

Bag library checks out



Dunedin North Intermediate pupils share the excitement of creating a bag library at Gardens New World to make it easier for shoppers to choose not to use plastic bags by taking one of their hand-made reusable bags instead and returning it next time they shop. Pictured are, centre, Ruairi O'Malley-King (11), from left, Erin Cade (11), Jade Smith (11), Birkita Ritchie (11) and Lina Fraser (12). Photo: Edith Leigh

• read the full story on page 3

Win an insulation installation for your home

HELP US on our mission to have warmer, drier, healthier homes in the Valley area and you could go into the draw to win ceiling and underfloor insulation for your home valued up to \$4000 from Techno Bond.

The Valley Project Cosy Home's team has put together a survey to collect data about homes in our area that will give us a better idea of where we should focus our efforts

and to collate statistics to help us advocate for more support. We would love to hear from people who live in the area where the Valley Voice is delivered which includes North East Valley, Opoho and Pine Hill.

Techno Bond by Ellis Fibre, based in Kaikorai Valley, have come on board with us to offer an amazing prize which is valued up to about \$4000 (terms and conditions apply).

• continued on page 3



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Project NEWS

Ideas impress Dragons

THE CREATIVITY and quality of social enterprise ideas from the Valley community impressed the 'Dragons' and the audience at the Valley Project's Dragon's Den community evening.

Twelve enthusiastic community members presented their ideas at the event last month.

Among these ideas were a contemplative labyrinth, shared working spaces for busy parents, calendars and photography books to appeal to tourists, and the Baldwin Box – a souvenir pack for the many tourists visiting Baldwin St every year. It was an inspiring event with many different and enterprising ideas suggested.

Our two Dragon's, Mark Le Neveu, of Tippler's Bar and Café, and Heidi Renata, of Innov8 HQ, offered sage advice and creative questions for the participants of the evening.

The quality and creativity of the ideas so impressed Heidi she told the audience the Valley community should be excited. "There is nothing stopping you from starting now." The winner of the cash prize for people's choice was Belinda Cridge, with the suggestion that the



Belinda Cridge presents her People's Choice award-winning idea to purchase the quarry and turn it into a community asset at the Valley Project's Dragon's Den community event.

quarry should be purchased and utilised by the community. Some ideas for this included an outdoor science education space, a sculpture garden, and the crowd-pleasing, augmented reality dinosaur park.

Thank you to all those who submitted and presented ideas, and to everyone who came along to the evening.

A special thanks to Heidi and Mark for sharing their time and advice with our community, and to all those involved in the organising process. —Therese Styles, Valley Project student intern

Lights & mirrors to set hall aglow for Halloween

A "GLOWING disco" will set the theme for this year's Halloween Party. Eliza McMullan and Adam Johnson answered the call for an event organiser and say they will be decking out the hall with laser lights, mirrors, a sound system and a UV tunnel (great for white ghosts!) to bring children's glowing facepaint to life.

The Otago Museum will be bringing their explosive science show, Megazone will be setting up Laser Tag and there will be giant bubble-making.

The annual Deep Creek Deli sausage sizzle is back, along with real fruit ice-cream and locally roasted coffee.

If you would like to volunteer to help out on the day contact Eliza and Adam via signalhillstudios@gmail.com

The Halloween Party is on Saturday 4 November from 5pm at the Valley Project community rooms and the North East Valley Normal School hall. —Edith Leigh

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



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Home insulation prize for survey

• continued from page 1

THE TOTAL value will be dependant on factors such as the home, access and if the home occupants have a community services card.

Techno Bond sales manager Chris Helm says the company likes to support the community. "We like to do the right thing to help those in need and try and warm up more homes as we know that not everybody can afford to do so."

Chris says Techno Bond, which is based in Kaikorai Valley, is the biggest insulator in Dunedin and they manufacture their own insulation.

