

Vibrant Valley Voice unveiled



Valley Project manager Marty Cancilla is excited to read the first print of the new look Valley Voice

AFTER MORE than twenty years of black and white the Valley Voice is now coming to you with a re-designed look and a splash of colour on the front and back.

You are holding the first of many issues to feature this change which makes it more eye-catching for readers and appealing to advertisers. The basic format will be the same with all the great local stories, classifieds and photos.

Local graphic designer Anneloes Douglas re-designed the masthead to tie it in to the Valley Project. Community worker Charlotte Wilson says: "A lot of people don't know that we publish the Valley Voice, so this will be a great way to get that message across."

The community newsletter is now being printed in-house at the community rooms. The chunky new Canon photocopier will allow us to become a micro copy facility for North Dunedin and we can offer competitive rates for small printing jobs, with a discount for non-profit groups. Valley Voice editor Edith Leigh says the new printer is a way to recoup costs and sustain the Valley

Voice as a North East Valley institution.

The Valley Voice has seen many changes over its well-established history and the Valley Project has back issues for those that would like to pop in and have a look.

Individuals or groups interested in printing or photocopying can stop by the community rooms or call 473 8614. —Marty Cancilla

Relay for Life team

Would you like to join the valley Relay for Life team? We are still looking for members to join us for this 24-hour event on 7 and 8 March at Forsyth Barr Stadium.

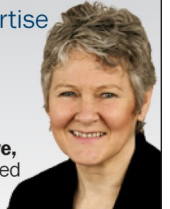
MoveMe Dunedin is sponsoring the team so there is no cost to join. Some fundraising for the Cancer Society will be involved.

Relay for Life is a family-friendly community event. It is a time to celebrate cancer survivors and carers and remember loved ones lost to cancer.

Contact the Valley Project office on 473 8614 to get involved.

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Community connections

• meet the Valley Project exec



Exec member and North East Valley Normal School principal John McKenzie

NEW FAMILIES are always telling school principal John McKenzie the North East Valley community is amazing. "They all comment how it is a really friendly, welcoming place for their families."

John has seen the Valley Project grow, from a loose collective of schools, early childhood centres and community members wanting to help disadvantaged families, to what it is today. Children who live in positive, vibrant communities with strong neighbourly contacts achieve and engage better at school, he believes.

The Valley Project "absolutely" makes a difference. He cites a story where a mother arrived in the valley from the North Island with nothing but what she had packed in her Commodore. She enrolled her children at the school at 9am and by that evening the family were in a rented house with furniture, food and clothing. "It was incredible. Those three children hit the ground running when they started school."

Sound system available for hire

WHY BUY when you can hire? As well as the two vans you have no doubt seen around the valley, the Valley Project is growing a bank of resources available for community use at discounted prices.

The newest addition is a portable 400-watt Yamaha PA system. It is ideal for live or recorded sound at small community events and training for use and setting up will be provided.

Other items for hire include two 3m x 3m 'pop up' gazebos and a Tascam portable voice recorder. Pop by the community rooms to enquire or give a call for prices at 473 8614. *-Marty Cancilla*

Welcome to new project staff

TWO NEW faces will be in the Valley Project office this month when our community worker Charlotte Wilson goes on maternity leave.



Iko McKague is involved voluntarily with the Cosy Homes initiative. She is currently studying towards

a doctorate at the University of Otago looking at homes in "energy hardship" and how that affects the health and quality of life of the inhabitants. In her own time Iko loves gardening and cooking.



Anna Parker was involved in the project in its early stages and is excited to be back on

board. She enjoys being a part of the social cohesion that exists in the valley. Tramping and camping are her favourite activities and she loves walking in the valley.

Games library ready to go

Did you know we now have a games library at the Valley Project?

Games can be signed out for up to two weeks for either a gold coin donation per game or a \$10 annual fee.

Call into the community rooms at 262 North Rd to check it out.

Games we have include Cranium, Settlers of Catan and Pictionary.

Donations of games in reasonable condition are welcome.

valley voice editor Edith Leigh
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T (03) 473 8614 **M** 021 214 4075
E voice@northeastvalley.org
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Code Club an exciting idea for valley kids

THEIR EIGHT-YEAR-OLD daughter's interest in computer programming has spurred two North East Valley parents to look at establishing a Code Club in the valley.

