

VALLEY VOICE

North-East Valley
Community Newsletter

A Publication From The North-East Valley Community Development Project

voice@northeastvalley.org – 262 North Road NEV – (03) 473 8614

May 2014

Cheery Kerry Surprise!

Steve O'Connor
Heather Bauchop



Kerry Wheeler got quite a surprise recently when he did his postie run. On the anniversary of his 30 years of service to our Valley, residents ganged up and arranged a celebration. 1000 balloons were distributed, hundreds were inflated, written on, and hung from letterboxes.

Here are some of the stories that we got from residents at the after-match function hosted by Filadelfios and supported

by New World and Quarry Dairy.

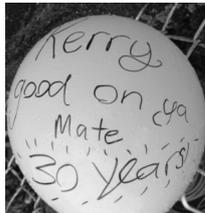
'Hello!' says the friendly postie on the bicycle. He swerves around me and hardly pausing, slides letters into the mailbox. One cheery wave over his shoulder and he's off. I've only just moved here and already I feel like an old friend. There's a man driving past, he gets a wave too. 'That's Kerry,' my neighbour says. 'He's our postie.'

I look out for him after that. One day he has his foot on the wall as he talks to the old lady up the road as she stands by her letterbox. He bikes on up the valley – I'm amazed he can steer with all the waving. He pats small children, greets a couple as they walk their new baby and weaves through ambling kids. Some of them follow him on their scooters.



One day there's a young girl on a bike riding with him. 'That's Kerry's daughter', my neighbour says.

I watch her get older, get a bigger bike, ride ahead of Kerry. As he has watched me and my family, so I have seen his daughter grow, from primary school to Logan Park and beyond. And on rainy days, his smile and wave (more of a reach into your heart) makes the sun shine.



For thirty years he has made us feel special. Thirty Years! The Valley celebrates with you Kerry.

You are sunshine on dark days.

You give joy, strength and comfort.

You are just a fantastic guy.

We love your amazing heart, smile and warmth. Your smile and good wishes make us feel special, brighten our days and you are the special one – giving with your heart.



Your eyes are a current of goodwill.

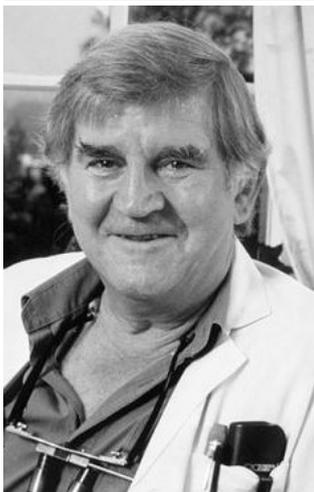
You smile and wave at me – I thought you must know me from somewhere, until I realised that you were lovely

to everyone. And I don't even live in the Valley!

We Love You Kerry!

Fred Hollows' Room

Steve
O'Connor



It's official! The larger of the two meeting rooms at the community rooms is now called The Fred Hollows Room. Dunedin born and a former North East Valley resident, Fred Hollows (1929–1993) was a world-renowned eye doctor and humanitarian who worked tirelessly to restore sight to cataract-blind people in developing countries.

Fred Hollows would have turned 85 on April 9, the same day that *The Project* voted to name the room after the former NEVN School pupil.

Fred trained at Otago University School of medicine. He said he went into medicine so that he could help others. He was not interested in making a lot of money out of his career; instead he maximised what he could do for others – especially those who were blind and therefore impoverished. Fred's devotion to community service and social justice means that we are very proud to have his name associated with our community rooms. Thank you, Richard Tozer, for the suggestion.