The Cosy Homes team thanks residents on Pentland St who have already filled in the survey for us. We used their feedback to fine-tune our survey before releasing it across the Valley. Pentland St residents who have already filled out the survey have been added to prize draw.

To be eligible for the draw completed surveys need to be returned by Thursday 19 October. The survey can also be filled out online at bit.ly/CosyHomesSurvey with online entries also going into the draw. If the winner already has home insulation they can opt to donate their prize to a home in need.



Chris Helm, sales manager at Techno Bond with Ellis Fibre, is excited about the company offering a free ceiling and underfloor home insulation to a Valley Voice reader. The insulation is made in Dunedin and has no chemicals other than fire resistance. Photo: Charlotte Wilson

The paper copy of the survey inside the October *Valley Voice* can be dropped off at our office at 262 North Rd, Black's Road Green Grocer, Gardens New World Supermarket, Pine Hill Dairy, Jumbo Dairy (on North Rd), the Quarry Store and early childhood centres and schools in our area: North East Valley Normal School, Sacred Heart School, Opoho School, Pine Hill School, Dunedin North Intermediate, Liberton

Christian School, Logan Park High School, Johnathan Rhodes Kindergarten, Islington St Early Childhood Centre, Opoho Playcentre and Montessori Gardens.—Charlotte Wilson, Valley Project community coordinator

Pupils sew good in fight against plastic

PUPILS AT Dunedin North Intermediate have been giving up their lunch breaks in a sewing marathon to help others to choose not to use plastic bags.

When they were given boxes of recycled fabric the pupils came up with their own idea to turn it into reusable bags to create a bag library at the local supermarket.

Shoppers are welcome to take a bag from the library and use it for their shopping with the only stipulation that they bring it back with them next time or within seven days.

Pupil Birkita Ritchie says each bag takes four hours to make but it has been a lot of fun making the bags.

That represents the equivalent of almost one person sewing non-stop in a full-time job to get

the bag library underway at Gardens New World.

"There are only 100 of them so please bring them back within seven days."

All the bags have been decorated with environmental messages.

Teacher Julie Butler says by the end of the year every pupil will have sewn at least one bag for the project.

Sewing the bags teaches pupils great sewing skills including zig-zag stitch, sewing two pieces of fabric together, making a strap and a gusset.

Anybody who loves the idea of this project is welcome to add more bags to the library to help keep it going and contribute towards a community effort to reduce plastic use.

—Edith Leigh, *Valley Voice* editor

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A STEADY stream of cars circled the car park at the Valley Project discharging e-waste, paint, green waste and landfill for eco-safe disposal at the Love the Lindsay Spring Clean.

Cargill Enterprises, a 'social business' that is part of the Disabled Citizens Society (Otago), left with a van chock-fill with all manner of electrical devices. The Skip bulged and an equally full trailer of paint departed to be recycled at Resene paints.

While sausages, elderflower cordial and chatter flowed freely, many people jumped at the opportunity to try out the e-bikes of the Valley Community Workspace's Nathan Parker.

Heroes of the day have to be the children who took up the challenge to clean a community spot. Paige Lister and her dad, Craig went up Lindsay Creek collecting rubbish and recyclables and returned with two filled "Keep NZ Beautiful" bags for us to process.



Love the Lindsay Spring Clean co-organiser Wendy Tripp celebrates a successful event with keen helper Maia Hamiton.

Wet but undaunted Paige emerged at the end of the day with her 'T-shirt bag' created in Recycling Fun with Kaitrin.

Thanks to our extraordinary volunteers who helped out at this event last month.