When Sarah Gallagher's daughter did a course programming Lego robots at the University of Otago "she absolutely loved it". "But it was only for three weeks, so we looked around to see what else was available and came across the Code Club."



Steve Gallagher and Sacred Heart pupils Jack Be (8) and Jordy Sherriff (8) enjoy an hour of code during a worldwide event last December

Code Club is an international, volunteer-led free programme to introduce children to programming. Learning to code is a skill that helps children become digitally literate and be competent digital citizens.

During an "hour of code" session the couple helped organise at Sacred Heart School last year pupils did three coding activities, two on computers and one where they learnt coding principals by programming a person. "They had so much fun. My favourite quote of the day was 'this is the best thing I have ever done in my life'."

While not programmers themselves the Gallaghers are keen to get a club up and running, and are exploring options to purchase computers. "We have a bunch of local programmers keen to come along and do the teaching." Get in touch with Sarah or Steve via email at steveandsarah.gallagher@gmail.com if the Code Club interests you. -Edith Leigh

Fruit wanted to preserve and juice

DO YOU have fruit trees that you don't harvest or need help to pick? Do you know how to preserve the fruit, or would you like to learn?

The Dunedin Community Food Harvest Group and other volunteers are teaming up again to do some community fruit picking, baking and preserving. This community initiative aims to reduce waste, make the most of local food and share skills.

A preserving workshop will be held in the valley and an apple press will be in action at the community rooms some time in April to make delicious fresh apple juice. The initiative is run on a small budget, so any donations of ingredients for preserving, such as sugar or flour, would be greatly appreciated.

Volunteers and tree owners will get to keep a little produce themselves, with some fresh produce being used in skill-sharing workshops and the remainder going to the food bank. Contact Annika at dunedinharvest@gmail.com or phone 021 069 0546 if you would like to offer your fruit, help pick or preserve, or if you would like further information. -Annika Korsten

Valley bike repair clinic

Broken hearts might not be fixable, but broken bikes certainly will be at a Valley Project Valentine's Day bicycle repair clinic. Organiser Iko McKague says members of Crooked Spoke, a DIY bicycle workshop in Dunedin, are coming to the valley to help and teach people how to repair and maintain their bicycles. The free clinic will run from 10am to 11.30am on 14 February at the community rooms, 262 North Rd. The Valley Project is working towards creating a North Dunedin bicycle library and has built up a collection of tools. If you would like to be a part of this initiative get in touch with project manager Marty Cancilla on 473 8614.

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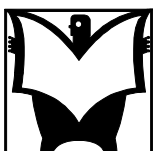
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Learning to have fun and grow plants



Celebrating their graduation from YouthGrow with level one or two certificates in horticulture are, from left, Nathan Gray, Sam Wilson, Haydon Phipps and Mark Calvo.

LEARNING TO laugh at yourself and get along with others were some of the life skills graduating students at the YouthGrow Garden Centre learned last year, while working towards horticultural qualifications.

Youth worker Ben McKenzie says the

YouthGrow programme isn't just about learning horticultural skills and there is a lot of personal development along the way.

"For some of the guys learning to laugh at yourself, rather than swinging out at someone, is actually a really good life skill."

The Presbyterian Support Otago Family Works-run centre on Norwood St provides a work setting where young people can develop their confidence and leave with horticultural qualifications and positive work ethics.

In his first public speech, Mark Calvo told about a hundred guests he had learned to have fun during his year at YouthGrow.

"This year at YouthGrow I have changed a lot. My language has improved, but I still struggle some days. I'm more aware of my

temper and can control it. I am keen to give new things a go and I try to get along with people."

They had done a lot of projects this year and learned new skills such as fencing and propagating plants, he

said. At an open day held in October last year he had really enjoyed showing people around the facility. However the highlight of the year for him had been going on camp.

Practice manager Mel McNatty says she is really proud of the staff and volunteer team, the students and the nursery. *-Edith Leigh*

"For some of the guys learning to laugh at yourself . . . is actually a really good life skill."

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Valley inspires photos

The diverse urban character and landscape of the valley provides endless potential and opportunity for local photographer Sue Marshall.