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Jim PINE

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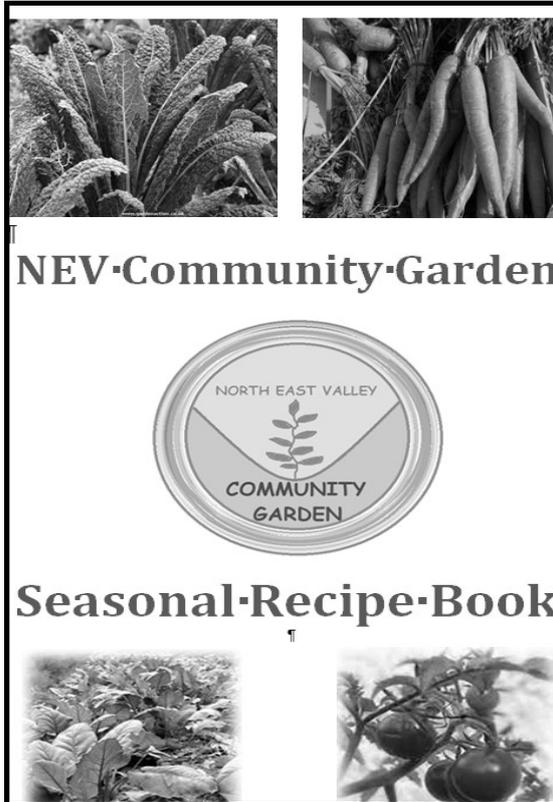
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Community Gardens launches recipe book Steve O'Connor



Potato and Leek Soup with Coconut

Ingredients

- 3 cloves garlic, finely chopped
- 1 large leek (white and green part), in strips
- 1 tsp dried oregano
- or 1 tbsp fresh oregano
- 1 tsp cayenne pepper
- 700 g potato, in 2 cm cubes
- 4 cups vegetable stock
- 2 bay leaves
- (fresh from the tree in the Community Garden)
- 1 can (400 ml) coconut milk (or cream)
- Salt
- Stick mixer, blender or food processor

Preparation

Heat oil in a large pot and fry the garlic and leek for about 5 minutes on medium heat. Add the oregano and cayenne pepper and fry for 1 minute. Stir in the potatoes, add the vegetable stock and bay leaves, and simmer until the potatoes are soft.

Remove the bay leaves and use a stick mixer to blend the soup to desired consistency. Return the bay leaves and add the coconut milk. Simmer for another 10 minutes.

Optional: You can cut up some bacon and fry it until crispy. Stir this in, right before serving. If you would like it chunkier, you can save some bits of potato right before you blend the soup, and add them back after blending. Likewise, you can add some fresh strips of leek towards the end.

I came up with this recipe after comparing many different potato/leek soup recipes. As I can't have dairy, I was after a dairy-free but creamy soup. I also love coconut (AND leek), so this turned out to be the perfect combination!

Recipe by Lonneke



Jenny Roxburgh proudly displays the new recipe book produced by the Community Gardens Group. The book features local recipes using ingredients that are growing locally. The books can be purchased for \$5 each from the community rooms.

To tempt your taste buds here's a delicious recipe for these cooler autumn days.

FOLDING GUILD

Thurs May 29, 7-8.30 pm & Fri May 30, 9 am
Community Rooms, 262 North Rd
Good Company, Delicious Baking, **All Welcome!**

Community Garden Working Bee Dates for May

Working Bees alternate between Saturday mornings and Sunday afternoons

Sun 4	1-4 pm	Sat 10	9 am-12 noon
Sun 18	1-4 pm	Sat 24	9 am-12 noon
Sun 1 Jun	1-4 pm	Sat 7 Jun	9 am-12 noon



Top field of the NEV Normal School — garden@northeastvalley.org

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Flourishing communities

Steve
O'Connor

It is often the simple things that build community and frequently it's things that cost very little. A flourishing community is one in which there are lots of positive relationships across ages, ethnicities and interests. Those relationships are strengthened by people spending time together, getting to know one other and building friendships of mutual respect.

The Project facilitates this in various ways: by supporting community groups with spaces to meet; with free publicity through the Valley Voice; by creating networking opportunities, such as our volunteers' tea parties, community dinners, international dinners, Christmas parties, Matariki hangi and so on. (It does seem we eat a lot, but food is important for social connection.)

One very positive way to encourage community development is to contribute to a culture of affirmation. *The Project* believes in strength-based development where we affirm that which is good, we build on it and encourage it. *The Project* endeavours to engage with people about their areas of interest, their aspirations and their ability to contribute to the community.

If you see something good happening, tell others about it, thank those that have done the good and give it a go yourself, if that is possible.

We'd love to hear your stories about what is happening in your neighbourhood, and we are running a competition for the best story of neighbourliness. Send your entries into

voice@northeastvalley.org.