The success of the day and obvious community interest in caring for our Valley means Love the Lindsay is likely to host a Valley Spring Clean again.—Wendy Tripp, Spring Clean co-organiser



Paige Lister joins Kaitrin McMullan for recycling fun (left), and Liam and Caitlyn Read with four bags of rubbish collected from the North East Valley Normal School grounds (right). Photos: Anna Parker



Top 10 tips to keep the drain just for rain

CAR WASHING

- 1 Wash on grass, gravel or porous paving to filter the wash water
- 2 If washing the car on a hard surface, use a sand sock to direct wash water onto grass
- 3 Use a commercial carwash
- 4 Use two buckets - one to soap the car, one to wipe off. Discard wash water down laundry sink

HOUSEHOLD DIY

- 5 Wash water-based paint brushes in the laundry tub
- 6 Re-use solvents or take to Green Island 'hazardous goods'
- 7 Clean spills quickly and don't hose onto areas that drain into stormwaters

BACKYARD DIY

- 8 Disconnect downpipes while water-blasting or using moss killer on your roof
- 9 Place a filter cloth over the stormwater drain to collect paint flakes and dirt
- 10 Sweep up debris and sediment from cutting bricks and pavers

Bowls club looking for host homes in North Dunedin

HELP FINANCE your holiday this summer by renting your home to the North East Valley Bowling Club while your are away.

The club is hosting teams in Dunedin for the men's and women's National Open Championships this summer.

They are looking for quality three and four-bedroom houses in North Dunedin to rent for the period from 27/28 December to 8/9 January next year.

If you can help out please contact Cyril Gilfedder on 473 7890 or email cyrilg56@clear.net.nz



World Bowls Singles Champion, Shannon McIlroy, will return to the North East Valley Bowling Club for its Invitation Singles Tournament this Labour Weekend.

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World champs for aerobics tutor

APEX AEROBICS has really taken off in the valley and the girls have worked very hard in the past few months to produce some great routines at the New Zealand Competitive Aerobics Foundation (NZCAF) Otago Regionals last month.

We have been training up to three times a week and I'm so proud of all they have achieved in only six months of aerobics.

We have one team with Zara Geddes and Naima Woodrow and two individuals, Rebecca Fisher and Mikayla Scott, who are heading to nationals to take on the rest of the country.

These girls have put in a lot of hard work and we wish them all the best.

Rebecca Fisher made the New Zealand team to head to the Sports Aerobics World Champs in Holland next month, so she will be continuing training for the next few weeks before a much-anticipated rest.

This coming term is a perfect time to start sports aerobics for anyone who is interested. We hope to grow our club and get some more routines on stage next year at the NZCAF Otago Regionals.

Sports aerobics is a challenging and rewarding sport and I strongly encourage anyone out there who wants to give it a try to come along and see what it's about. Everyone is very welcome in our club.



Apex Aerobics club member and tutor Rebecca Fisher will be representing New Zealand at the Sports Aerobics World Champs in Holland.

Forum night packed



MPs David Clark, Michael Woodhouse and Niki Bould share a laugh at the Dunedin North candidates' meeting.

BURSTS OF vigorous community singing, as an innovation this year, was mixed with serious debate and frivolous fun at the Dunedin North candidates' meeting at Opoho Church last month.

The church, fully packed with about 150 people, sang the National Anthem at the start of the evening before joining in Do All the People Sing (Les Miserables) just before the break. The third song, Guide Me O Thou Great Mad Hatter, was an especially written voting number by church parishioners Mark and Tui Bevin. It was sung to the well-known hymn tune with a not dissimilar name.

The six party candidates also responded to a "candidates say" segment, questions from the chair and the floor, speed dating and party "reasons why" chants.—Philip Somerville, Mad Hatter and meeting chair

Feed Your Beast and the Valley Project in challenge

FUN, FITNESS and fundraising are three words that don't always go together but a new event in town does exactly that.

Feed the Beast is an urban obstacle relay or solo race for all ages on the last weekend of October in which a large chunk of each participants entry fee goes towards the charity of your choice.

It's the brainchild of Alan Funnell who has been the race director of the Dunedin Three Peaks mountain race for a number of years so he really knows what he's doing.

For every entrant that nominates the Valley Project as their charity the Valley Project receives 30% of the entry fee. If 100 or more entrants nominate the Valley Project then the proportion will be increased to 40%.

