Visit: www.dogrescuedunedin.co.nz or
phone 03 486 2311. Find us on Facebook!

**PLEASE
SUPPORT
OUR
ADVERTISERS**

SPCA
Cupcake Day
MONDAY 15 AUGUST 2016

www.spcacupcakeday.co.nz



Inversion layer blankets the valley

I WENT for a rare winter evening's stroll a few weeks back, and half-way down the hill I was met by a sudden chill – our old friend the North East Valley inversion layer, a distinctive but not particularly appreciated winter phenomenon.

The next morning, crisp and clear, it was still there: wisps of smoke from early morning fires were collecting in a valley-bottom haze. It got me thinking, what *is* an inversion layer? And what exactly is being inverted?

Having spent 15 years living in Christchurch, you'd think I'd know all about inversion layers and smog, but no, so I went to see Dr Daniel Kingston, a climatologist at the University of Otago.

Normally, air temperature is warmest at the ground surface and is cooler as you get higher. But once the sun sets, the air starts to cool from the land surface upwards. On cold, still nights, with no wind to mix things up, this cooled air, which is denser than warm air, flows down the valley sides and pools in the valley bottom. The warmer air sits on top like a blanket, inverting, or literally turning upside down, the temperature pattern you would normally expect.

Daniel likened it to a glass filled with two liquids of different densities – they separate out into two layers and don't mix. I had an immediate student flashback to Baileys and Midori



North East Valley's inversion layer strikes again

shots, and things made a little more sense. The thickness of the inversion layer – how far up the valley sides it goes – depends on how cold it is. It is broken down when the sun warms the land in the morning, which in turn warms the cold air.

An inversion layer is invisible, unless there is something in it like smoke. Because the warm air above the inversion layer acts like a lid, preventing the upwards movement of air, smoke from chimneys within the inversion layer gets stuck and hey presto: smog.

North East Valley is well known for its inversion layer – the university has even had students measure the temperature at various points up Blacks Rd to learn about the phenomenon.

Inversion layers form in other parts of Dunedin such as the Leith Valley, the Glen, Kaikorai Valley and, on a larger scale, on the Taieri Plain. But because the morning sun takes longer to get into our valley, our inversion layer tends to linger for longer in the mornings.—*Helen Jack*

Five post boxes lost in the valley area

FIVE POST boxes have been removed from the valley area this year.

Post boxes were removed from North Rd, Signal Hill Rd, Pine Hill Rd, Orbel St and the north end of George St. A NZ Post spokesperson says there are no plans to remove any more post boxes in this area.

The number of letters being

sent through the postal network is about half what it was 10 years ago, the spokesperson says.

"As the volume of mail has declined, so has the amount of mail being posted in post boxes." The average number of letters posted in the post boxes removed from the valley area was well below the viable level to maintain and

operate a post box.

"To maximise the use of our post boxes we try to locate them in places people go to for any other day to day activities such as buying groceries or filling a prescription at the local pharmacy."

The remaining post boxes in this area are at the Gardens Mall and at 275 Pine Hill Rd.

—*Edith Leigh*

community
your local guide

Plunket

Plunket Clinic now at the North East Valley Community Hub, 262 North Road

Phone Lou, Plunket Nurse for an appointment 027 675 3259 or Plunket Area Office (03) 474 0490

Plunketline 24/7 0800 933 922

Like us on Facebook—Otago Plunket

Plunket's vision is Together, the best start for every child.
Mā te mahi ngātahi, e puāwai ai ā tātou tamariki.

Need an MP?

Dr David CLARK
MP for Dunedin North

P 03 474 1973 | F 03 474 9913
32 Albany Street, Dunedin
(Next to The Cook)

david.clark@parliament.govt.nz
labour.org.nz

Authorised by David Clark,
Parliament Buildings, Wellington



Labour

Nau mai, haere mai
Metiria Turei
Green Party MP

Dunedin Office
5th Floor Burns House
10 George St
Please phone
for appointment
03 477 8502



Authorised by Metiria Turei
Parliament Buildings
Wellington

Green

VALLEY COMPETITION

We have three sets of two ready-to-go homemade meals from YourProChef to give-away. To enter like our Facebook page and comment on the competition post. Winners drawn on 8 August



shop local
support our advertisers



Artist enjoys bringing her art to people



Opoho artist Fiona Stirling will be exhibiting in the Northern Artery Pop-up Gallery this month.

I AM an Opoho artist and I am delighted to be able to show my paintings in my own neighbourhood and community.

I recently held my ninth exhibition in a gallery, *Rangi and Papa, Earth and Sky, Clay and Paint* at Moray Gallery with potter Marion FAMILTON. Gallery shows create a wonderfully focused atmosphere with

plain walls, clear space and no distractions: lovely.

If people do not have time to visit, however, then artists do need to bring their work to the people. The Northern Artery Pop-up Gallery does this superbly. Where better to catch people than the local shopping centre? If not then you are rushing too madly!