While on the subject of encouragement I got this email last week and it was real pick-me-up:

Hi Project People

Here's a letter of praise and gratitude:

1. As someone who puts together a monthly newsletter myself, well done on producing the Valley Voice with such a spread of information (and thanks to the team of folders and delivery people).

2. As someone who often eats alone, thank you for the regular community dinners to look forward to.

3. As a supporter of the arts and an artist myself (I am current President of the Otago Art Society), thank you for giving good visibility to the local arts practitioners via Northern Artery and the excellent use of 'pop-up gallery' space at the Gardens Mall.

4. Thank you to Anneloes Douglas who has designed some attractive marketing/promotion/signage material for *The Project*.

5. On a wider scale of gratitude, thank you to all the groups featured in the Valley Voice. As a long-term North East Valley resident, it is wonderful to see such enthusiastic, skilful, knowledgeable, caring, sharing, motivated and effective teams of 'doers' connecting our more and more resilient, neighbourly, green community. We are the future. I heart NEV. All the very best,

Jenny Longstaff

Autumn dinner hits the spot

Steve
O'Connor

The first community dinner of the year was well received by a diverse assembly of diners. Between 100 and 120 local residents came to the NEV Baptist Church to share food, company, entertainment and information about community activities. There were generous portions for all with food donated by FoodShare supplementing that which residents brought to the table.

The community choir, Sounds Nor'easterly, a regular feature at the community dinners, was in fine tune and is clearly growing not just in numbers but in musicality.

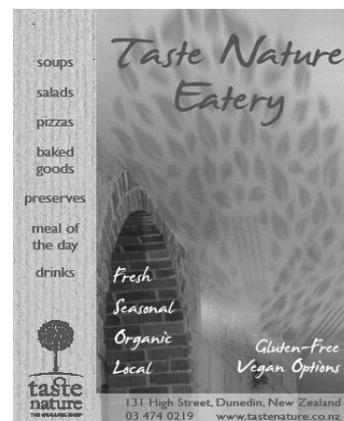
The NEV ukulele orchestra which now boasts about 30 members of varying ability gave us a sample of their work, playing a few popular sing-along songs including 'You are my sunshine'.

Jane Clutha and Conrad Andersen gave an update on *The Project's* proposal to purchase the Old Post Office. Residents were invited to give feedback about the idea.

Many thanks to Marion O'Kane for her help in organising and setting up the dinner, to FoodShare for their donations, to Telii, Joseph and Jarred who helped prepare the food and set up the church, and to the many helpers in the kitchen at dishes time!

In the photos below from left:

- ◆ A tray of desserts made possible with the generosity of donors to FoodShare.
- ◆ Dinner time: people tuck into the delicious food.
- ◆ Steve and Joseph preparing food in the church kitchen.



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Ross Home –the very beginning

Celia
Davies

For present-day North East Valley residents, Ross Home has always been an imposing feature on the valley landscape. This magnificent institution had its beginnings because of the generous and charitable nature of several Dunedin Presbyterians.

There was great concern by some citizens for the plight of aged people in Dunedin, as many were living in miserable conditions. In 1907 Mary McQueen and Evelyn Macadam, two women deaconesses, expressed their concerns. It was 'very hard to find rooms for deserving and respectable old people'.

It was noted by one PSSA committee member that the Roman Catholic Church could provide some accommodation for Catholics, non-Catholics and aged people who had fallen on 'evil days'. There was also the 'uncomfortable and regimented' Otago Benevolent Institution at Caversham, which housed the 'dregs of society'.

The PSSA had invested a large amount of money in the children's home at Andersons Bay and was reluctant to increase the debt, but by 1913 the need for an old folks' home had become more pressing. The desire for a suitable site and enough money

to build the home came to the attention of several wealthy citizens.

John Ross, a founding partner in Ross and Glendining, took up the task. Ross had many family connections and was a strong supporter of the PSSA. In 1917 he donated four hectares of land in North East Valley for the home, on the condition that the PSSA raise the £3000 needed for the building. John Ross later donated money and on his death left the home a bequest which lasted 12 years.