Find out more and sign up online at <http://www.spinevents.nz.com/events> and don't forget to nominate Valley Project as the charity of your choice.—Steve Tripp, valley resident and long-distance runner

Shed members enjoy new projects

MEMBERS OF the North Dunedin Shed are excited about completing their first community project after years spent establishing their workshop and cutting firewood.

Shed members built a new, wider ramp for disabled access to the community rooms. Getting on and off the balcony is now much safer for wheelchair users and for those pushing prams.

Shed member Paul Nelson says working on the community project was "a refreshing change". "We are very excited about doing something different."

While the group was still busy making workbenches for their workshop and in the process of buying tools, they already have more project's lined up, Paul says.

Their next projects will be helping to create an outdoor seating area at the Valley Baptist Church, and helping out with more wheelchair ramps for a family who has a child using a wheelchair.

The new projects will help them raise their profile in the community to attract new



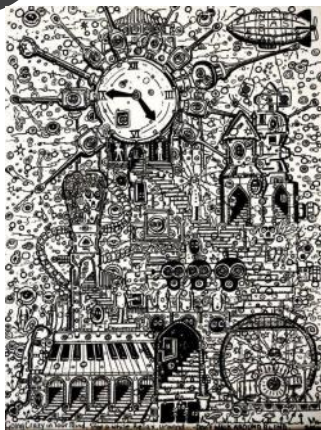
Disabled access to the Valley Project community rooms, or for anybody pushing a pram, is now a lot easier with a wider ramp which was made and installed by members of the North Dunedin Shed. Pictured installing the ramp are, from left, Gerard Kenny, Paul Nelson and Wayne Jefcoate.

members and they have also set up a Facebook page.

Visitors are always welcome at the workshop, which is open on Wednesday and Saturday mornings on Bonnington St, over the little bridge. Materials for the new community ramp were donated by the Dunedin North Rotary Club—*Edith Leigh*

POP-UP artist Graffiti dreamscapes

SAS ART has been developing his marker pen graffiti style for 30 years. Through his art he takes the viewer



into an alternative world where he interacts and bonds with elf-like creatures. It is a voyage into the inner world of psychedelic representation. Further pieces take the graffiti theme to a new level with the re-working of original and print art pieces by a range of artists. Collaborations with existing graffiti artists have produced highly effective graffiti dreamscapes. Enjoy.

—*Matthew Peppercorn*



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NEV-ology

Over 30 bird species in Valley

I HAVE so far resisted writing about birds. Some people argue that birds, being fluffy, cute and tuneless creatures, get more than their fair share of attention compared to other critters.

But with the Open Valley Urban Ecosantuary (Open VUE) buzz going on at the moment, and Valley schoolkids doing backyard research into bird and predator numbers, I asked Mary Thompson, Birds New Zealand's Otago rep, to tell me a bit about the birds in the Valley.

I was surprised to learn that there are over 30 species of birds that can be seen (or heard) in the Valley, about half of which are native. The other half was introduced to Aotearoa for different reasons. Some, such as mallard ducks, were brought for sport and some, like sparrows and starlings, were brought here to eat bugs – it turns out that our native birds weren't much chop at keeping insects off food crops because they weren't used to hunting for food in open areas. Other birds, such as chaffinches and goldfinches were introduced because they were pretty and reminded people of Britain. Many of these introduced birds, like chaffinches, blackbirds and starlings have thrived here, whilst declining in their European homelands.

Spring is a great time for bird watching as they are busy building nests and foraging for food for their new chicks.

Many garden birds look small and grey/brown from a distance so it can be tricky to tell them apart. Often a bird's behaviour (is it flitty or foraging on the ground?), and who it hangs out with (is it alone, in a pair or in a group?), give more clues than its appearance.

Fortunately there are some great resources to



Dunedin North Intermediate pupils, from left, Riley McGregor (12), Ella Trainor (12) and Isabel McNaughton (11) with their poster about bellbirds or korimako.

help you distinguish your chaffinch from your goldfinch – have a look at www.nzbirdsonline.co.nz which has lots of good info, or pick up a copy of *City Birds* from the Otago Museum, written specifically about birds in and around Dunedin.