Sue graduated from the Otago School of Art in 2007 and has lived in the valley since. "Walking daily through the many mysterious, shadowy forests around the valley I'm reminded of the peaceful sanctuary we live in."

As a photographer her major influence is light and its related temperature. Sue is this month's pop-up artist in the Gardens shopping centre courtyard.



Dog Rescue looking for volunteers



Christine Beker of Opoho

A SECOND chance at life for dogs that find themselves in the pound is one reason Opoho resident Christine Beker helps fundraise for Dog Rescue Dunedin.

"I have been a dog owner for twenty years and love dogs." Christine has two dogs, one of which is a rescue dog she has given a "new fur-ever home". She will be collecting at the Gardens New World for their annual appeal on 2 April.

The charitable trust saves dogs that are left unwanted at the Dunedin City Council pound and destined to be euthanised. More volunteer collectors are needed so if you can help, contact Jacqui King at appeal@dogrescuedunedin.co.nz.

All types of art work wanted

GET YOUR creative juices flowing for the Opoho Church Art Exhibition.

This year we are widening our horizons and including work from North East Valley and Pine Hill as well as Opoho. We invite work from amateur and professional artists and craftspeople that have a connection with the valley.

Work can be in a variety of mediums including painting, drawing, photography, ceramics, weaving, wool and fabric art, floral art, computer graphics, sculpture and installations — the choice is yours.

The work will be on display in the church, which will take a small commission on sales, on the weekends of 9–10 and 16–17 May.

Contact Gabrielle at gabriellepanck@gmail.com or 021 039 5899 or Fiona at 473 0024 or fiona.stirling@ihug.co.nz.



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New menu to tempt tastebuds at Normanby Bistro

A LIFE-CHANGING decision to rejuvenate the Normanby Bistro has new operators Susanne McCallum and Richard Dagg excited to meet the valley community.

The pair both love food and cooking and running their own restaurant has always been their goal; the opportunity just came five years earlier than they planned. "We just jumped in

feet first and we are loving it," Susanne says.

The bistro has undergone a revamp, with a new colour scheme to brighten it up, but it is when they talk about the new menu that they both really light up.

It is good bistro food ranging from sausage, eggs and chips, to steak, to spaghetti and meatballs, Richard ex-

plains. Nearly all of the food is cooked on the premises – the fish is fresh and the schnitzel is pan-fried "just like mum used to do it"

rather than deep fried. One of their most popular dishes is chicken breast stuffed with ham and cheese then wrapped in bacon.

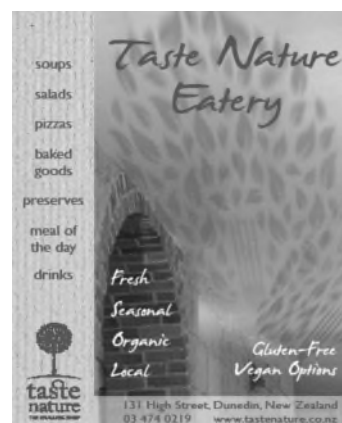
The lunch menu is priced at \$13.50 and dinner from \$15.50 and there is also a discount for Gold Card holders.

The Valley Bluegrass band will be heading to the bistro one Sunday every month and the Senior Citizens Music Club meets there on the third Thursday of each month.

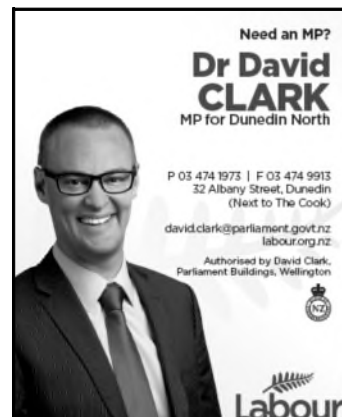
"Come up and try us out," says Richard. Personal service is a touch the pair pride themselves on. They both also love to sing and patrons are likely to hear them singing in the kitchen as they cook.



Normanby Bistro operators Richard Dagg and Susanne McCallum



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Cop that: Your driving affects others



First up I would like to wish you all a happy new year and hope 2015 treats you well.

New Year's Eve for me involved working in the Octagon where, due to the weather, the large crowd expected didn't arrive. By the time midnight sounded off, however, several thousand had attended the celebrations which went well. Unfortunately the heavy rain forced the live music to be stopped due to water on the stage area posing a real risk to those performing.