Fundraising went ahead and inspired much public sympathy, and money poured in. It was in March 1918 when Margaret Ross (in the absence of her husband) used a silver trowel, given to her by Fletcher Bros, to lay the foundation stone. James Fletcher offered to construct the building at a greatly reduced price. Other contractors and architects protested that it hadn't been put up for tender. The PSSA considered Fletcher's offer to be excellent and went ahead anyway.

Ross Home for the Aged opened on 5 October 1918.



Moisture matters at home

Peter
McDonald

Water: it is a blessing or a curse, a necessity or a nuisance depending on where, what form and how much. In our homes, in liquid, vapour or solid form, it is a very significant factor in health and comfort. In this article, I will discuss the particular role of water vapour, present in the air, and its effects on our lives at home.

One of the major measures of health and comfort in residential homes is relative humidity (RH) which compares the amount of water vapour in the air, in your home, with the maximum amount of water vapour that volume of air can hold. International standards give the desirable range in homes as 40–70%.

You are only likely to be directly aware of your house's humidity level if it gets well outside this range. Below this, tissues like mucus membranes dry out and feel irritable – unlikely to be a problem in naturally ventilated homes in Dunedin! Above this, we run into the characteristic problems of damp houses: coldness, mould, rot, staining, a higher rate of respiratory and allergy problems and higher heating costs.

Condensation, most often seen on window panes because they are the part of a room's interior surface which drops to outside temperatures most readily, comes from airborne water vapour and may occur even if RH is within the desirable range – it happens because of temperature differences between the air in a room and the window surface.

Where does the water vapour in our homes come from? As the striking Marc Ellis ads on TV showed, a good amount comes from us just being in our homes breathing and sweating normally. Other sources include indoor activities such as washing (selves, dishes, clothing), drying clothes, cooking, some forms of heating (gas cooking and unflued gas heating release 1 litre of water per 5kWh), indoor vegetation and standing water (eg fish tanks).

In many older (or leaky) homes, water may come in from leaks or rising damp and contribute to increasing RH. Homes of all ages

may have leaky plumbing. In damp weather, not uncommon in Dunedin, draughts may contribute to raising RH.

One of the Dunedin Cosy Homes Initiative aims is to help people control and manage humidity in their homes through awareness of practical measures to reduce or eliminate moisture sources and remove airborne moisture, and through understanding of how behaviour affects RH.

We will run follow-up articles in the Valley Voice to look at ways to make your home more comfortable and cheaper to run by managing humidity.

Residents in the Valley Voice catchment can contact Jane Clutha at the Valley Project office to arrange a Home Performance Assessment for their home.

Peter McDonald – Certified Home Performance Advisor

Battling damp top tips from: www.energywise.govt.nz

- In winter, open your doors and windows for a few minutes a day; this will create a cross draught and quickly replace stale damp air with fresh dry air.
- Ventilate your bathroom to remove steam from the shower. It's handy to have a window that can lock open.



Living in an ice house?
Sick of the cold already?
Scared of the next power bill?

HELP IS AVAILABLE AND ITS FREE

Contact the Community Rooms for:

- Free home energy assessment
(you'll get practical ideas on how to keep your house warm and save power)
- Practical Support Free eco light-bulbs,
Free curtains, free window film
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Preserving fruit – making friends

Kristen
Bracey



Delicious smells and tastes, good company and satisfying 'work' ... What a pleasant way to spend a rainy, cold Saturday – baking and preserving thousands of apples! About 30 people, young and old, transformed the fruit into jams, chutneys and crumbles.

Most of the produce went to the Foodbank, but we have kept some for the community produce and preserve tasting and apple juice-making day at the NEV Community rooms on Sat 26 April.

A huge thank you to those who donated fresh fruit and other produce, to Presbyterian Support and the Dunedin Council of Social Services for funding other ingredients, to our volunteer tree pickers and preservers, and to DNI for letting us use their food technology room again.

It's great to know we have so many abundant fruit trees and generous people in our area!

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Nicotine Replacement Therapy patches,
gum and lozenges available free of charge

Dates: Wednesday 7 May – Wednesday 18 June

Time: 6.00 pm – 7.00 pm

Venue: Community Rooms,
North East Valley Normal School, 248 North Road.