Once you have half an idea what you are looking at, you can even do daily or weekly five-minute backyard bird counts and enter what you see onto the Nature Watch website at nature-watch.org.nz. This website brings together people's observations of all sorts of critters around the country.

North East Valley is a natural gateway to Dunedin city from Orokonui Ecosantuary and the people behind the Open VUE project hope that more and more native birds will spill over into the Valley from Orokonui if we can make it more bird-friendly. But if we reduce the number of predators in the Valley will we get inundated with birds? Will kaka come and gnaw on our stuff (including fruit trees!) and will kereru grace our cars with more mini-cow pats?

Mary thinks we will see more birds, and hopefully more of the now rarer native species, but assures me we won't be overrun with some sort of Hitch-

cock-horror-movie-esque bird population explosion. Bird populations are self-limiting, which means how many there are is constrained by things such as the amount of food available. Some species, such as blackbirds, are territorial so there will only ever be so many pairs in an area. —Helen Jack, Valley scientist

Birds to look for in the Valley

- Riroriro (grey warbler)
- Kereru (wood pigeon)
- Piwakawaka (fantail)
- Tauhou (silveryeye)
- Blackbirds
- Tiutiu (song thrush)
- Taringi (starling)
- Dunnock (hedge sparrow)
- Pahirini (chaffinch)
- Goldfinch
- Tiu (house sparrow)
- Tui
- Korimako (bellbird)
- Less common birds to get you excited if you spot them in the valley: ruru (morepork), rifleman, tomtit, pipipi (brown creeper), New Zealand robin, kaka, or a karearea (falcon)





Islington St Early Childhood Centre teachers Di Healey and Shirley Perry check out the centre's garden with children. Photo: Anna Parker

ISLINGTON EARLY Childhood Centre is coming up 43 years old. It was set up when there was little in the way of childcare available and was considered the 'alternative' and trendy option. It's become a local gem where the welcome is real, the stories you hear are all positive and the people you meet are friendly and interesting. Leaving is the hardest part, whether it's to start school, or just getting out the gate to go home! Shrieks of happy kids in the playground speaks volumes.

In 1986 I played where my daughter (4 years) now plays. I've bumped into old friends from

my childhood and now our children play you can see how time has passed and Islington ECC has thrived.

Islington ECC is parent-owned and run and the combination of enthusiastic parents, and great educators, Shirley and Di, make this a unique and special place where you know your child will be well cared for and have great experiences.

We have spaces available so if you are interested in having a look or talking about enrolling your child do get in touch on 4737 490 or email islington.ecc@gmail.com—*Kirsten Beyer*

Garden camera footage to be analysed

IT'S ALL been posters, posters, posters at the Open Valley Urban Ecoscanctuary (Open VUE) project. We have learnt about different plants that might be growing in our gardens and at school, as well as the different birds that feed on them and live among them to create posters.

Many of the birds we have studied are ones we expect and predict to see in our gardens that are attracted to the different types of bird feeders containing apple, fat, seed, sugar water or nothing – our control.

We are now re-visiting predators and what their presence might mean for the birds and plants we hope to enhance in the Valley. Yolanda van Heezik and Phil Seddon from the Zoology department at the University of Otago came to visit each of the classes involved in the project to help pupils' learning. We are studying the camera footage collected from gardens throughout the Valley to see if our predictions matched up with reality.

We will be performing some statistical analyses to



From left, Dr Phil Seddon and Yolanda van Heezik, from the University of Otago's Zoology Department, and teacher Kirstin Flockon, talk with a class at North East Valley Normal School.

find out which predators are the most common and which birds are attracted to which feeder to help us decide which feeders we should place in our gardens and if we need to consider the impact of different predators that may also be living in our gardens.