Thank you, Northern Artery.—Fiona Stirling

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, 4pm
- 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 7 Aug 1pm–4pm
- Saturday 13 Aug 9am–noon
- Sunday 21 Aug 1pm–4pm
- Saturday 27 Aug 9am–noon

for families, kids & teens

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, 10–11am Wed, 10–11.30am Sat.

FANTAIL TRAILS

Unstructured exploration in nearby nature for families with young children, email gabrielle.david@gmail.com

MINI MUSIC GROUP

Preschool music and movement session, 9.15–9.45am, Mon, Nga Maara Hall, Sacred Heart School, school terms, gold coin. All welcome.

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, 11.30am–1.30pm, fortnightly Mon. Meet Stadium Café 1 Aug; picnic in Botanic Gardens 15 Aug, meet at playground. All welcome. Ph Charlotte 473 8614 or 027 476 1066.

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 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, Thur and Fri (Te Reo Māori group), 351 Pinehill Rd, \$3 koha & piece of fruit, 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). New programme starting Wed 3 August, 12.30–2.30pm, Valley Baptist Church, spaces available. Contact Amy on space.valleybaptist@gmail.com or 473 0014.

NEV PLAYGROUP

Come along with your children 0–4 years, Baptist Hall, 270 North Rd, 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.

fitness & health

BUDDHISM

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

CLASSIC YOGA

Move, breathe & relax with professional 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 ACROYOGA

Combining acrobatics and yoga, no partner needed. Beginners classes available. 6–9pm, Tue, Opoho Presbyterian Church, 50 Signal Hill Rd. Find us on Facebook or email jooke@gmail.com

DUNEDIN BMX CLUB

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

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.

INDOOR BOWLS

Friendly games, 1pm start, Thur, NEV Bowling Club, 139 North Rd. Ph Jack 473 9565 or Sean 473 8822.

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 welcome, \$10, www.frenchdancing.co.nz

LEARN TAEKWONDO

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

MEDITATION

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



Classifieds and community notices (for non-profits)

CHANGING WAYS

Lose weight without dieting

Virtual Gastric Band Programme
95% success rate

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

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

GARDENS PHYSIOTHERAPY CLINICAL PILATES

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

Want health, wellbeing
and relaxation?

Yuan Gong Qigong exercises are
easy to learn, effective & enjoyable

All welcome
For class times or private sessions
contact Jay 027 584 4537
www.bodymindqi.com

QIGONG

Interested in Qigong? Classes in Yuan
Gong, a style of Qigong. Ph Ans 473
6114, 027 756 8383,
yuangongdunedin@gmail.com or 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

ZEN BEGINNER GROUP

An introduction to Zen meditation for
8 weeks, Tue, 7–8pm, 215 North Rd,
no charge. Ph Jim 027 426 6710 or
Glenn 473 6256.

further education

COMPUTER CLASSES

Free class, 9.30–11am, Tues, commu-
nity rooms, 262 North Rd. Tutor Rob
Tigeir. Ph Afife 473 8944 for info.

FREE LITERACY COURSE

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

SEA OF FAITH

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

LEARN ITALIAN

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

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

art, craft & music

ARTYFACTS

Art group for support and motivation,
bring your own work, 9.30am–noon,
Wed, free. 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.

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.

KNITTING SQUAD

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

QUADRILLE CLUB

We are looking for musicians to col-
laborate with the Quadrille Club on
an informal basis. Our dance reper-
toire is mostly from the 18th/19th
centuries. Contact Kate at
info@frenchdancing.co.nz

SOUNDS NOR'EASTERLY

Do you enjoy singing with a group?
Why not join your local community
choir? All ages and abilities welcome.
DNI design lobby every Tues, 7.30–
8.45pm. Email Clare for more info at
clare-n-don@clear.net.nz

EXPERIENCED WOMAN GARDENER

Wants work in Dunedin North area
Phone 0274 738 065

WWI & II RE-ENACTMENT

Re-enactment group looking for new
members. We do displays and battles
at events like the Wanaka Airshow.
Ph Karl 021 244 4119 or
kurtz@ihug.co.nz

community groups

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.

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, NEV Bowling
Clubrooms. New members welcome.
For more info ph 455 6683.

MEN'S PROBUS

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

MULTICULTURAL GROUP

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

PINEHILL COFFEE & CAKE

Morning tea outing to Dunedin café,
last Wed of each month. Ph Carolyn
477 7115 for more info.

NORTH DUNEDIN SHED

Older or retired men wanted to help
in workshop environment. Have trade
experience or just want to work with
tools? Sat mornings Bonnington St
over bridge. Ph Bob 488 2647 or Paul
474 0060.