Quit week is week 3; the first two weeks focus on information about smoking cessation medications, group support, and strategies for quitting.
The free 7-week programme incorporates group support with smoking cessation medications and will be facilitated by Southern DHB staff trained in group cessation

Free help to QUIT SMOKING

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Snippets

For further information on these items contact the
Community Rooms 473 8614

Situations Vacant: Can you help with any of these tasks? If so please pop in to the Community Rooms or give us a call to express your interest.

- **Folding Guild Co-ordinator**

The Valley Voice is folded and sorted into bundles by a team of volunteers, ready for our delivery team. We'd love to have a volunteer look after our folders, by making sure they are contacted each month and fed at each folding session. Can you do this? 4-5 hours per month.

- **Visual Diaries**

We have hundred of photos of the events organised by *The Project*. We'd love to see them displayed in an accessible form for the public to view and to be kept as a record for future generations. Do you like scrapbooking or archiving? Can you help?

The AGM of the North East Valley Community Development Incorporated Society will occur on 25 June at 7 pm in the Community Rooms, 262 North Road. Nominations for *The Project* Executive are now open and will close on 11 June at 5 pm. To nominate someone for the executive you need to be a member of the society. Membership forms and nominations forms are available from the Community Rooms and on our website, northeastvalley.org/downloads.

Homework club

One of our young people has asked that we set up a homework club. Two teachers have put their hands up to help. If you are a high school student and would like some extra help, or if you can help,

tutor please contact Steve at the Community Rooms.

Before school checks

We have a public health nurse visiting the Community Rooms each week, who gives free before-school health checks for 4-year-olds. To book your child in phone 479 9839.

Community Cop Clinics at Community Rooms

Constable Lou France, is now running clinics so that residents can get timely advice. The clinics will be on alternate Fridays at the NEV Community Rooms and the Pine Hill Community Rooms from 10.30-11.30.



Lou promises a relaxed environment to come and chat/discuss any issues that people may have. Next clinic at NEV Community Rooms is Friday 9 May 10.30-11.30 am.

Lou's new phone number (local) is 425 9651, email is still louise.france@police.govt.nz

Buy local: use the Valley website

Need a plumber or builder? Did you know you can search for a local business on our website? Try it out; go to *The Project's* home page www.northeastvalley.org. Type 'plumber' into the search box, hit enter and hey presto, you get the details for Tim Buscall.

Business and community are co-dependent; when one thrives so does the other, so please support our local businesses and build community.

Community Hospice tea cosy auction

Inge
Andrew

Northern Artery are delighted to be holding a special fundraising event for the Otago Community Hospice as part of Hospice Awareness Week.

When: 3.00 pm, 17 May 2014

Where: Nga Maara Hall, Sacred Heart School, North Rd, NEV

Who doesn't like tea cosies?

We can't think of anyone!

They keep that teapot warm as you share a cuppa with family and friends.

Artists and craftspeople from around Dunedin have got out their knitting needles, felty fabrics and various materials to craft a range of beautifully unique tea cosies, to raise funds for the Otago Community Hospice. Come along to Nga Maara Hall on Saturday 17 May at 3.00 pm, indulge in a delicious afternoon tea and raise your arm as these wonderful tea cosies go under the hammer. You never know what you might take home to befriend your teapot!

All funds raised go to the Otago Community Hospice. Please dress up in your finery.

Hats encouraged!

\$12.00 entry

(includes tea, coffee and tasty treats).

Tickets available at Design Withdrawals, 7 Moray Place, or by emailing northernartery@gmail.com

Please put your name and how many tickets you would like, in the subject line, and the ticket will be available at the event.

Please bring cash.

Some of the tea cosies will be displayed in the Northern Artery pop-up gallery from the first week of May.



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YOUTH DROP-IN

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THANKS

To all who helped
Kerry celebrate 30 years.
Gardens New World Fab cake
Filadelfio's Fab hosts
Quarry Dairy Fab tea and coffee
Sheila, Charlotte, folders deliverers,
gift givers...
Thanks everyone!

Community Notices for not-for-profits

FITNESS AND FUN

CONTRADANCE 7.30 pm Mon-
day nights Baptist Church Hall,
270 North Rd. \$3 cover charge.