Our community hui is on Saturday 4 November from 3–5pm at Nga Maara hall where we will share our results. All welcome.

—*Clare Cross, Open VUE educator*

community
your local guide

Need an MP?
David Clark

MP for Dunedin North

03 474 1973

32 Albany Street, Dunedin

david.clark@parliament.govt.nz

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COMMUNITY LEADERSHIP 101



SKILLS TO LEAD & COLLABORATE WITH PASSIONATE GROUPS

learn facilitation skills
how to lead passionate groups
& empowering conversations in community



BOOKINGS ESSENTIAL

Morning tea provided (bring your own packed lunch if you would like to stay on longer to network)

Tuesday 26 September, 1pm-4pm
Valley Project community rooms, 262 North Rd, NEV

To register email anna@northeastvalley.org
Check out our Facebook event page

church services

Salvation Army, 43 North Rd, community worker only, Mark O'Donnell

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, children & family service, 4.30pm, 3rd Sunday

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.

Every Sunday
1pm-3pm

Dalmore Reserve community garden

At the reserve entrance on Allenby Ave

Sunday 6 August
1pm-4pm

Saturday 12 August
9am-noon

Sunday 20 August
1pm-4pm

Saturday 26 August
9am-noon

NEV community garden working bees

top paddock behind North East Valley Normal School

for families, kids & teens

ATHLETICS & HARRIERS

Children 3-6yrs and 7+yrs, Chingford Park Clubrooms, 5.30-6.45pm, Mon, and Caledonian grounds, Sat morn. www.leithharriers.co.nz

CHINESE FOR KIWIS

Bear Cats Club and Chinese ABC playgroups for children to learn Chinese. Tues, 3.30-4.30pm, Pine Hill School, 11 Hislop St. Ph 021 589 075 or www.chineseforkiwis.co.nz

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, and 10-11.30am Sat

GIRLS BRIGADE

Dunedin Girls Brigade Company, all girls, from age 5 up welcome. 6-7.30pm, Wed, St Marks Presbyterian Church Hall, 304 Pine Hill Rd.

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. Ph 0800 222 292 or info@girlguiding.org.nz

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.

PRESCHOOL MUSIC

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

SPACE PROGRAMME

Programme to support new parents through first year of child's development (Supporting Parents Alongside Children's Education). Valley Baptist Church. Contact Amy on 473 0014 or space.valleybaptist@gmail.com

NEV PLAYGROUP

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

SUNDAY SCHOOL

Variety of classes with stories, crafts, songs and more. Ages 4-18, 9.30am Sun mornings (term time only), DNI (tech area). All welcome, no charge. Ph 020 4079 5727 or www.dunedinchristadelphians.org

RUDOLF STEINER

Dunedin Rudolf Steiner playgroups, Te Whare Ako Marie, Pinehill and Maia. A sanctuary of creative play for children from birth to kindergarten and a place of peace and friendship for parent. Groups meet weekly, term time, For more info contact 471 2163 or dunedin-steinerplaygroup@gmail.com

YOUNG PARENTS

Young Parents Group Te Roopuu Maatua Maahuri, where young parents come together to share and support each other. For parents who had their first child before 26 years. Children welcome. 1-2.30pm, Thurs, community rooms. Ph Susan 021 550 737.

SPACES AVAILABLE

Islington Early Childhood Centre currently has a few spaces available for children over two and a half. Contact Shirley on 473 7490 if you interested.

fitness & health

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. Facebook or email joeske@gmail.com

DUNEDIN BMX CLUB

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

FOLK DANCING FOR FUN

Baptist Church, 270 North Rd, 10am-11.30am, Fri, \$3. Ph Yvonne 455 2406, stured1@yahoo.co.nz

LEARN TAEKWONDO

Korean martial art, supportive environment. Training Mon, Thur, Pine Hill School hall, 6pm-7.30pm. Beginners' class 5.30-6.15pm; seniors' class 6.30pm onwards. For more details and to register email dunedinolympictkd@hotmail.co.nz

MEDITATION

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



Classifieds and community notices (for non-profits)

DUNEDIN ELECTRIC BIKES

for sale
at the
Valley Community Workspace
11 Allen St, Fri and Sat mornings

Ph Nathan Parker 027 214 8294 or

NAKAJIMA JUDO CLUB.