ELECTRIC BIKES for sale

On display at the
Valley Community Workspace
11 Allen St

Ph Nathan Parker 027 214 8294 or
Facebook Blueskin Bikes for free trial
appointment and advice

OPOHO EUCHRE GROUP

Opofo Bowling Club, 1.30pm, Wed.
Ph Roy 473 7162.

ANNUAL GENERAL MEETINGS

Lovelock Environment Society
(Opofo Tennis Club) AGM, 7pm
Wednesday 17 August, Opofo Pres-
byterian Church.
All invited whether members or not.

North Dunedin Shed AGM, 10am
6 August, at the shed,
Bonnington St.

trading corner

BABYSITTER

Hi, I'm a 21 yr old looking for babysit-
ting jobs. I have a few years experi-
ence & a restricted licence. I have
worked in a centre and currently work
for a babysitting agency. Ph or txt
Kelly on 027 697 9194.

COMPUTER SERVICES

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

PEASTRAW FOR SALE

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

FIREWOOD FUNDRAISER

North Dunedin Shed, cut up demoli-
tion timber, dry, untreated, good-
burning hardwood. Pick up \$40/cubic
metre Sat morning, ph Paul 474 0060.

WANTED TO BUY

Singer 'Featherweight' sewing
machine model 221 or 222. Pref in
working order. Ph Camilla 456 0505
(please leave a message if no answer)

COMMUNITY NOTICES

Priority given to valley groups,
email voice@northeastvalley.org

Wendy Bowman
 Committed to achieving the best results for you
 474 7070
 027 609 7599
 wendy.bowman@harcourts.co.nz
 wendy.bowman.harcourts.co.nz
Harcourts

The Normanby Bistro
 Ph 473 0373
 Open Wed–Sun
 Lunch: 11.30am–2pm
 Dinner: 5pm–8pm*
 (*9pm on Friday & Saturday)
 Ask about our Gold Card discount

Susanne and Richard look forward to meeting you

Plan ahead for those left behind
GfS Gillions Funeral Services
 407 Hillside Rd. Ph 455 2128. gillions.co.nz

BAYLEYS
 Sale
Steve Havard
 021 289 1102
03 4739576
 Driven for Results? Contact me today

WILD THINGS
 home-based early childhood care and education
 Inspiring today's learners within creative, fun environments
 Our educators focus on quality, child-led education and care.
 20ECE hours and WINZ childcare subsidies.
 Call Wild Things today on **0800 44 44 70**
www.wildthings.org.nz
 where children can be children

Lilliput Libraries pop up in valley



Lilliput librarian Kate Grace checks out a book at the Lilliput Library she looks after on Montague St. Other little libraries in the valley area include one on Hillary St (top left), Signal Hill Rd (bottom left) and the book fridge at North East Valley Normal School.

ONLY TEN or fifteen books to choose from? We aren't used to that anymore.

The internet provides us with infinite resources and the wonderful Dunedin libraries give us access to any book we want. So why would anyone walk to a tiny wooden box where there is only a handful of books to choose from?

Well, Lilliput Libraries are a window into a minimalist world. First, they are very pretty and our world could do with more pretty things around. But beyond that, they remind us of the pleasures of childhood when life was uncomplicated.

Nothing fancy, nothing flash, just the simple joy of a treasure hunt when you come across the shiny foil of the chocolate egg.

I am now officially a librarian. This makes my real librarian friends smile.

My Lilliput Library, the Granny Square, is located at 22 Montague Street, not far from Ross Home. I keep it stocked with goods books and there is even a binder with some of my cooking recipes — something that can simmer while you curl up in a comfy chair, reading the book you finally chose out of all the fifteen books available.

So next time you have a couple of hours to spare, have a look at your double-stacked book shelves and choose a few good ones. Not the airport romance or the Reader's Digest novel, but the great book that changed you, the one you love to talk about for hours, the one that needs to be shared, not coveted.

Go around and visit the many Lilliput Libraries that are now in Dunedin. Take a book, leave a book. Simple.

The Lilliput Libraries are a project of Poems in the Waiting Room. You can find more information on Facebook. Ruth Arnison, the driving force behind the Lilliput Library Project, is always looking for people with an artistic flair to paint the libraries. Contact Ruth at waitingroompoems@gmail.com

—Kate Grace, Guardian of the Granny Square Lilliput Library

what's on calendar

big latch on

An invitation for breastfeeding mothers to join us for world record attempt, 10–11am, latch on 10.30am, community rooms, Saturday 6 August.

giant garage sale

A North East Valley Bowls Club fundraiser. Trash, treasure, clothes, books, magazines, home baking. 9–11am Saturday 13 August, 139 North Rd.

HortTalk

From pruning to harvest: A year in the life of a vineyard, by Louise Nisbett, Mudhouse Wines, Dunedin Botanic Garden information centre, free, noon, Friday 7 August

drumming workshop

Find your rhythm and learn singing and drumming, Nga Maara Hall, Saturday 27 August, \$25 or \$35 on the day.