On the plus side, however, the torrential rain we had that night appears to have been our quota and the following weeks have been nothing short of outstanding. Personally I spent some quality time with family on the Otago Peninsula and in Central Otago with only one minor incident of note.

During a leisurely drive in the Harwood area I rounded a bend and to my surprise was met head on with a sizable camper van. My four-letter expletive and a wrench to the left with the steering wheel narrowly avoided a collision in which we would no doubt have come off second best. My point here is that it may not be your driving that causes a crash. We all have to be on our game behind the wheel as we never know what is around the next corner. It's a shame the driver hadn't seen our new campaign ads about your driving affecting others.

On my return to work I note with some concern an increase in burglaries and thefts from vehicles in our area, so this is a timely reminder to make sure that we secure what is ours. A vehicle parked in the driveway rather than on the street does not mean the criminal element won't see it as a potential target. Please check you have removed your valuables and locked the doors. Hand-in-hand with this is open windows and insecure doors at your home so please take prudent steps to safe-guard your property. It really is the old saying of "lock it or lose it".

By the time you read this, some residents will be starting to move back into the North Dunedin areas to settle in for the year. Some tolerance will be required at times as youthful exuberance can tend to bubble over. But there is a limit to what can and can't be ignored and anything of a criminal nature should not be tolerated. A bit of fun is exactly that but make no mistake, there is a line in the sand and if folks wish to step over that, they will reap what they sow. In closing, I wish you all a safe 2015. Be careful on our roads and look after each other. *—Brendan Thomson*

Youth grant a win

A \$500 grant is a great start for a new youth development programme being established in the valley. The North East Valley Enterprises Youth Collective won the grant in the Big Green Challenge, a competition funded by Sustainable Dunedin.

The collective is a youth development programme being established for youth living in the valley. It is part of the long-term plan in conjunction with Kidz Inc to provide a learning continuum for children and youth in the valley.

The project will undertake the environmental restoration of land once used as a dump site to a place that integrates food, waste and energy production with the revitalisation of an urban native creek setting. *—Andrew Bowen*

Folk duo in Opoho concert



The New Edinburgh Folk Club is hosting a concert at the Opoho Church from 'Into the East' the exciting alternative country and folk duo of Liv McBride and Graeme Woller. The pair were finalists in last year's New Zealand Folk Awards. The concert starts at 8pm on Wednesday 18 February. Tickets are \$15 and supper will be available at \$4 a head.

Church Services Directory

Salvation Army, 43 North Rd, Nitechurch, 6pm

Sacred Heart Catholic, 89 North Rd, Mass 9.30am

Glenaven Methodist, 7 Chambers St, 11am

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

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

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

Opoho Presbyterian, 50 Signal Hill Rd, 10am

NEV Presbyterian, 224 North Rd, 9.30am cafe service

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

NEV Baptist, 270 North Road, 10.30am; 5th Sunday, 2pm.



Community Garden Working Bee Dates for February

Working Bees alternate between Saturday mornings and Sunday afternoons

Sunday 8 February 1pm-4pm
Sunday 22 February 1pm-4pm

Saturday 14 February 9am-noon
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RECLAIMING THE NIGHT

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MENS' PROBUS

NEV bowling club, 10am, 2nd Mon
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NEW TO THE VALLEY?

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years, Baptist Hall, 270 North Rd,
10am-2pm, Mon; 9am-3pm, Tues,
Wed. Ph Michael 473 0572.

try something new

ART CLASSES

For all levels, casual attendance
welcome, tutor Anneloes Douglas,
community rooms, 10am-noon, Thur.
Ph 467 9993 or 027 307 7034,
anneloes.douglas@xtra.co.nz

FREE LITERACY COURSE

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

ENGLISH FOR ELDERLY

Free conversational English speaking
class for immigrants over-65. Age
Concern, 9 The Octagon, class 1
begins Mon 2 Feb, class 2 on Fri 6
Feb. Ph Age Concern on 477 1040.