Weekly evening class for all levels and ages. Ph. Keri 021 027 93683.

QIGONG

Classes in Yuan Gong, Ans 027 756 8383, yuangongdunedin@gmail.com Jay 027 584 4537, www.bodymindqi.com

PARKRUN

A free, weekly timed 5km run/walk, Sat, Botanic Gardens. Meet at café, 8am summer, 9am winter. Go to parkrun.co.nz for more info and to register & get your personal barcode.

SPAN NEV

Stretch'n'flex, low-impact exercise, fun and friendship, community rooms, 262 North Rd, 10am-11am, Tue, over-65s, \$4. Ph 4739311.

SPORTS AEROBICS

Competitive aerobics and casual fitness classes. No previous experience required. Training held at DNI Fri and Sun. Working towards NZCAF regionals next August. Contact Rebecca rebeccafishernz@yahoo.co.nz

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.

TANNOCK GLEN

The 3.5acre garden of the Dunedin Rhododendron Group is situated in Torridon St, Opoho. Members of the public are invited to visit at any time. Dogs permitted on a lead.

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, 6-7pm, Mon-Fri, DNI designspace; 9.15-10.15am, Mon, Wed, community rooms. \$10 waged, \$8 unwaged, for more info contact adairbruce@hotmail.com

further education

COMPUTER CLASS

A free class to learn how to use computers, 10am-noon, Weds, community rooms.

Want health, wellbeing and relaxation?

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All welcome

FREE LITERACY COURSE

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

ENGLISH CONVERSATION

Multicultural Women's Group New English speakers welcome, 10-noon, Wed, community rooms, 262 North Rd. www.multicultural-women.com

LEARN ITALIAN

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

INDOOR BOWLS

Play indoor bowls at the NEV Bowling Club, 139 North Rd, Thurs, 1.30pm start. Ph Jack for more info 473 9565.

ITALIAN CLASSES

Exp teacher, native speaker of Italian ph Antonella 027 341 8312, antonella.vecchiato@gmail.com,

LEARN ENGLISH

English for daily life and work. Free and low cost courses. Contact Tamara or Felicity at English Language Partners 455 5266, dunedin@englishlanguage.org.nz

SEA OF FAITH

St Johns Church Hall (cnr Wright St and Highgate), 6-7.30pm, fourth Thur each month. Enquiries ph 473 0031.

art, craft & music

ART TARDIS @ THE GRID

Coffeehouse featuring 'Mud Diamond' by Elise Johnston

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 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. Ph Friederike 482 2025.

KNITTING SQUAD

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

THAI MASSAGE

Traditional, clothes on,
massage for health

20 years experience and Thai trained,
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By apt only

Ph Heidi on 473 6256 or 021 174 9290

ART FIBRE DUNEDIN

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

DUNEDIN FIDDLE CLUB

Community rooms, 7.30pm, Wed.

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 clare-n-don@clear.net.nz

VALLEY BLUEGRASS JAM

Monthly jam session at the Normanby Bistro. All welcome to listen or participate, 2pm Sunday 20 August.

community groups

BIBLE HOUR

Friendly small group Bible learning over morning tea, Sun, 9.30am, DNI (tech area) during school terms. All welcome, free, ph 020 4079 5727 or www.dunedinchristadelphians.org

BIKE WORKSHOP

Get help, use our workshop, bikes available for koha. 3.30-7pm, Tues, and 9am-12.30pm, Sat, Valley Community Workspace, 11 Allen St. Contact Peter on peterd0n@yahoo.com The workshop will be closed from 12-23 Sept.