FOLK DANCING FOR FUN:
Friday mornings 10–11.30 am,
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**LES BELLES VILAINES DANCE
WORKSHOP.** Dance workshop
on the second Sunday of each
month. Sunday 11 May 10 am
to noon at the Nga Maara Hall
(Sacred Heart School Hall) – 63
North Road – \$10. No dancing
experience, no dance partner
required. No special clothes or
shoes necessary. Try to con-
vince husbands and partners ...
Good luck! More info
at www.frenhdancing.co.nz

FRENCH MUSIC SESSION at
Filadelfio's on Sunday 11
May. Keen musicians meet at
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day of each month from 2–4 pm
for a casual music session,
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11.30 am, Baptist Church

TAI CHI FOR BEGINNERS
(Age Concern) NEV Baptist
Hall, Thurs 1.30–2.30pm,
Contact: Margaret 477 1040.

SPAN NEV Stretch 'N' Flex Tues,
10–11 am. Over 65s \$3 per ses-
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Club, 139 North Rd.
Ph Jack KotKamp 473 9565 or
Sean Cadogan 473 8822

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en can come together to social-
ise. Children most welcome.
Dunedin Community House,
283 Moray Place, opposite
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Tutor: Anneloes Douglas
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Community Rooms, 262 North
Road, Dunedin. Ph 467 9993
or 027 3077 034,

anneloes.douglas@xtra.co.nz

CAN YOU HELP?

ENLIVEN DAY CLUB Ross
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as help with activities, light
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MENTORS REQUIRED Become
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473 6825.

garden@northeastvalley.org

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12.30 and 12.30–3 pm.

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VOLUNTEERS/SUPPORTERS

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Church Services Directory

Salvation Army, 43 North Rd, Nitechurch 6 pm

Sacred Heart Catholic, 89 North Rd, Mass 9.30 am

Glenaven Methodist, 7 Chambers St, 11 am

Pacific Island, 160 North Rd, 11 am on 1/3rd Sunday

- **Cook Is** 9.30 am; **Samoan** 11 am on 4/5th Sunday

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

- **St Thomas'**, Raleigh St & Pine Hill Rd, 6 pm

Opoho Presbyterian, 50 Signal Hill Rd, 10 am

NEV Presbyterian, 224 North Rd, 9.30 am Cafe Service

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

NEV Baptist, 270 North Road, 10.30 am

Art and Fair

Gabrielle Panckhurst



Fiona Stirling and Gabrielle Panckhurst hanging a painting for the art exhibition

Opoho Presbyterian Church is holding its biannual fair along with an art exhibition of works by local artists and craftspeople. They will both open at 10 am on Saturday, May 10, and are part of the church's outreach activities to the community as well as for raising funds.

Spearheaded by artist Fiona Stirling, and assisted by Gabrielle Panckhurst, the art exhibition will be hung in the church itself and be part of the church's regular life for the week.

Fiona said the church's communal space is not unlike a gallery. "This church has a lot of uncluttered wall space which is ideal for displaying 2D work and has good natural light. It is in the centre of our suburb and is a significant building. We hope many Opoho residents and others from the north end will pop in for a look and if the fair is on, enjoy a

cup of coffee."

The big challenge, with the church's high walls, has been "finding the right ladder to reach high enough!"

The art works will include painting, drawing, ceramics, photography, fabric and floral art by artists who live in Opoho or have an Opoho connection. They include well-known artists such as Rod Eales and Jenny Longstaff and potters such as Marion FAMILTON, Jo Howard and Alice Rose, along with less well-known local craftspeople and artists.

"This is a great opportunity to see the creativity in our community and to enjoy the fair," Gabrielle said.

Some of the works will be for sale, with a 10% commission going to the church. The exhibition is free to enter.

Saturday 10th May

Opoho Church Fair

10 am – 2 pm

**Church Hall Signal Hill Rd
Good Coffee and Refreshments
Bouncy Castle·BBQ·White Elephant
and**

Opoho Art Show

opening

10am in Opoho Church

hours

Wknds 10-11 May 17-18 May

Saturday 10 am – 4 pm

Sunday noon – 4 pm

and on book bus day

Thursday 15 May 1-5 pm



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