ITALIAN CLASSES

Exp teacher, native speaker of Italian
(PhD Linguistics), Benvenuti! Ph
Antonella 473 0832, 027 341 8312,
antonella.vecchiato@gmail.com

LEARN ENGLISH FAST

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

LEARN ITALIAN

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

MEDITATION

Meditation and mindfulness
afternoon workshop every
two weeks, Ph 021 035 2392,
www.meditatenz.co.nz

SENIOR CHEF

Improve your cooking skills for over-
60s. Classes at Age Concern, course
one Mon, 9 Feb to 30 Mar; course
two Mon 11 May to 6 Jul. Ph Age
Concern 477 1040.

QIGONG

Interested in Qigong? Ph Ans
473 6114 or 027 756 8383,
www.qigongrenxue.org.nz

QIGONG CLASSES

Jay Baker runs a Qigong class at the
community rooms, 6pm, Thur.
Ph 027 584 4537.

can you help?

ENLIVEN DAY CLUB

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

MENTORS REQUIRED

Become a mentor to young people
who need a good male role model in
their lives, Operation 'New Direction'.
Ph Rob Fitzpatrick 473 6825,
garden@northeastvalley.org

NORTH DUNEDIN SHED

Working bees, Bonnington St, two
shifts, 9am-12.30pm and 12.30pm-
3pm, Sat. Boots and gloves essential;
coffee, tea & scones welcome.

employment

BABYSITTING

14-year-old, National
Certificate in Babysitting, involved in
St Johns. Ph Kyra Murdoch 473 7087.

COMPUTER SERVICES

Trouble-shooting, tuition, low rates.
Ph Dave 473 9542 or
davescomputer@actrix.co.nz

WORK WANTED

Anything considered, such as
labouring, cleaning spouting, etc.
Ph Glen 020 4023 2337.

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LONG-TERM RENTAL

Family wanting long-term house to
rent, up to \$300. Ph 926 6774.

RENTAL WANTED

\$250-\$300, 3-4 bedroom, dog
friendly. Contact Karen
022 682 8751.

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Fundraiser for NEV Normal School.
Contact Amy 027 256 9182.

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Fiddle club fantastic fun for players



Hamming it up for the camera are Dunedin Fiddle Club members, from left, Erin Bowkett, Gaye Davies, Siobhan Dillon, Anna Bowen and Keri Smith. The group meets at 7.30pm every Wednesday at the community rooms. "It's fantastic," says Anna. A loyal following of about fifteen players turn up every week. Instruments played include the piano, accordion, whistle and pipes, "and some more cello players would be great".—Edith Leigh

Qigong a great way to maintain and improve health and wellbeing



Jay Glubb goes through a qigong form

DAILY PRACTICE of qigong for the past eight years has given him more focus, strength and flexibility, says qigong teacher Jay Glubb.

Qigong is basically a way of healing through using meditation exercises, he says. These work on your body's life force, called qi. The exercises have been practised since ancient times in China and are used by people the world over to maintain and improve health. "I would

swear by them. Many people find them a good gateway into meditation because they include the use of movement."

A free introductory qigong session will be held at the Valley Project community rooms on Monday 9 February at 6pm. "If you have not yet tried qigong, or you just want to get back into it, this would be a great opportunity to give it a go. You might find it is just the thing you need to help you achieve your goals of health and wellbeing for the coming year."

Jay plans to introduce some new forms this year so it is a great time to join, he says.

Classes for this term start on 16 February and run to the 30 March, at the community rooms. The cost is \$45 unwaged and \$55 waged, for seven sessions, or casual attendance is \$8/\$12. For more information visit bodymingqi.com or contact Jay on bodymindqi@gmail.com or 027 584 4537.

what's on

school's back

2 Feb: Opoho, North East Valley Normal and Liberton Christian Schools and DNI
3 Feb: Pine Hill and Sacred Heart Schools

stride, ride, slide

Mini-triathlon for 2-6 year olds. Kids grab mum and dad, your bike and bring a picnic. \$2 entry fee
10am Sunday 1 February at Opoho Park.

garage sale

Household goods, baking, books, face-painting, sausage sizzle, bouncy castle. Donations welcome
Sacred Heart School, 10.30am-1.30pm, 14 Feb

varsity o-week

UniCrew volunteers are available to help out, from **16-21 Feb**.
 Go to careerhub.otago.ac.nz to register your project or phone 479 8631.