DUNEDIN MAKERSPACE

Work on project, watch others and chat, 1pm-5pm, Sat; organised talks, 7pm, Thur, Valley Community Workspace, 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, first Mon each month, 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.

MEN'S SHED

The North Dunedin Men's Shed welcomes new members. Open Wed and Sat mornings Bonnington St over bridge. Ph Paul 474 0060.

MULTICULTURAL GROUP

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

NEIGHBOURHOOD SUPPORT

Create safer, more caring communities. For more information and local contact details contact Lois on 456 0857 or neighbourhoodsupport@gmail.com.

PINEHILL COFFEE & CAKE

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

trading corner

BABYSITTER AVAILABLE

Experienced 22 year old, have worked with children of all ages. Ph Kelly 027 697 9194 .

BABYSITTER AVAILABLE

17 year old with extensive first aid training and experience with children of all ages. References available. Kyra Ph 0221507349

COMPUTER SERVICES

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

KNIFE SHARPENING

Mobile knife sharpening service for house knives, \$15/knife. Ph 022 416 5446.

HOUSE-SITTER

Available after October. House-sitting in Dunedin for over 10 years, quiet 54-year-old male, non-drinker, non-smoker, part-time research assistant at Uni. Looks after pets, mows lawns etc. Ph 027 4467 915 or email jeffrey-hrobinson@yahoo.co.nz

HOUSE-SITTER AVAILABLE

Pets/lawns/mail/cleaning. No charge either way. Responsible mature female. Txt 021 038 4058.

PEASTRAW

\$12 per bale delivered. A fundraiser for North East Valley Normal School. Ph 021 0849 9662 or neypeastraw@gmail.com

SENIORS HAIRDRESSING

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

Design nets student \$5000 prize



Otago Polytechnic student Harvey with his award-winning bird feeder which has been installed in gardens around the Valley by Open VUE. Photo: Otago Polytechnic

A BIRD feeder designed for use in home gardens around the Valley for an Open Valley Urban Ecosanctuary project has netted design student Harvey Penfold a \$5000 prize.

The Otago Polytechnic pupil won the prize in the Audacious Business Challenge 2017.

Harvey used his design skills and Otago Polytechnic's 3D printer to develop a platform for birds to use. A seed feeder hangs from the platform, and a nectar feeder hangs above it. A motion sensor triggers a camera nearby on another waratah to record bird visits to the feeder.

Challenges in designing the bird feeder included it had to be installed in different properties on a sturdy steel waratah, it had to cope with the weight of a heavy bird such as kaka as well as small bellbirds and it needed to offer food for both nectar-loving birds and seed-eating birds. The feeders are a key component of the Valley Project's long-term project to make North East Valley an unfenced urban ecosanctuary, encouraging more native birds to visit and live there.

Local school children have been using the feeders in their research to gather baseline information about birds already in the Valley and what foods are most attractive to them.

The Open VUE group is running the project with the help of University of Otago scientists, Mitre 10 sponsorship and support from the Orokonui Ecosanctuary.

Product Design Lecturer, Andrew Wallace, says it's great to see Harvey achieve success. "He's already putting his design skills to work on a real-world project which will have a positive environmental impact," he says. "We're delighted his work has been recognised with the top Audacious Award."

what's on

win insulation

Fill out your Cosy Homes survey and go in the draw to win ceiling and underfloor insulation in your home. Entries close 5pm Friday 20 October.

HortTalk

Natives in suburbia - selecting great NZ plants for the home garden. Noon, Friday 6 October at the Dunedin Botanic Garden information centre.

Halloween Party

Get your glow on and join us for disco tech, an exploding science show and giant bubbles. From 5pm, Saturday 4 November at the Valley Project community rooms.

community hui

With the Open Valley Urban Ecosanctuary (VUE). Hear from children about their research into birds and predators in the valley. 3-5pm, Saturday 4 November at Nga Maara Hall.

BAYLEYS

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Disclosure Statements are available on request and free of charge.

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